

ABSTRAK

Moh. Ibrohim Tijani. 210541100003. Resiliensi Istri *Blater* yang Dipoligami di Kabupaten Bangkalan. Program Studi Psikologi, Fakultas Ilmu Sosial Dan Ilmu Budaya, Universitas Trunojoyo Madura. 2025.

Istri *Blater* merupakan perempuan yang menjalin hubungan pernikahan dengan seorang *Blater*, menjadi ibu rumah tangga, melayani suami baik secara fisik dan batin, mengurus segala kebutuhan di dalam rumah tangganya dan memberikan *support* terhadap kegiatan suaminya. Tujuan dari penelitian ini yakni ingin mengetahui resiliensi istri *Blater* yang dipoligami di Kabupaten Bangkalan. Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan studi kasus. Metode pengambilan sampel penelitian menggunakan *purposive sampling* dengan kriteria: 1. Istri pertama *Blater*; 2. Rentang usia dipoligami diatas 2 tahun; 3. Bertempat tinggal di Bangkalan. Penelitian ini menggunakan dua partisipan dan dua *signifikan others* yakni saudara dan sepupu partisipan. Hasil penelitian menunjukkan bahwa kedua partisipan mengalami poligami secara diam-diam setelah suaminya menjadi *Blater*. Mereka enggan bercerai karena kekhawatiran ancaman pasca-perceraian. Ketahanan mereka diwujudkan dalam regulasi emosi, pengendalian impuls untuk bercerai, sikap optimis, empati, serta analisis terhadap penyebab poligami. Mereka juga menunjukkan efikasi diri dalam menjaga keutuhan keluarga, mampu memahami diri, dan menemukan makna hidupnya.

Kata kunci: Resiliensi, istri *Blater*, pernikahan, poligami, Madura

ABSTRACT

Moh. Ibrohim Tijani. 210541100003. Resilience of polygamous Blater's Wife in Bangkalan Regency. Psychology Study Programme, Faculty of Social and Cultural Sciences, Trunojoyo University Madura. 2025.

Blater's wife is a woman who is in a marriage relationship with a Blater, becomes a housewife, serves her husband both physically and mentally, takes care of all the needs in her household and provides support for her husband's activities. The purpose of this research is to find out the resilience of Blater wives who are polygamous in Bangkalan Regency. This research uses qualitative research methods with a case study approach. The research sampling method used purposive sampling with the following criteria: 1. The first wife of Blater; 2. The age range of polygamy is above 2 years; 3. Residing in Bangkalan. This study used two participants and two significant others, namely the participants' siblings and cousins. The results showed that both participants experienced polygamy secretly after their husbands became Blaters. They were reluctant to divorce due to fears of post-divorce threats. Their resilience is manifested in emotion regulation, impulse control for divorce, optimistic attitude, empathy, and analysis of the causes of polygamy. They also showed self-efficacy in maintaining family integrity, were able to understand themselves, and found the meaning of their lives.

Keywords: Resilience, Blater's wife, marriage, polygamy, Madura