

## **ABSTRACT**

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**Description of Stress and Coping Stress on Middle Adulthood's Single (Study case at Jakarta); (Widya Risnawaty, M.Psi.); Program of Bachelor Degree, Tarumanagara University. (80 pages, P1-P4, L1-L13).**

In middle adulthood, many major events that can lead to periods of full stress and depression, such as symptoms of aging in general, not get a couple to married, death of significant others, a retrogression in career, or poorly social relationships. This study aims to describe the stress and coping in middle adulthood's single. Stress is considered a person's perception of a situation or event. In order to deal with stress, its necessary to coping with stress, which is an act cognitive change constantly, also an attempt to cope with the demands of behavior internally or externally. Data obtained from five subjects aged 40 – 49 years who are still unmarried, by using interview techniques. The method used in this study is a descriptive qualitative. The results showed that five subjects experiencing stress that comes from bioecological stress, psychosocial stress and personality type. One subject experienced due to job stress. Subjects capable of coping to the stress they feel. Coping is common they use are self control.

**Keywords:** Stress, Coping Stress, Single, Marriage, Middle Adulthood.