



Kesejahteraan Subjektif Dan Resiliensi Anak Yang Kehilangan Orang Tua Meninggal Akibat Covid-19 Di Kota Semarang Jawa Tengah

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Abstrak

Pandemi Covid-19 membawa konsekuensi sosial yang signifikan, termasuk meningkatnya jumlah anak yang kehilangan orang tua. Kehilangan tersebut berdampak langsung pada aspek psikologis, sosial, dan kesejahteraan anak. Penelitian ini bertujuan untuk menganalisis dampak kehilangan orang tua akibat Covid-19 terhadap kesejahteraan subjektif dan resiliensi anak di Kota Semarang, Jawa Tengah. Kerangka teori yang digunakan adalah kesejahteraan subjektif dari Ed Diener, yang menitikberatkan pada kepuasan hidup dan keseimbangan emosi, serta resiliensi dari Reivich dan Shatté, yang menekankan kapasitas adaptasi melalui tujuh aspek utama.

Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Data diperoleh melalui wawancara, observasi, dan dokumentasi terhadap 15 anak yang dipilih secara purposive berdasarkan status keyatiman, jenis kelamin, usia, dan pola pengasuhan. Hasil penelitian menunjukkan bahwa kehilangan orang tua menurunkan tingkat kesejahteraan subjektif anak, ditandai dengan berkurangnya kepuasan hidup, ketidakpastian masa depan, serta tekanan emosional dan sosial. Namun, sebagian anak menunjukkan resiliensi yang kuat melalui dukungan keluarga, teman sebaya, serta penghayatan spiritual. Resiliensi tersebut tampak pada kemampuan anak memaknai pengalaman kehilangan, membangun motivasi, dan mengembangkan pola pikir positif untuk bertahan serta tumbuh pasca trauma.

Kata kunci: kesejahteraan subjektif, resiliensi, anak, Covid-19, kehilangan orang tua



Subjective Well-Being and Resilience of Children Experiencing Parental Loss

Due to Covid-19 in Semarang, Central Java

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Abstract

The Covid-19 pandemic has resulted in a significant increase in children who lost their parents to the virus. This study investigates the effects of such loss on the subjective well-being and resilience of children in Semarang, Central Java. The research is grounded in the need to better understand children's adaptation processes in the context of bereavement, particularly during the broader efforts of post-pandemic recovery.

The research applies Ed Diener's framework of subjective well-being, which emphasizes life satisfaction and the balance of positive and negative affect, alongside Reivich and Shatté's resilience model, which focuses on seven dimensions of psychological endurance: emotion regulation, impulse control, optimism, self-efficacy, empathy, causal analysis, and perspective-taking. Together, these frameworks provide insight into how children evaluate their lives after bereavement and develop strategies to endure and grow positively.

This study employs a qualitative method with a descriptive approach, focusing on qualitative data analysis. Data were collected in Semarang City, Central Java Province, through interviews, observation, and documentation. The research involved fifteen (15) child informants selected using purposive sampling based on specific criteria, including orphanhood status (fatherless, motherless, or double orphans), gender (male and female), age group (elementary, junior high, and senior high school), and caregiving patterns (mother, father, grandparents, uncle/aunt, or siblings).

This study explores the impact of parental loss due to Covid-19 on children's subjective well-being. Results show declines in life satisfaction, future outlook, and self-meaning, accompanied by grief, anxiety, and social disruption. Economic hardships further limit access to basic needs and education. Yet, many children demonstrate resilience through family, peer, and community support, as well as spiritual and social engagement. Their ability to find new meaning, stay motivated, and foster positive mindsets reflects adaptive strength. These findings underscore the dual challenges and resilience of children, highlighting the role of support systems in sustaining well-being.

Keywords: subjective well-being, resilience, children, Covid-19, parental loss