

ABSTRACT

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This study aims to understand the depiction of stress and coping stress of educated unemployed men who are in a family of the sandwich generation. The research was conducted by mix method, include a quantitative method with descriptive statistic and a qualitative method with a phenomenological approach. The subjects were selected using criterion sampling and snowball sampling techniques. Subjects are educated unemployed with frictional types, ie individuals who have completed a minimum of equivalent high school, but have not or do not have a job due to lack of skills. The research findings show that two unemployments of the six subjects felt intense signs. Both subjects felt 52% of physical symptoms, 82% of emotional symptoms, and 77% of behavioral symptoms. Subjects with high-stress symptoms have an introverted personality that has a tendency to cope with the stress resulting from within themselves in the form of feelings of failure and despair, that's why they do coping stress which oriented on emotional focus coping. The high level of stress is still experienced because the subject failed to do emotional focus coping well. Both subjects are still doing distancing and escape-avoidance. The attempts of distancing and escape-avoidance make the subject running continuously from the problem, or imagining that there is no problem which causes the subject to remain in trouble. The other four felt signs of relatively minimal depression. Subjects with low-stress level have performed an effective coping stress by effective dominant problem focus coping orientation, which is in line with their extrovert personalities. The coping strategy is shown to cope with stress from outside in the form of mockery and scoffing from people around. The form of coping done to reduce the level of experienced stress is to look for job vacancies coupled with religious approaches such as praying and following religious communities. The effectivity of coping stress is considered successful by the subject because it produces a sense of relief and reduces the feeling of stress on the subject.

Keywords: Stress, Coping Stress, Unemployed Educated, Sandwich Generation