

## ABSTRAK

Mahasiswa rantau menghadapi berbagai tekanan psikologis selama menempuh studi, mulai dari kesepian, kecemasan akademik, hingga keterbatasan dukungan emosional karena jauh dari keluarga.. Kompleksitas tekanan tersebut semakin berat ketika mahasiswa rantau mengalami peristiwa kematian orang tua di tengah masa studinya. Kehilangan tersebut tidak hanya memunculkan duka mendalam, tetapi juga berdampak pada aspek akademik, sosial, ekonomi, serta psikologis, sehingga menuntut mahasiswa untuk memiliki kemampuan resiliensi. Penelitian ini bertujuan untuk menggambarkan resiliensi pada mahasiswa rantau pasca kematian orang tua, dampak yang dialami serta bagaimana pengalaman kehilangan mempengaruhi perkembangan diri dan perspektif hidup mahasiswa rantau. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi, melibatkan tiga partisipan mahasiswa rantau yang telah dipilih dengan teknik *purposive sampling*. Data diperoleh melalui proses *indepth-interview* dan dianalisis menggunakan *Interpretative Phenomenological Analysis* (IPA). Hasil penelitian menunjukkan resiliensi mahasiswa rantau terbentuk melalui enam tema utama yang berlangsung dinamis: (1) latar belakang yang terdiri dari kronologi, kondisi keluarga dan relasi dengan orang tua, (2) proses berduka yang meliputi reaksi awal, kondisi emosional, perasaan kehilangan, serta penyesalan, (3) dampak kematian orang tua terhadap pandangan hidup, sikap, perilaku, minat, tantangan dan tekanan, (4) strategi ketahanan melalui motivasi dan koping, (5) peran dukungan sosial dari keluarga, teman, dan pasangan, serta (6) perkembangan diri yang mencakupi refleksi diri, pembelajaran, dan pemaknaan baru. Temuan ini menegaskan bahwa resiliensi mahasiswa rantau pasca kematian orang tua bukanlah sifat bawaan, melainkan proses dinamis yang terbentuk melalui pengalaman hidup, dukungan sosial, dan usaha individu untuk menata kembali tujuan hidup.

**Kata kunci:** *kematian orang tua, mahasiswa rantau, resiliensi*

## **ABSTRACT**

*Out-of-town university students face various psychological pressures during their studies, ranging from loneliness and academic anxiety to limited emotional support due to being far from their families. These pressures become more complex and burdensome when out-of-town university students experience the death of a parent during their academic journey. Such a loss not only brings profound grief but also affects academic, social, economic, and psychological aspects, requiring students to develop resilience. This study aims to explore the resilience of out-of-town university students following the death of a parent, the impacts they experience, and how the loss influences their personal development and life perspectives. A qualitative method with a phenomenological approach was employed, involving three out-of-town university students selected through purposive sampling. Data were collected through in-depth interviews and analyzed using Interpretative Phenomenological Analysis (IPA). The findings reveal that resilience among out-of-town university students is shaped through six dynamic themes: (1) background, consisting of chronology, family conditions, and parent–child relationships; (2) grieving process, including initial reactions, emotional conditions, feelings of loss, and regrets; (3) the impact of parental death on worldview, attitudes, behaviors, interests, challenges, and pressures; (4) resilience strategies through motivation and coping; (5) the role of social support from family, friends, and partners; and (6) personal growth encompassing self-reflection, learning, and the development of new meanings. These findings emphasize that resilience among out-of-town university students after parental loss is not an innate trait, but rather a dynamic process shaped through life experiences, social support, and individual efforts to reconstruct life goals.*

**Keywords:** *death of parent, out-of-town university students, resilience*