

## INTISARI

### DINAMIKA COPING DEVOTEE PENYANDANG ABASIOPHILIA

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Menjadi seorang *devotee* penyandang abasiophilia bukanlah menjadi pilihan hidup. Kelainan seksual ini dapat menyebabkan tekanan berat dalam hidup seseorang karena orang tersebut akan selalu merasa takut terhadap penilaian masyarakat. Ia menanggung beban masalah internal seperti merasa berbeda, malu, kesepian, *shock*, dan tidak menerima keadaannya. Penelitian ini bertujuan untuk mengungkap cara subjek penelitian mengatasi stressnya sesuai dengan judul tesis yaitu dinamika *coping devotee* penyandang *abasiophilia*. Pembahasan utama akan menyoroti usaha subjek sejak awal menyadari kelainannya, penerimaannya, dan *coping* terhadap masalahnya. Metode kualitatif digunakan dalam studi kasus ini pada subjek tunggal. Metode kualitatif merupakan alat yang tepat untuk mengeksplorasi proses *coping stress* yang dinamis. Dari pembahasan ditemukan bahwa masa lalu subjek berpengaruh terhadap kelainan seksual yang disandangnya. Dalam mengatasi masalahnya, subjek menggunakan berbagai strategi *coping* seperti *problem focused coping*, *emotional focused coping*, *active coping*, dan *avoidant coping*. Meskipun demikian, karena subjek tidak mendapat dukungan dari lingkungannya, ia hanya dapat menggunakan sumber daya internalnya untuk *coping* masalahnya. Hasil penelitian menunjukkan bahwa meskipun subjek tidak sepenuhnya dapat mengatasi kelainan seksualnya, subjek telah dapat mengontrol hasratnya dan telah dapat menerima keadaan dirinya. Dengan demikian hasil *coping* subjek termasuk adaptif karena subjek berhasil memperbaiki fungsi sosialnya serta berhasil konsolidasi atau mencapai kestabilan diri.

Kata kunci: *stres, coping, devotee, abasiophilia*.

## ABSTRACT

### ABASIOPHILIA DEVOTEE'S COPING DYNAMICS

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It is not a choice to live as a person who has a sexual disorder like abasiophilia. This kind of disorder can cause a stressful life due to his apprehensiveness of being judged by people. He has to deal with a lot of internal problems such as feeling different, ashamed, lonely, shock, and denial. This research aims to disclose how the subject deal with his stress and how he copes it, therefore, the title of this thesis is the dynamics of coping of an abasiophilia devotee. The discussion will highlight his effort to fight his condition from the beginning his awareness of his disorder, then his appraisal, and his coping. The qualitative method is used to investigate the case study with a single subject. A qualitative approach is the suitable means to explore the dynamic process of the subject's coping stress. From the discussion, it is discovered that his past affects his disorder. He tried to cope it using various strategies: problem-focused coping, emotional-focused coping, active coping, and avoidant coping. However, since he did not have environmental support, he could only use his internal sources to cope his problems. The result showed that even though he did not fully overcome his disorder, he had managed it well and had accepted his condition. Therefore, the process coping with the subject is adaptive and consolidated because he has succeeded in dealing his social function and has achieved self-stability.

**Keywords:** *stress, coping, devotee, abasiophilia.*