UNIVERSITAS
GADJAH MADA
Transformasi Tekanan dan Resiliensi Migran Distres di Wilayah Peri-Urban
Dina Nurdinawati, Dr. Agus Joko Pitoyo, S.Si, M.A. ; Dr. Umi Listyaningsih, S.Si, M.Si.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

INTISARI

Penelitian ini bertujuan menganalisis transformasi tekanan yang dialami migran distres sebelum dan sesudah migrasi, pembentukan resiliensi dalam merespons perubahan tekanan, serta kaitannya dengan orientasi migrasi di masa depan. Penelitian berangkat dari pemahaman bahwa migrasi distres bukan sekadar perpindahan dari daerah asal ke daerah tujuan, tetapi merupakan proses adaptasi yang berlangsung dalam konteks keterbatasan pilihan penghidupan dan tekanan multidimensi. Penelitian dilakukan di wilayah peri-urban Kabupaten Bogor dengan menelusuri keterkaitannya dengan daerah asal migran, terutama Kabupaten Brebes dan Kabupaten Sukoharjo.

Penelitian menggunakan metode *mixed method* dengan desain *multistage mixed method* yang terdiri atas observasi dan analisis awal secara kualitatif, survei kuantitatif, serta pendalaman kualitatif melalui wawancara dan *tracing study* ke daerah asal. Data kuantitatif diperoleh dari 110 migran pekerja sektor informal di tiga kecamatan peri-urban Kabupaten Bogor, sedangkan data kualitatif diperoleh dari 35 informan yang terdiri atas migran, keluarga migran, mantan migran, pengurus komunitas, serta aparat desa. Analisis kuantitatif mencakup analisis deskriptif, *Wilcoxon Signed-Rank Test, Chi-Square*, dan regresi logistik biner. Tekanan migrasi diukur melalui tujuh dimensi disutilitas tempat, sedangkan data kualitatif dianalisis secara tematik dan naratif.

Hasil penelitian menunjukkan bahwa migrasi mengubah konfigurasi tekanan secara selektif: tekanan total cenderung menurun, tetapi penurunan tersebut tidak terjadi pada seluruh dimensi. Kesejahteraan, stimulasi, dan otonomi mengalami penurunan tekanan, sementara afiliasi dan moral justru menunjukkan peningkatan. Berdasarkan transformasi tekanan, migran terbagi dalam empat tipologi, yaitu *Stable Low Stress, Stress Relief, Persistently High Stress*, dan *Stress Escalation*. Resiliensi terbentuk melalui interaksi antara modal struktural, kondisi kerja, jaringan sosial, keterlekatan administratif, serta strategi coping, dengan diversitas problem-focused coping berperan penting dalam memperkuat kapasitas adaptasi. Transformasi tekanan dan resiliensi selanjutnya berkaitan dengan orientasi mobilitas masa depan, yang terpolarisasi antara kecenderungan menetap dan kembali atau berpindah. Berdasarkan sintesis tersebut, penelitian mengembangkan Model Terintegrasi Transformasi Tekanan dalam Migrasi Distres yang memandang migrasi sebagai proses adaptasi berkelanjutan, bukan peristiwa perpindahan yang berhenti ketika migran mencapai daerah tujuan.

Kata kunci: migrasi distres; transformasi tekanan; resiliensi; peri-urban; mobilitas

UNIVERSITAS
GADJAH MADA
Transformasi Tekanan dan Resiliensi Migran Distres di Wilayah Peri-Urban
Dina Nurdinawati, Dr. Agus Joko Pitoyo, S.Si, M.A. ; Dr. Umi Listyaningsih, S.Si, M.Si.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

ABSTRACT

This study aims to analyze the transformation of pressures experienced by distress migrants before and after migration, the formation of resilience in responding to changing pressures, and its relationship with migrants' future mobility orientations. The study views distress migration not merely as movement from an origin to a destination, but as an adaptive process occurring under constrained livelihood choices and multidimensional pressures. The research was conducted in the peri-urban area of Bogor Regency, with further tracing of migrants' places of origin, particularly Brebes and Sukoharjo Regencies.

A mixed-method approach with a multistage mixed-method design was employed, consisting of initial qualitative observation and analysis, a quantitative survey, and qualitative in-depth exploration through interviews and a tracing study to migrants' places of origin. Quantitative data were collected from 110 informal-sector migrants in three peri-urban subdistricts of Bogor Regency, while qualitative data were obtained from 35 informants, including migrants, migrant families, former migrants, community representatives, and village officials. Quantitative analyses included descriptive analysis, the Wilcoxon Signed-Rank Test, Chi-Square test, and binary logistic regression. Migration pressure was measured through seven dimensions of place disutility, while qualitative data were analyzed thematically and narratively.

The findings show that migration selectively transforms the configuration of pressures: overall pressure tends to decline, but not across all dimensions. Pressure related to well-being, stimulation, and autonomy decreases, whereas affiliation and moral pressures increase. Four migrant typologies were identified based on pressure transformation: Stable Low Stress, Stress Relief, Persistently High Stress, and Stress Escalation. Resilience is shaped by the interaction of structural resources, working conditions, social networks, administrative attachment, and coping strategies, with diverse problem-focused coping strategies playing an important role in strengthening adaptive capacity. Pressure transformation and resilience are further associated with future mobility orientations, which are polarized between settlement and return or onward migration. Based on these findings, the study develops an Integrated Model of Pressure Transformation in Distress Migration, conceptualizing migration as an ongoing adaptive process rather than a one-time spatial movement.

Keywords: distress migration; pressure transformation; resilience; peri-urban; mobility