

ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran *parenting stress* pada ibu tunggal yang bekerja, faktor yang mempengaruhi munculnya *parenting stress*, dan strategi yang digunakan untuk menyeimbangkan peran sebagai ibu dan mencari nafkah. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus. Partisipan penelitian berjumlah tiga orang ibu tunggal yang bekerja dan dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan melalui wawancara semi terstruktur dan observasi, kemudian dianalisis menggunakan *opencode*. Hasil penelitian menunjukkan bahwa *parenting stress* pada ibu tunggal yang bekerja dipengaruhi oleh tuntutan ekonomi, karakteristik dan perilaku anak, peran ganda sebagai ibu sekaligus mencari nafkah, kurangnya dukungan pasangan, perasaan kesepian, serta tekanan sosial. Kondisi ini memunculkan kelelahan fisik dan emosional, emosi negatif seperti mudah marah, perasaan bersalah terhadap anak, serta perasaan kewalahan dalam menjalankan tanggung jawab pengasuhan dan pekerjaan. Untuk mengatasi tekanan tersebut, partisipan menerapkan berbagai strategi seperti mencari dukungan sosial, membangun pendekatan emosional dengan anak, mengelola emosi, dan mengatur keuangan dalam keluarga.

Kata kunci: ibu bekerja, ibu tunggal, *parenting stress*, pengasuhan.

ABSTRACT

This study aimed to explore the description of parenting stress among working single mothers, the factors influencing the emergence of parenting stress, and the strategies used to balance their roles as caregivers and breadwinners. This study employed a qualitative method with a case study approach. The participants consisted of three working single mothers selected through purposive sampling. Data were collected through semi-structured interviews and observations and were analyzed using open coding techniques. The findings revealed that parenting stress among working single mothers was influenced by economic demands, children's characteristics and behaviors, dual roles as both caregivers and breadwinners, lack of partner support, feelings of loneliness, and social pressure. These conditions led to physical and emotional exhaustion, negative emotions such as irritability, feelings of guilt toward children, and feelings of being overwhelmed in managing parenting and work responsibilities. To cope with these challenges, participants applied various strategies, including seeking social support, building emotional closeness with their children, managing emotions, and organizing family finances. The findings indicate that parenting stress among working single mothers results from the interaction of various internal and external pressures experienced while fulfilling parenting and family responsibilities.

Keywords: *parenting stress, parenting, single mother, working mother.*