

PERTUMBUHAN PASCATRAUMA PADA *EMERGING ADULT* PENYINTAS TRAUMA KOMPLEKS RELASIONAL DALAM KELUARGA

ABSTRAK

Individu *emerging adults* dengan pengalaman trauma kompleks relasional dalam keluarga menghadapi dampak negatif yang luas, tetapi juga dapat mencapai pertumbuhan pascatrauma (PTG) meski prosesnya berpotensi disfungsi dan mengancam jiwa. Penelitian ini bertujuan memahami secara menyeluruh PTG dengan desain *mixed-methods sequential explanatory*. Data dikumpulkan menggunakan enam instrumen (*Posttraumatic Growth Inventory-Expanded*, *Complex Trauma Questionnaire*, *International Trauma Questionnaire*, *Gratitude Questionnaire*, *Adult Hope Scale*, dan *Coping Flexibility Scale-Revised*) dan wawancara mendalam. Penelitian tahap I (kuantitatif, survei *cross-sectional*) melibatkan 521 individu usia 18-25 tahun ($M \pm SD_{usia} = 21,21 \pm 1,7$; 88,68% perempuan; 52% Jawa) melalui *convenience sampling*. Penelitian tahap II (kualitatif, fenomenologis) melibatkan 11 partisipan hasil *purposive sampling* dari Tahap I (Usia 19-24; $M \pm SD_{usia} = 22,03 \pm 1,27$; 9 perempuan). Profil sosio-demografis menunjukkan bahwa suku, atribut pendidikan dan keluarga, serta onset menjadi pembeda PTG. Lebih lanjut, 48,2% partisipan memenuhi kriteria gangguan stres pascatrauma kompleks (C-PTSD), dan di antara mereka, 37,4% memiliki PTG tinggi. Analisis *Structural Equation Modeling* (Tahap I) menunjukkan bahwa model dijelaskan lebih baik melalui gangguan stres pascatrauma (PTSD; $R^2 = 55,2\%$) dibandingkan C-PTSD ($R^2 = 54\%$). Trauma kompleks tidak langsung memengaruhi PTG, kecuali lewat gejala PTSD. Fleksibilitas koping cenderung berperan sebagai mediator, namun lemah. Sebaliknya, harapan dan rasa syukur berpengaruh langsung terhadap PTG. Fleksibilitas koping dapat menjembatani hubungan antara harapan dan PTG, tetapi tidak berlaku untuk rasa syukur. Hubungan antara rasa syukur dan PTG bisa terjadi secara tidak langsung: sebagian melalui harapan, atau berurutan lewat harapan lalu fleksibilitas koping. Analisis fenomenologis interpretatif (Tahap II) menghasilkan enam tema induk: derita berlarut, bertahan di tengah ketidaknyamanan, ujian keluwesan, kesadaran diri menuju impian, diri yang makin kokoh, dan orientasi masa depan. Integrasi hasil dengan strategi *correspondence analysis* menghasilkan delapan kelompok partisipan dengan variasi pada lima aspek: tanggungan beban orang dewasa, pencitraan diri, welas asih diri, dukungan agama, dan dilema keluarga sebagai motivasi. Temuan menunjukkan bahwa penyintas trauma kompleks berat tetap memiliki peluang untuk mencapai PTG, meski rentan karena adanya C-PTSD. Faktor internal (harapan, rasa syukur, fleksibilitas koping) dan faktor eksternal (hubungan interpersonal) sama-sama berperan penting dalam memperkuat atau melemahkan proses pembelajaran transformatif penyintas.

Kata kunci: *emerging adulthood*, fenomenologis interpretatif, model teoretis pertumbuhan pascatrauma, penyintas, trauma kompleks relasional dalam keluarga.

POSTTRAUMATIC GROWTH AMONG EMERGING ADULT SURVIVORS OF RELATIONAL COMPLEX TRAUMA IN THE FAMILY

ABSTRACT

Emerging adults who have experienced relational complex trauma within the family face broad negative impacts, but may also achieve posttraumatic growth (PTG) although its process can be dysfunctional and even life-threatening. This study aimed to comprehensively understand PTG using a mixed-methods sequential explanatory design. Data were collected through six instruments (Posttraumatic Growth Inventory-Expanded, Complex Trauma Questionnaire, International Trauma Questionnaire, Gratitude Questionnaire, Adult Hope Scale, and Coping Flexibility Scale-Revised) and in-depth interviews. Phase I of the study (quantitative, cross-sectional survey) involved 521 individuals aged 18-25 years ($M \pm SD_{age} = 21,21 \pm 1,7$; 88,68% female; 52% Javanese) recruited through convenience sampling. Phase II of the study (qualitative, phenomenology) involved 11 purposively selected participants from Phase I (Aged 19-24; $M \pm SD_{age} = 22,03 \pm 1,27$; 9 female). The socio-demographic profile showed that ethnicity, educational and familial attributes, as well as onset, differentiated levels of PTG. Furthermore, 48.2% of participants met the complex-posttraumatic stress disorder (C-PTSD) criteria, and among them, 37.4% had high PTG. Structural Equation Modeling (Phase I) showed that the model was better explained through posttraumatic stress disorder (PTSD; $R^2 = 55.2\%$) than through C-PTSD ($R^2 = 54\%$). Complex trauma did not directly influence PTG, except through PTSD symptoms. Coping flexibility tended to act as a mediator, but weakly. In contrast, hope and gratitude showed direct effects on PTG. Coping flexibility could bridge the relationship between hope and PTG, but this was not the case for gratitude. The link between gratitude and PTG could occur indirectly: partly through hope, or sequentially through hope followed by coping flexibility. Interpretative Phenomenological Analysis (Phase II) identified six main themes: prolonged suffering, surviving discomfort, flexibility challenges, self-awareness towards ideals, a stronger sense of self, and future orientation. Integration through a correspondence analysis strategy produced eight participant groups that varied across five aspects: adult role burdens, self-presentation, self-compassion, religious support, and family dilemma as a motivation. The findings suggest that survivors of severe complex trauma still have the potential to achieve PTG, although they remain vulnerable due to co-occurring C-PTSD. Both internal factors (hope, gratitude, coping flexibility) and external factors (interpersonal relationships) play important roles in either strengthening or weakening survivors' transformative learning process.

Keywords: *emerging adulthood, interpretative phenomenology, relational complex trauma in the family, survivors, theoretical model of posttraumatic growth.*