

ABSTRAK

Strategi Coping Pada Perempuan Bali Korban Kekerasan Dalam Rumah Tangga (KDRT)

Intisari. Kekerasan dalam rumah tangga (KDRT) merupakan salah satu bentuk pelanggaran hak asasi manusia yang masih marak terjadi di Bali, di mana perempuan sering kali memilih bertahan karena terikat oleh nilai adat dan tanggung jawab sosial. Penelitian ini bertujuan untuk mengetahui strategi coping yang digunakan oleh perempuan Bali korban KDRT dalam menghadapi kekerasan yang dialami. Penelitian menggunakan pendekatan kualitatif dengan metode fenomenologi serta teori coping Lazarus dan Folkman (1984), yang membagi coping menjadi problem-focused coping dan emotion-focused coping. Subjek penelitian adalah perempuan Bali korban KDRT yang direkrut melalui Bali Women Crisis Center (Bali WCC), dengan teknik pengumpulan data berupa wawancara dan observasi, kemudian dianalisis menggunakan model Miles dan Huberman. Hasil penelitian menunjukkan bahwa perempuan Bali korban KDRT menggunakan kombinasi problem-focused coping, seperti mencari bantuan ke lembaga pendamping, mengakses dukungan sosial, dan berusaha mandiri secara ekonomi, serta emotion-focused coping, seperti berdoa, mencari ketenangan melalui aktivitas sehari-hari, dan menerima keadaan demi menjaga keharmonisan keluarga. Faktor budaya Bali yang sarat dengan nilai patriarki dan kewajiban adat berpengaruh besar terhadap pilihan strategi coping yang digunakan. Penelitian ini menyimpulkan bahwa strategi coping perempuan Bali korban KDRT terbentuk melalui interaksi antara pengalaman pribadi dan tuntutan budaya, sehingga intervensi pendampingan perlu dirancang dengan memperhatikan konteks sosial budaya setempat.

Kata Kunci: Strategi Coping, Perempuan Bali, Kekerasan dalam Rumah Tangga (KDRT), Problem-Focused Coping, Emotion-Focused Coping, Budaya Bali

Coping Strategies in Balinese Women Victims of Domestic Violence

Abstract. Domestic violence is a form of human rights violation that remains prevalent in Bali, where many women choose to endure it due to strong traditional values and social obligations. This study seeks to identify the coping strategies employed by Balinese women who experience domestic violence. The research applied a qualitative approach using phenomenological methods and drew on Lazarus and Folkman's (1984) coping theory, which distinguishes between problem-focused coping and emotion-focused coping. The participants were Balinese women who were victims of domestic violence, recruited through the Bali Women Crisis Center (Bali WCC). Data was collected through interviews and observations, and analysed using the Miles and Huberman model. The findings

reveal that Balinese women victims of domestic violence used a combination of problem-focused coping, such as seeking help from assisting institutions, accessing social support, and trying to be economically independent, as well as emotion-focused coping, such as praying, seeking peace through daily activities, and accepting the situation in order to maintain family harmony. Balinese cultural factors that are laden with patriarchal values and customary obligations have a major influence on the choice of coping strategies used. This study concludes that the coping strategies of Balinese women affected by domestic violence are formed through the interplay between personal experiences and cultural expectations. Therefore, intervention programs must be designed with careful consideration of the local socio-cultural context.

Keywords: *Coping strategies, Balinese women, domestic violence, problem-focused coping, emotion-focused coping, Balinese culture.*