



Abstrak. Penelitian ini bertujuan untuk mengeksplorasi pengalaman wanita yang mengalami *nyerod* atau turun kasta dan bagaimana mereka memantapkan diri dengan status barunya. Pendekatan kualitatif fenomenologi dengan analisis data *Interpretative Phenomenological Analysis* (IPA) dipilih sebagai metode penelitian karena sesuai dengan tujuan penelitian. Data dikumpulkan dengan menggunakan wawancara semi-terstruktur terhadap tiga orang wanita berkasta Triwangsa (Brahmana dan Ksatria) dengan *snowball sampling*. Hasil penelitian menunjukkan bahwa *nyerod* sebagai bentuk perilaku yang didasarkan atas pengalaman dan pertimbangan kognitif berdampak secara psikologis dan sosial. Ketika terjadi perubahan identitas sosial akibat *nyerod* muncul perasaan negatif seperti kesepian, sedih, kehilangan, dan tersakiti. Untuk mengatasinya dipilih *emotional focused coping*. Identitas sosial baru juga diwujudkan dengan melakukan *ngayah* atau gotong royong untuk membuatnya merasa memiliki kelompok dan untuk mencapai *equality matching*.

Kata kunci: kasta, identitas sosial, *Interpretative Phenomenological Analysis* (IPA)

Abstract. The present study explored the experiences of women whose caste was downgraded (*nyerod*) and how they established themselves with their new status. Qualitative selection of phenomenology with Interpretative Phenomenological Analysis (IPA) data analysis was utilized as a research method because it was in line with the research objectives. Semi-structured interviews were conducted with three Balinese-Hindu women from *Triwangsa* (Brahmana and Ksatria) with snowball sampling. The results indicated that *nyerod* was a form of behavior which was based on cognitive experience and evaluation affecting both psychologically and socially. When there was a change in social identity caused by *nyerod*, negative feelings such as loneliness, sadness, missing, and pain appeared. Emotional focused coping was chosen as the solution. New social identities were also created by *ngayah* or *gotong royong* to feel ingroup as well as to achieve the equality matching.

Keywords: caste, social identity, *Interpretative Phenomenological Analysis* (IPA)