

Eksplorasi Pengalaman Kedukaan karena Kehilangan Hewan Peliharaan: *Pet Bereavement*

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Abstract. Bereavement is often associated with the loss of a human being. However, bereavement could also occur when an individual loses a pet. According to various studies, the response to grief and the effects of pet bereavement and human bereavement have no significant differences. Even so, pet bereavement is often considered a trivial and less significant grief by social norms. There is relatively little literature researching about pet bereavement especially in Indonesia. For this reason, through qualitative research using open-ended questionnaire, an exploratory study was conducted to explore the experience of pet bereavement. There were 101 participants involved in filling out the questionnaire which were dominated by women (82%), people aged 18-24 years old (57%), and the grieving of cat species (71%). From the inductive thematic analysis, four themes were found that represent the components of the pet bereavement experience, namely, (1) bereavement reactions, (2) bereavement coping, (3) support system, and (4) self-growth. With these findings, the support system around bereavement survivors can better understand the perspective of the survivors and provide the support needed by the bereaved survivors.

Keywords: *pet bereavement, explorative study, inductive thematic analysis, support system.*

Abstrak. Kedukaan kerap kali diasosiasikan dengan kehilangan sosok manusia. Namun, kedukaan juga dapat terjadi ketika seseorang kehilangan hewan peliharaan (*pet bereavement*). Menurut berbagai studi, respon kedukaan dan dampak yang ditimbulkan dari *pet bereavement* dan *human bereavement* tak jauh berbeda. Meski begitu, *pet bereavement* kerap dianggap sebagai duka yang remeh dan kurang signifikan oleh norma sosial. Literatur yang meneliti terkait *pet bereavement* pun relatif sedikit khususnya di Indonesia. Untuk itu, melalui penelitian kualitatif dengan kuesioner terbuka ini, dilakukan studi eksploratif untuk mendalami pengalaman *pet bereavement*. Terdapat 101 partisipan yang terlibat dalam pengisian kuesioner yang didominasi oleh perempuan (82%), orang berusia 18-24 tahun (57%), dan berduka atas spesies kucing (71%). Dari proses *inductive thematic analysis* pada populasi tersebut, ditemukan empat tema yang merepresentasikan komponen pengalaman *pet bereavement* yaitu, (1) reaksi kedukaan, (2) koping kedukaan, (3) *support system*, dan (4) perkembangan diri. Dengan temuan tersebut, *support system* yang berada di sekitar penyintas kedukaan dapat lebih memahami perspektif penyintas dan memberikan dukungan yang dibutuhkan oleh para penyintas kedukaan.

Kata kunci: *pet bereavement, studi eksploratif, inductive thematic analysis, support system.*