

GAMBARAN PERASAAN BERSALAH PADA IBU *SINGLE PARENT* YANG BEKERJA (STUDI KASUS)

INTISARI

Menjadi seorang ibu *single parent* yang bekerja bukanlah hal yang mudah. Di satu sisi, ibu dituntut untuk memenuhi kebutuhan ekonomi keluarga, namun di sisi lain tetap memiliki tanggung jawab utama dalam pengasuhan anak. Kondisi inilah yang seringkali memunculkan perasaan bersalah karena keterbatasan waktu dan peran ganda yang harus dijalani. Penelitian ini bertujuan untuk mengetahui pengalaman rasa bersalah pada ibu *single parent* yang bekerja serta strategi yang dilakukan untuk mengelolanya. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Data diperoleh melalui wawancara mendalam dengan informan utama dan *significant others*.

Hasil penelitian menunjukkan bahwa alasan utama ibu bekerja setelah menjadi *single parent* adalah tuntutan ekonomi. Rasa bersalah muncul ketika ibu tidak dapat hadir dalam momen penting anak, terutama saat anak sakit atau membutuhkan dukungan emosional. Untuk menebus rasa bersalah, informan melakukan pendekatan emosional seperti meminta maaf, meluangkan waktu bersama, serta memberi perhatian khusus. Dukungan keluarga besar dan lingkungan sekitar menjadi faktor yang membantu meringankan beban emosional.

Penelitian ini menyimpulkan bahwa rasa bersalah pada ibu *single parent* yang bekerja dipengaruhi oleh keterbatasan waktu, beban peran ganda, serta dukungan sosial yang diterima. Strategi penebusan melalui kedekatan emosional dan pemilihan pekerjaan fleksibel menjadi cara utama ibu dalam mengelola rasa bersalah.

Kata kunci: rasa bersalah, ibu *single parent*, ibu bekerja, pengasuhan

DESCRIPTION OF FEELING OF GUILT IN WORKING SINGLE PARENTS (CASE STUDY)

ABSTRACT

Being a single-parent mother who works is not an easy role. On the one hand, mothers are required to fulfill the family's economic needs, while on the other hand, they still hold the primary responsibility of caring for their children. This situation often leads to feelings of guilt due to limited time and the dual roles that must be carried out. This study aims to describe the experiences of guilt among single-parent mothers who work, as well as the strategies they employ to cope with it. The research method used was qualitative with a case study approach. Data were collected through in-depth interviews with the main informants and significant others.

The findings reveal that the primary reason mothers decided to work after becoming single parents was economic necessity. Feelings of guilt arose when they were unable to be present in important moments of their children's lives, particularly when the children were ill or in need of emotional support. To cope with this guilt, the mothers employed various strategies such as apologizing, spending quality time with their children, and giving special attention. Support from extended family and the surrounding community also played an important role in reducing their emotional burden.

This study concludes that guilt experienced by single-parent working mothers is influenced by limited time, the demands of dual roles, and the level of social support they receive. Strategies of emotional closeness and choosing flexible types of work serve as the main ways mothers manage their guilt.

Keywords: *guilt, single-parent mothers, working mothers, parenting*