ABSTRAK

Kematian suami pada awal pernikahan dapat menimbulkan perubahan emosional, peran, relasi sosial, ekonomi, spiritualitas, dan orientasi masa depan sehingga wanita memerlukan resiliensi untuk melanjutkan kehidupan. Penelitian ini bertujuan memahami gambaran resiliensi, faktor pendukung dan penghambat, proses pembentukan, serta bentuk resiliensi pada wanita pascakematian suami di awal pernikahan. Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kasus. Partisipan dipilih secara purposif dan terdiri atas tiga wanita dewasa awal yang mengalami kematian suami pada awal pernikahan serta tiga informan pendukung. Data dikumpulkan melalui wawancara mendalam semi-terstruktur dan dianalisis menggunakan analisis tematik. Hasil penelitian menemukan lima tema, yaitu kehilangan pasangan dan dampaknya terhadap kehidupan, peran dukungan sosial, peran spiritualitas, penerimaan duka dan penyesuaian diri, serta pertumbuhan diri dan pemaknaan baru pascakehilangan. Resiliensi berkembang secara bertahap dan tidak linear; kesedihan dan ikatan dengan almarhum tetap hadir bersamaan dengan kemampuan menjalankan tanggung jawab dan menata kembali kehidupan. Sumber kekuatan utama berbeda pada setiap partisipan, meliputi dukungan relasional dan spiritualitas, kekuatan diri serta aktivitas produktif, dan keberadaan anak serta tanggung jawab sebagai ibu. Bentuk resiliensi tampak melalui kemampuan mengelola emosi, mengendalikan dorongan, membangun optimisme realistis, memahami penyebab masalah, menunjukkan empati, mengembangkan keyakinan terhadap kemampuan diri, dan mencari dukungan yang sesuai.

Kata kunci: *kematian suami, resiliensi, wanita dewasa awal*

ABSTRACT

The death of a husband during the early years of marriage can disrupt emotional well-being, roles, social relationships, financial conditions, spirituality, and future orientation, requiring women to develop resilience in order to continue their lives. This study aimed to understand the manifestation of resilience, its supporting and inhibiting factors, its development process, and its forms among women whose husbands died during the early years of marriage. This study employed a qualitative approach with a case study method. Participants were purposively selected and consisted of three women in early adulthood who had lost their husbands during the early years of marriage and three supporting informants. Data were collected through in-depth semi-structured interviews and analyzed using thematic analysis. Five themes were identified: spousal loss and its impact on life, the role of social support, the role of spirituality, grief acceptance and adjustment, and personal growth and new meaning after loss. Resilience developed gradually and nonlinearly; grief and continuing bonds with the deceased remained alongside the ability to fulfill responsibilities and rebuild life. The primary sources of strength differed across participants, including relational support and spirituality, personal strength and productive activities, and children and maternal responsibility. Resilience was reflected in the ability to manage emotions, control impulses, develop realistic optimism, understand the causes of problems, show empathy, strengthen self-efficacy, and seek appropriate support.

Keywords: *resilience, spousal bereavement, women in early adulthood*