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**Abstract.** Endometriosis is one of the most common reproductive disorders affecting women at their reproductive age, which occurs at an average of 10% in the women population worldwide. Being diagnosed at a young age with this reproductive disorder may have an impact on an individual's life and their functional ability. This study explores how the psychological effects of endometriosis contributes to women's psychological well-being after being exposed through the challenges imposed by this reproductive disorder. Using interpretative phenomenological analysis, in-depth interviews were conducted to 3 participants throughout Indonesia, revealing the four phases that women went through in attaining psychological well-being, which were marked by early identity struggles, medical invalidation, relief and grief, and coming into acceptance and finding new purpose. Through Carol Ryff's model of psychological well-being, it was revealed that women's psychological well-being were closely intertwined with the challenges posed by endometriosis. Despite the difficulties, with time and support from others, the participants' psychological well-being eventually improved. These findings emphasized the difficulties that women had to go through due to endometriosis, highlighting the vital role of social support, which serves as a lifeline for participants.

**Keywords:** *Endometriosis, Young Women, Psychological Well-Being, Social Support*

**Abstrak.** Endometriosis merupakan salah satu penyakit reproduksi yang paling umum terjadi pada wanita di usia reproduksi. Endometriosis tercatat terjadi pada 10% populasi wanita di dunia. Terdiagnosis endometriosis sejak usia muda dapat berdampak terhadap kehidupan seseorang dan juga kemampuan fungsionalnya. Penelitian ini mengeksplorasi bagaimana dampak psikologis dari endometriosis dapat berkontribusi pada kesejahteraan psikologis para wanita setelah terpapar oleh tantangan dari gangguan reproduksi tersebut. Penelitian ini menggunakan analisis fenomenologi interpretatif, dengan melakukan wawancara kepada 3 partisipan yang tersebar di Indonesia. Temuan menunjukkan bahwa terdapat 4 fase yang dilalui oleh partisipan dalam mencapai kesejahteraan psikologis, yang ditandai dengan pergolakan identitas awal, penolakan medis, kelegaan dan kesedihan, dan penerimaan dan tujuan baru. Melalui model kesejahteraan psikologis Carol Ryff, temuan mengungkap bahwa kesejahteraan psikologis wanita berkaitan erat dengan tantangan yang didapat dari endometriosis. Meskipun mengalami kesulitan, dengan adanya dukungan dari orang lain, kesejahteraan psikologis partisipan dapat berkembang ke arah yang lebih positif. Temuan studi ini menekankan kesulitan yang harus dihadapi oleh wanita saat mereka mempunyai endometriosis, menyoroti peran penting dukungan sosial, yang berfungsi sebagai sumber kekuatan para partisipan.



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**"Womb as A Blessing and A Curse": The Process of Attaining Psychological Well-Being Among Women with Endometriosis**

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**Kata kunci:** *Endometriosis, Wanita Muda, Kesejahteraan Psikologis, Dukungan sosial*