

ABSTRACT

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Stress and Coping Stress of a Single Mother After the Death of a Spouse; (Dr. Fransisca Iriani, R. D., M.Si.); Undergraduate Program in Psychology, Tarumanagara University. (96 pages, R1-R3, App dx. 1-15)

The primary problem of a single mother is the amount of duty and responsibility they have to carry, aside from being responsible of the finances, take care of her household and raise the children. In addition, being a single mother resulted in loneliness. The heavy burden of responsibility and hardships that they have to face resulted in stress. Unresolved stress can affect their health and daily activities. The effort to overcome it is called "coping stress". The objective of this study is to learn about stress suffered by single mothers caused by the deaths of their spouses, and how they cope. A qualitative approach was used in this study by conducting in-depth interviews from February 2011 to June 2011. The subjects in this research are four single mothers aged 50-57 years who were still undergoing stress and unemployed when their spouses were still alive. The main problems experienced by single mothers are emotional and psychological problems. Other factors may, however, contribute to their stress. The study shows that the subjects tend to use all three coping strategies: problem-focused coping, emotion-focused coping, and appraisal-focused coping. Of the three, the most used coping strategy is appraisal-focused. Furthermore, social support from the surroundings can also help single mothers to cope with stress.

Keywords: Stress, Coping stress, Single Mother