

RINGKASAN

Pandemi Covid-19 membuat banyak orang kehilangan anggota keluarganya, seperti istri yang kehilangan suami akibat terinfeksi Covid-19. Di Kabupaten Purbalingga, angka kematian akibat Covid-19 termasuk tinggi, per 19 Agustus 2021 terdapat 1.045 kasus. Kematian akibat Covid-19 di Kabupaten Purbalingga didominasi oleh kematian ayah, mencapai 50% dengan rentang usia ayah 39-48 tahun. Hal itu menyebabkan 128 perempuan menjadi seorang *single mother*. Penelitian ini bertujuan menjelaskan problematika dan strategi *single mother* terdampak Covid-19 di Kabupaten Purbalingga. Metode penelitian yang digunakan dalam penelitian ini adalah kualitatif dengan melakukan wawancara, observasi, dan dokumentasi. Informannya ditentukan melalui teknik *purposive sampling* dan terdapat 4 informan yaitu CR, TW, J, dan YM.

Hasil penelitian ini menunjukkan bahwa *single mother* menghadapi berbagai problematika pasca kematian suaminya. Problematika yang dialami adalah penurunan pendapatan yang mengakibatkan mereka kesulitan untuk mencukupi kebutuhan dan khawatir terhadap keberlanjutan pendidikan anak-anaknya. Setelah perubahan status menjadi seorang janda, *single mother* mulai mendapat perilaku tidak menyenangkan dari masyarakat sekitar. Hal ini, membuat mereka menjadi tidak nyaman untuk berinteraksi dengan masyarakat sekitar. Selain itu, *single mother* harus menjalankan peran ganda sehingga dituntut untuk mandiri dan bertanggung jawab terhadap keluarga. Hal tersebut membuat mereka merasa tertekan dengan beban yang harus ditanggung sendirian. Namun, *single mother* memiliki strategi untuk mengatasi problematika seperti, melakukan kerja tambahan, berhemat dan memprioritaskan kebutuhan utama, memanfaatkan secara optimal bantuan yang didapatkan. Menjaga diri demi menghindari perspektif negatif orang lain dan tetap menjaga hubungan dengan masyarakat sekitar, dan berinteraksi secukupnya saja. *Single mother* dapat bangkit dari keterpurukan dengan melihat kondisi anak-anaknya yang masih sangat membutuhkan peran dan tanggung jawab orang tua. Jadi, dapat disimpulkan bahwa *single mother* terdampak Covid-19 masih menghadapi problematika yang ada dan mereka berusaha untuk bangkit meminimalisasi dampaknya dengan melakukan strategi yang sesuai dengan problematika yang dihadapi.

Kata Kunci: Covid-19, *Single Mother*, Problematika, Strategi

SUMMARY

The Covid-19 pandemic has made many people lose their family members, such as wives who lost their husbands due to Covid-19 infection. In Purbalingga Regency, the death rate due to Covid-19 is high, as of August 19, 2021 there were 1,045 cases. Deaths due to Covid-19 in Purbalingga Regency are dominated by paternal deaths, reaching 50% with a paternal age range of 39-48 years. That led to 128 women becoming single mothers. This study aims to explain the problems and strategies of single mothers affected by Covid-19 in Purbalingga Regency. The research method used in this study is qualitative by conducting interviews, observations, and documentation. The informant was determined through purposive sampling techniques and there were 4 informants, namely CR, TW, J, and YM.

The results of this study show that single mothers face various problems after the death of their husbands. The problem experienced is a decrease in income which causes them to find it difficult to meet their needs and worry about the sustainability of their children's education. After the change in status to a widow, single mothers began to get unpleasant behavior from the surrounding community. This makes them uncomfortable to interact with the surrounding community. In addition, single mothers must carry out multiple roles so that they are required to be independent and responsible for the family. This makes them feel depressed with the burden that must be borne alone. However, single mothers have strategies to overcome problems such as, doing additional work, frugality and prioritizing main needs, making optimal use of the assistance obtained. Take care of yourself to avoid negative perspectives of others and still maintain relationships with the surrounding community, and interact moderately. Single mother can rise from adversity by seeing the condition of her children who still really need the role and responsibility of parents. So, it can be concluded that single mothers affected by Covid-19 are still facing existing problems and they are trying to rise to minimize the impact by carrying out strategies that are in accordance with the problems faced.

Keywords: Covid-19, Single Mother, Problem, Strategy