

GAMBARAN RESILIENSI PADA *SINGLE MOTHER* YANG MEMILIKI ANAK BALITA (STUDI KASUS)

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ABSTRAK

Penelitian ini bertujuan menggambarkan resiliensi *single mother* yang memiliki anak balita setelah kehilangan pasangan. Mereka menghadapi tantangan emosional, ekonomi, dan peran ganda sebagai orang tua tunggal. Dukungan sosial dan kemampuan beradaptasi menjadi kunci untuk bangkit dan menjalani peran secara optimal dalam kondisi yang penuh tekanan. Penelitian ini menggunakan metode kualitatif pendekatan studi kasus. Studi kasus dijelaskan sebagai rangkaian kegiatan ilmiah yang dilakukan secara intensif, terinci, dan mendalam tentang suatu program, peristiwa, dan aktivitas, tingkat perorangan, sekelompok orang, lembaga, atau organisasi untuk memperoleh pengetahuan mendalam tentang peristiwa tersebut. Setiap *single mother* menunjukkan dinamika resiliensi yang unik berdasarkan latar belakang kehilangan pasangan. Dukungan sosial, keyakinan diri, dan keterampilan emosional menjadi faktor penting dalam proses adaptasi mereka. Melalui tahapan menyerah, bertahan, pulih, hingga tumbuh, para *single mother* ini mampu bangkit dan berkembang menjadi sosok tangguh yang menginspirasi. Ketiga informan menunjukkan resiliensi melalui dukungan sosial, pengelolaan emosi, dan motivasi untuk bangkit. Meski berbeda latar belakang, mereka melewati tahap menyerah, bertahan, dan pulih. Dua informan telah mencapai tahap berkembang pesat, sementara satu masih berproses. Resiliensi terbentuk melalui penerimaan, keyakinan diri, dan kemampuan menghadapi realitas dengan cara positif.

Kata kunci : *Single mother*, resiliensi, balita

RESILIENCE IN SINGLE MOTHERS WITH TODDLERS (CASE STUDY)

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ABSTRACT

This study aims to describe the resilience of single mothers with toddlers after losing their partners. They face emotional, economic, and dual role challenges as single parents. Social support and adaptability are key to overcoming these challenges and fulfilling their roles optimally under stressful conditions. This study uses a qualitative case study approach. A case study is defined as a series of intensive, detailed, and in-depth scientific activities conducted on a program, event, or activity, at the individual, group, institutional, or organizational level, to gain deep knowledge about the event. Each single mother demonstrates unique resilience dynamics based on the background of losing their partner. Social support, self-confidence, and emotional skills are important factors in their adaptation process. Through the stages of surrender, survival, recovery, and growth, these single mothers are able to rise and develop into resilient figures who inspire others. The three informants demonstrated resilience through social support, emotional management, and motivation to rise up. Despite their different backgrounds, they all went through the stages of surrender, survival, and recovery. Two informants have reached the stage of rapid growth, while one is still in the process. Resilience is formed through acceptance, self-confidence, and the ability to face reality in a positive way.

Keywords: *Single mother, resilience, toddler*