

Abstract

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An Overview of Stress and Coping Stress on Middle Adult Marriage Couple Who Have Not Had Children; Henny E. Wirawan, M.Hum., Psikoterapis, CGA, CGI, QIA, CRMP; Psychology Undergraduate Program; Tarumanagara University, (i-ix, 81 Pages, P1 - P2; L1 - L12)

The social environment's opinion about the absence of children in a family may cause couples who do not have children feel depressed because of the demands of the surrounding environment. Problems associated with physical limitations such as infertility may also cause pressure on couples who do not have children. The absence of children in a family also may cause sad and jealous of relatives who managed to get pregnant. These are examples of stressors for couples who have not had children. This thesis uses qualitative research to know in depth description of stress and stress coping forms for midlife couples who have not had children. Data were collected by conducting interviews on three pairs of husband and wife aged 40 to 60 years old, has been married at least 5 years and have not had children. The results obtained from this study were the three couples who participate as subjects in this study got stressors from the community around them; the responses and questions from their family; and the physical limitations such as infertility. Based on the coping strategies proposed by Sarafino (2011), the couples in this study applies coping positive reappraisal, planful problem-solving, confrontive coping, seeking social support, and self-control.

Keywords: stress, coping stress, middle adulthood, absence of children.