

ABSTRAK

Transpuan sebagai kelompok marginal memiliki sejumlah pengalaman khusus yang bisa mempengaruhi kehidupan mereka, termasuk pada saat memasuki masa tua. Keterbatasan ruang hidup serta dukungan yang minim membuat mereka harus berupaya keras untuk bisa hidup nyaman di masa tuanya. Penelitian bertujuan untuk menggambarkan jalur perkembangan (*developmental pathways*) yang membentuk penuaan yang berhasil (*successful aging*) dengan melihat kontinuitas perkembangan dalam konteks kehidupan transpuan. Penelitian ini diawali dengan mencari tema-tema yang mengarah pada *successful aging*, menarasikan kehidupan transpuan, menemukan indikator *successful aging*, serta menyusun jalur perkembangan *successful aging*.

Studi naratif dipilih sebagai metode yang didukung pengumpulan data melalui wawancara mendalam sebagai metode utama. Observasi partisipatif dan *focus group discussion* digunakan sebagai metode pendukung. Partisipan riset adalah transpuan (*male to female transgender*) berusia 56-68 tahun berjumlah 13 orang (partisipan wawancara dan *focus group discussion*) yang berdomisili di wilayah Daerah Istimewa Yogyakarta. Data digunakan untuk menjawab pertanyaan penelitian: Bagaimana jalur perkembangan yang membentuk *successful aging* berdasarkan pengalaman kehidupan transpuan. Analisis dalam penelitian ini menggabungkan antara teknik analisis tematik serta analisis struktural.

Hasil penelitian menemukan kesimpulan: (1) Setiap tahap perkembangan memberikan kontribusi berkesinambungan pada pembentukan jalur perkembangan *successful aging* transpuan; (2) Masa dewasa awal memiliki posisi penting untuk memprediksi *successful aging* transpuan; (3) Pembentukan *successful aging* melalui fase awal, fase lanjutan dan fase penguatan yang terintegrasi dengan tahap perkembangan; (4) Perjalanan hidup transpuan banyak memuat penolakan dan rentan terhadap isu kesehatan mental, sehingga *acceptance* menjadi sesuatu yang penting dan mendesak; (5) *Acceptance* sebagai bentuk dukungan psikologis posisinya sangat berarti bagi masyarakat kolektif yang merupakan latar penelitian. Kebutuhan *acceptance* terintegrasi ke dalam semua lingkaran ekologis.

Kata kunci: transpuan, jalur perkembangan, masa lanjut usia, successful aging

ABSTRACT

As a marginalized group, trans women possess a number of special experiences making impacts to their lives, including when they enter old age. Limited living space and minimal supports require them to work hard to be able to live comfortably in old age. This research aims to describe the developmental pathways that shape successful aging by looking at developmental continuity in the context of trans women's lives. The research began by looking for themes that lead to successful aging, narrating the lives of trans women, finding indicators of successful aging, and developing a developmental pathway for successful aging.

Narrative study was selected as a method supported by data collection through in-depth interviews as the main method. In addition, participatory observation and focus group discussions were also carried out as the supporting methods. The research participants were 13 trans women (male to female transgender) aged 56-68 years (interviewees and focus group discussion participants) residing in the Special Region of Yogyakarta. Data is used to answer the following research questions: What are the developmental pathways that shape successful aging based on the life experiences of trans women. The research analysis combines thematic analysis techniques and structural analysis.

The research drew the following conclusions: (1) Each stage of development contributes to the formation of trans women's successful aging development path. The contribution of each stage of development is reinforced by the next stages of development; (2) Early adulthood takes important roles in predicting the successful aging of trans women; (3) Successful aging is formed in the early, advanced, and reinforcement stages, and each of which is integrated with developmental stages; (4). Social rejection causes trans women to be prone to mental health issues. Therefore, **acceptance** is something important and urgent for them; (5) A form of psychological supports, acceptance is very meaningful to the collective society, which is the setting of this research. The need of acceptance is integrated into all ecological circles.

Keywords: transwomen, developmental pathways, old age, successful aging