



**Program Studi Ilmu Keperawatan
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ABSTRAK

“Strategi Koping Ibu Rumah Tangga Pasca Aborsi di Perkumpulan Keluarga Berencana Indonesia (PKBI) Jawa Tengah”

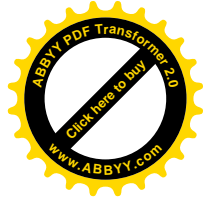
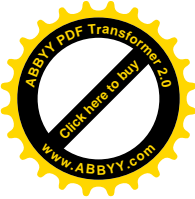
xii + 81 halaman + 3 gambar + 2 tabel + 6 lampiran

Aborsi menjadi solusi utama bagi ibu rumah tangga yang belum atau tidak menginginkan tambahan anak lagi. Berbagai reaksi perasaan muncul pada ibu rumah tangga pasca tindakan aborsi karena di mata hukum, agama serta norma masyarakat, aborsi merupakan tindakan buruk karena telah menghilangkan nyawa calon manusia. Adanya reaksi perasaan yang berbeda akan menimbulkan penyikapan serta strategi koping yang berbeda pula pada setiap pelakunya. Tujuan penelitian ini adalah untuk mengetahui strategi koping ibu rumah tangga pasca tindakan aborsi.

Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologis dilakukan terhadap tiga orang responden dengan cara *indepth interview* dalam pengumpulan data. Peneliti memakai *purposive sampling* dalam menentukan sampel dan analisa datanya menggunakan pengkategorian dan penamaan.

Hasil penelitian didapatkan bahwa setelah melakukan aborsi ibu merasa menyesal yang berpengaruh pada terganggunya pekerjaan ibu sehari-hari. Penyesalan juga menyebabkan ibu mendapatkan pengalaman buruk sehingga menyebabkan trauma pada diri mereka. Beberapa strategi koping diterapkan ibu dalam mengatasi perasaannya, yaitu rasionalisasi, menyibukkan diri dengan pekerjaan, bercerita pada keluarga, menarik diri, menyendiri, serta beribadah. Waktu dan pekerjaan suami adalah hambatan yang dirasakan ibu selama menerapkan strategi koping mereka. Keberhasilan koping didukung oleh pandangan positif ibu, dukungan sosial dari keluarga, serta ketrampilan sosial. Strategi koping yang diterapkan ibu rumah tangga berhasil mengurangi beban perasaan pasca tindakan aborsi.

Kata kunci : aborsi, strategi koping
Studi literatur : 44 (1992-2008)



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ABSTRACT

“Post abortion coping strategies of housewife in Perkumpulan Keluarga Berencana Indonesia (PKBI) Central Java”

xii + 81 pages + 3 pictures + 2 tables + 6 appendices

Abortion still become main solution for housewife who did not or did not wish the additional children yet. Various feeling reactions emerge among housewife after abortion action because on the perspective of law, religion and also norm of society, abortion represent bad action because has eliminated the soul of human being candidate. Existence of different feeling reactions will appear an attitude and different coping strategy among in each its perpetrator. The objective of this research was to know post abortion coping strategies of housewife.

This research utilizes qualitative design with phenomenologic approach which was applied to 3 participants with the use of indepth interview in collecting data. The researcher used of purposive sampling in determining sample and data analysis used of categories and theme.

The result of this research proved that after abortion, mother had regret and it would take effect for annoying mother daily activities. Regret also caused mother to get bad experiences that caused trauma for themself. Some coping strategies which have been implemented by mothers to solve that trauma were rationalization, busied themselves with the work, shared to their family, contemplated and also prayed to the God. Time and husband's work are constraints which have been felt by mothers during applied their coping strategies. The coping efficacy is supported by positive view of mother, social support from family, and also social skill. The coping strategies which have been implemented by housewife being successfull to lessen the burden of feeling after abortion.

Keywords : abortion, coping strategies

Literature study : 44 (1992 – 2008)