

PENGALAMAN HIDUP IBU DENGAN *CHRONIC SORROW* KARENA KEHILANGAN PERINATAL DI YOGYAKARTA

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INTISARI

Latar Belakang: Kehilangan perinatal dapat memunculkan pengalaman duka yang bersifat periodik, dikenal dengan *chronic sorrow*. *Chronic sorrow* adalah respon duka yang normal, namun ketidakefektifan strategi *coping* yang digunakan individu dapat meningkatkan kerentanannya terhadap komplikasi, seperti depresi mayor. Literatur *chronic sorrow* pada kehilangan perinatal masih terbatas dan perlu dieksplorasi lebih lanjut. Penelitian ini bertujuan untuk mengeksplorasi pengalaman *chronic sorrow* pada ibu dengan kehilangan perinatal.

Desain: Penelitian ini menggunakan desain fenomenologi deskriptif.

Metode: Proses wawancara semi terstruktur dilakukan pada Januari- Februari 2018. Sampel penelitian adalah ibu dengan *chronic sorrow* karena kehilangan perinatal, yang dipilih dengan teknik *maximum variation sampling* pada jumlah anak saat ini dan lama kehilangan perinatal. Wawancara semi terstruktur dilakukan selama 2 kali pertemuan pada 9 partisipan yang memenuhi kriteria penelitian, yaitu ibu dengan *chronic sorrow* karena kehilangan perinatal dan lama kehilangan perinatal antara 7 minggu- < 3 tahun. Ibu dengan kehilangan perinatal yang disertai gangguan jiwa atau fisik berat dieksklusikan. Analisa data dilakukan dengan metode *modified Stevick-Colaizzi-Keen*.

Hasil: Pengalaman duka pada kehilangan perinatal dirasakan berulang saat ibu berhadapan dengan pencetus. Strategi *coping* adaptif telah mengembalikan kestrabilan emosional ibu. *Chronic sorrow* pada kehilangan perinatal memiliki karakteristik spesifik yang sedikit berbeda dengan karakteristik *chronic sorrow* secara umum, yaitu duka pada kehilangan perinatal terasa berkurang dari waktu ke waktu.

Kesimpulan: Pengalaman *chronic sorrow* pada kehilangan perinatal memiliki dua karakteristik spesifik yaitu duka terasa semakin berkurang dan keberadaan anak yang lain dapat menjadi “obat” sekaligus pencetus duka. Ibu berharap tenaga kesehatan dapat menunjukkan sikap ramah, sensitif, dan informatif, sehingga membantu ibu beradaptasi dengan kehilangannya.

Kata kunci : ibu, *chronic sorrow*, kehilangan perinatal, *coping*, situasi pencetus, pengalaman hidup

LIFE EXPERIENCE OF MOTHERS WITH CHRONIC SORROW DUE TO PERINATAL LOSS IN YOGYAKARTA, INDONESIA

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ABSTRACT

Background: Perinatal loss can lead to periodic grief experience, known as chronic sorrow. Chronic sorrow is a normal grief response, but ineffective coping strategies employed by individuals will increase their vulnerability to complications, such as major depression. The literature of chronic sorrow on perinatal loss is limited and needs further exploration. This study aims to explore the experience of chronic sorrow in mothers with perinatal loss.

Design: This research uses descriptive phenomenology design.

Methods: Semi-structured interviews were done in January-February 2018. Mothers with chronic sorrow for perinatal loss were participated in this study and selected by maximum variation sampling on their current number of children and the duration of perinatal loss. Interviews were conducted with 2 sessions on 9 participants who met the study criteria, including mothers with chronic sorrow due to perinatal loss and the duration of perinatal loss between 7 weeks- <3 years. Mother with severe mental or physical disorders were excluded. Data analysis was performed by modified Stevick-Colaizzi-Keen method.

Result: Grief experience due to perinatal loss perceived recurrent when the mother confronted with triggers. Adaptive coping strategies pursued by mothers have restored her emotional stability. Chronic sorrow due to perinatal loss has specific characteristics which slightly different from chronic sorrow characteristics in general, including grief experience due to perinatal loss is noticeably reduced over time.

Conclusion :Chronic sorrow due to perinatal loss has two specific characteristics: sorrow that feels diminished and the presence of another child can be a “drug” and a trigger of sorrow. Mothers expect a friendly, sensitive, and informative attitude from healthcare provider, thus help mothers adapt to their loss.

Keywords: mother, chronic sorrow, perinatal loss, coping strategy, trigger, life experience