

ABSTRAK

Afrina Syarifatul Amaliyah. 210541100005. *Personal Growth Initiative* Pada Perempuan *Emerging Adulthood* Yang Telah Kehilangan Kedua Orang Tuanya Sejak Remaja. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunodjoyo Madura. 2026

Penelitian ini bertujuan untuk memahami bagaimana perempuan *emerging adulthood* dalam kondisi kehilangan yang mendalam membentuk dan memaknai *personal growth initiative* sebagai cara untuk pulih, bertumbuh, dan menemukan kembali makna dalam kehidupan. Teknik pengumpulan data dalam penelitian ini menggunakan wawancara semi-terstruktur dengan menggunakan metode analisis IPA (*Interpretative Phenomenological Analysis*). Data diperoleh dari 2 partisipan yang dipilih melalui teknik *purposive sampling*. Hasil penelitian ini menunjukkan bahwa kehilangan kedua orang tua tidak hanya menjadi pengalaman yang menyakitkan, tetapi menjadi pengalaman yang mendorong kedua partisipan menemukan kekuatan baru dalam diri. Partisipan kedua mampu memaknai pengalaman kehilangan tersebut sebagai proses pembelajaran dan motivasi untuk hidup mandiri, dan berkembang dalam menjalani kehidupan yang lebih positif. Dengan demikian, inisiatif pertumbuhan pribadi pada kedua partisipan tampak melalui kemampuan kedua partisipan dalam memaknai pengalaman kehilangan, mengembangkan potensi diri, dan secara aktif mengambil langkah-langkah untuk pertumbuhan diri di masa dewasa awal.

Kata Kunci: Perempuan, *Personal Growth Initiative*, Kehilangan Orang Tua, dan *Interpretative Phenomenological Analysis*,

ABSTRACT

Afrina Syarifatul Amaliyah. 210541100005. Personal Growth Initiative among Emerging Adult Women Who Have Lost Both Parents Since Adolescence. Department of Psychology, Faculty of Social and Cultural Sciences, Universitas Trunodjoyo Madura. 2026.

This study aimed to understand how emerging adult women who have experienced the loss of both parents since adolescence develop and interpret personal growth initiative as a means of recovery, growth, and finding meaning in life. Data were collected through semi-structured interviews and analyzed using the Interpretative Phenomenological Analysis (IPA) approach. The participants consisted of two emerging adult women selected through purposive sampling. The findings revealed that the loss of both parents was not only experienced as a painful life event but also served as a catalyst for discovering new inner strengths. Both participants interpreted their experiences of loss as opportunities for learning and personal development, which motivated them to become more independent, resilient, and proactive in facing life challenges. Furthermore, personal growth initiative was reflected in their ability to make meaning of their loss, develop their personal potential, and actively engage in efforts toward self-improvement during emerging adulthood. These findings suggest that the experience of parental loss can contribute to the development of personal growth initiative when individuals are able to transform adversity into opportunities for growth and self-development.

Keywords: *Women, Personal Growth Initiative, Parental Loss, and Interpretative Phenomenological Analysis.*