

ABSTRACT

Fiona Puspa Wijaya

The Description of Coping Stress of Sandwich Generation Women (Widya Risnawaty, M.Psi and Niken Widiastuti, M.Si, psi.). Undergraduate Program In Psychology. Tarumanagara University. (hal1-156; P1-P5; L1-L32)

The aim of this research is to recognize the description of coping coping of sandwich generation women, who live with the elderly and the children. Coping stress is an individual effort to overcome problems or stressful situations. The research is conducted with qualitative method. Research data was gathered by in-depth-interview to four subjects, from July 2010 until March 2011. The subjects of this research are housewives who are not actively work, aged between 40 to 55 years old, live with the elderly, and live with adolescence child. This research discussed about women's role of responsible to take a good care of husband, children, and the elderly. This research concluded that the four subjects felt stress in performing their responsibilities, and the effort to cope with the stress by direct action to find solutions, find social support, avoid the problems, control of emotion, acknowledge her role as a mother and child in a family problem, and trying to give meaning and also positive appraisal to the problems.

Key word: Stress, coping stress, women, sandwich generation