

## ABSTRACT

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**Stress and Coping Stress Single Father Who Experienced the Sudden Death of Spouse; Meiske Y. Suparman, M.Psi; Undergraduate Program in Psychology, Tarumanagara University, (i-x; 95 pages; R1-R3; Appdx 1-21)**

Almost everyone must deal with the death of a spouse sooner or later, but most typically hope that it comes later. Losing spouse is one of the most stressful experiences a person can have. Stress may happen when there is an imbalance between the demands of environment with the resources of the individual (Sarafino, 2012). When people feel stress, they will try to do coping stress. The purpose of this research was to describe stress and coping stress of single father who experienced the death of spouse suddenly. This research used three middle adulthood men (aged from 43 to 46 years old) who lost their spouse suddenly and endure the role of single parent and were interviewed by using in-depth interview. The results showed that the loss of spouse suddenly causes stress of three subjects because they faced some problems. In order to cope their stress, all three subjects used combination coping; problem focused coping to solve the problems that caused stress and emotion focused coping to control their emotions that caused by stressor.

*Keywords: Stress, Coping Stress, Single Father, and Sudden Death*