

ABSTRAK

Laila Miftahul Janah. 220531100141. Ekspresi Diri Remaja Fatherless Sebagai Strategi Koping Di Media Sosial Tiktok.

Penelitian ini bertujuan untuk menggali bentuk ekspresi diri remaja fatherless di media sosial TikTok serta memahami bagaimana ekspresi tersebut berfungsi sebagai strategi koping dalam menghadapi kerentanan emosional akibat ketiadaan figur ayah. Fokus penelitian diarahkan pada pengalaman subjektif remaja yang tumbuh tanpa kehadiran ayah dan bagaimana mereka memanfaatkan TikTok sebagai ruang keterbukaan diri (self-disclosure), pencarian dukungan sosial, serta sarana pengelolaan emosi di era digital.

Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi. Subjek penelitian adalah remaja berusia 15-21 tahun yang mengalami kondisi fatherless (kehilangan atau ketiadaan figur ayah, baik karena perceraian, kematian, maupun pengabaian peran). Objek penelitian adalah ekspresi diri Remaja Fatherless sebagai strategi koping di media sosial Tiktok. Teknik pengumpulan data dilakukan melalui wawancara mendalam, observasi terhadap konten TikTok informan, serta dokumentasi. Analisis data menggunakan pendekatan fenomenologi yang dikembangkan oleh John W. Creswell yang bertujuan menggali makna esensial dari pengalaman subjektif informan terhadap fenomena yang diteliti. Teknik keabsahan data menggunakan triangulasi sumber dan teknik.

Hasil penelitian menunjukkan bahwa remaja fatherless memanfaatkan TikTok sebagai ruang katarsis emosional dan strategi emotion-focused coping. Ekspresi diri dilakukan melalui unggahan video, narasi personal, penggunaan musik yang merepresentasikan perasaan kehilangan, serta kutipan motivasi. Interaksi berupa komentar, likes, dan pesan dukungan dari pengguna lain berfungsi sebagai dukungan emosional dan penghargaan yang membantu memperkuat resiliensi serta membangun identitas diri. TikTok tidak hanya menjadi media hiburan, tetapi juga ruang psikososial alternatif yang membantu remaja fatherless mengelola emosi dan membentuk makna positif atas pengalaman hidupnya.

Kata kunci: *Fatherless*, Ekspresi Diri, TikTok, Strategi Koping, *Self-Disclosure*.

ABSTRACT

Laila Miftahul Janah. 220531100141. *Fatherless Teenagers' Self-Expression as a Coping Strategy on TikTok.*

This study aims to explore the forms of self-expression of fatherless adolescents on TikTok and understand how these expressions function as coping strategies in dealing with emotional vulnerability due to the absence of a father figure. The research focuses on the subjective experiences of adolescents growing up without a father and how they utilize TikTok as a space for self-disclosure, seeking social support, and managing emotions in the digital age.

This study used a qualitative approach with phenomenological methods. The subjects were adolescents aged 15-21 who experienced fatherlessness (the loss or absence of a father figure, whether due to divorce, death, or neglect). The object of the study was the self-expression of fatherless adolescents as a coping strategy on TikTok. Data collection techniques were conducted through in-depth interviews, observation of informants' TikTok content, and documentation. Data analysis used a phenomenological approach developed by John W. Creswell, which aims to uncover the essential meaning of informants' subjective experiences of the phenomenon under study. Data validity techniques utilized source and technique triangulation.

The results indicate that fatherless adolescents utilize TikTok as a space for emotional catharsis and an emotion-focused coping strategy. Self-expression occurs through video uploads, personal narratives, the use of music that reflects feelings of loss, and motivational quotes. Interactions in the form of comments, likes, and messages of support from other users serve as emotional support and appreciation, helping to strengthen resilience and build self-identity. TikTok serves not only as a medium for entertainment but also as an alternative psychosocial space that helps fatherless youth manage their emotions and form positive meanings from their life experiences.

Keywords: Fatherless, Self-Expression, TikTok, Coping Strategies, Self-Disclosure.