

## **ABSTRACT**

**Eunike Yosephine Alfianto. 130541100067. Intrapersonal conflict at singlehood mature adult with Stable Involuntary type. A Thesis. Psychology Study program, Faculty of Cultural and social Science, Trunojoyo University Madura, 2017. xiv + 148 pages + 12 appendixes.**

The purpose of this research is to find out the internal conflict at singlehood mature adult with stable involuntary type. This research used qualitative method with descriptive approach. Moreover, the data collection had been done by using semi-structure interview. The three subjects has been chosen by using purposive sampling method. Furthermore, the criteria of the subjects is a woman who remain unmarried with the average age of 40-60 years old and originally from Surabaya. The research used three subjects. The data will be analyzed by using Miles model and Huberman, they are by using reduction, presentation and conclusion. The results show that intrapersonal conflict at singlehood included: 1. There are internal conflicts between happy and frustrated: feeling by remain living unmarried because the subjects want to have freedom to do everything that they like to do the subjects become frustrated because they were traumatized by their past so that make their willing to marry can't be done yet. 2. Failed and succeed: the result, shows that the subject feel that they have been failed to be a daughter, wife, mother, and good women, the result, subject they do not married yet. The subjects feel that they have been succeeded when they can live independently without the help of the others. 3. Hoping and giving up: the result shows that the subjects are hoping to marry and have a new future. The subjects are giving up with their condition because the subjects think about their age that turns to be older and older as the time pass by and the subjects wonder whether they can have children or not and the subject still remember their past which make them unmarried. 4. The existence of two or more concept such as conflict, and the tension of emotion. The result shows that remain unmarried make the subject feel sad, suffer, disappointed, broken heart, suppressed and follow their daily life because they feel lonely. 5. There is a fight between willingness and conflict that exist in every of them and on the form of the psychology conflict like feeling stressed, the result shows that the subject disturbed by their unmarried life. However, it also disturbed their psychology condition. It makes them restless and stressed by thinking about their life. 6. Trying to fight, the result shows that the subjects try to be better person, and also solve the problem that they had been faced.

**Keywords :** Intrapersonal Conflict, Woman, Single, Mature Adult, Stable Involuntary

**Reference :** 18 (1986-2015)

## ABSTRAK

**Eunike Yosephine Alfianto. 130541100067. Konflik Intrapersonal pada Perempuan Lajang Usia Dewasa Madya Tipe *Stable Involuntary*. Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2017. xiv + 148 halaman + 12 lampiran.**

Penelitian ini bertujuan untuk mengetahui konflik intrapersonal pada perempuan lajang usia dewasa madya tipe *stable involuntary*. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Metode pengumpulan data menggunakan wawancara semi terstruktur. Subjek dipilih dengan menggunakan metode *purposive sampling* dengan tiga orang subjek dan menggunakan kriteria: perempuan yang hidup melajang berusia dewasa madya 40-60 tahun dan berasal dari kota Surabaya. Teknik analisis data menggunakan model Miles dan Huberman, yaitu dengan mereduksi, penyajian dan penarikan kesimpulan. Hasilnya, konflik intrapersonal pada perempuan lajang berdasarkan aspek. 1. Adanya pertentangan-pertentangan perasaan senang dan frustrasi: hasilnya, subjek memiliki perasaan senang hidup lajang karena subjek masih ingin memiliki kebebasan untuk melakukan apa yang diinginkannya, subjek menjadi frustrasi karena subjek trauma dengan masa lalunya sehingga membuat keinginan subjek untuk menikah belum terpenuhi 2. Gagal dan Berhasil: hasilnya, subjek merasa gagal menjadi seorang anak, isteri, ibu, perempuan yang baik karena subjek belum menikah. Subjek berhasil saat subjek bisa hidup sendiri tanpa bantuan orang lain. 3. Berharap dan Putus Asa: hasilnya, subjek berharap dapat menikah dan memiliki masa depan yang baru. Subjek putus asa dengan keadaannya karena subjek memikirkan umurnya yang sudah bertambah tua dan bisa memiliki anak atau tidak dan subjek mengingat masa lalunya yang menyebabkan subjek masih lajang. 4. Adanya dua gagasan atau lebih yang berupa pertentangan, gerakan hati (*impuls*) yang saling berlawanan dan terjadi ketegangan emosi: hasilnya, hidup lajang membuat subjek menjadi sedih, menderita, kecewa, sakit hati, tertekan dan sampai membayangkan-bayangi kehidupan subjek sehari-hari karena subjek merasa kesepian. 5. Adanya suatu perjuangan antara keinginan dan pertentangan yang ada dalam diri individu berupa pertentangan psikis seperti merasa stres: hasilnya, subjek terganggu dengan kehidupan lajang sampai mengganggu kondisi fisik subjek serta menjadi beban, membuat subjek gelisah dan menjadikan subjek stres memikirkan kehidupannya. 6. Berusaha untuk melawannya: hasilnya, subjek berusaha memperbaiki diri menjadi lebih baik, serta menyelesaikan permasalahan yang dihadapinya.

**Kata kunci :** Konflik Intrapersonal, Perempuan, Lajang, Dewasa Madya, *Stable Involuntary*

**Daftar Pustaka :** 18 (1986-2015)

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