

Resiliensi Mahasiswa Rantau Menghadapi Stigma Sosial

Intisari. Penelitian ini bertujuan untuk menggali dinamika resiliensi mahasiswa rantau Universitas X Bali dalam menghadapi stigma sosial. Menggunakan pendekatan kualitatif fenomenologis, data diperoleh melalui wawancara mendalam dan observasi terhadap empat mahasiswa rantau yang dipilih secara purposif. Hasil penelitian menunjukkan bahwa stigma sosial dialami dalam bentuk labeling negatif terkait daerah asal dan komentar merendahkan, yang berdampak pada perasaan malu, menurunnya kepercayaan diri, serta keraguan dalam berinteraksi sosial. Dampak tersebut memengaruhi identitas diri mahasiswa, namun tidak sepenuhnya melemahkan. Resiliensi mereka terbentuk melalui dukungan sosial dari teman dan keluarga, kemampuan regulasi emosi, praktik spiritual, serta pemaknaan positif terhadap pengalaman yang dialami. Temuan ini menegaskan bahwa resiliensi mahasiswa rantau merupakan hasil interaksi antara faktor internal dan eksternal yang memungkinkan mereka bertahan, beradaptasi, dan mengembangkan identitas diri yang lebih matang di tengah tantangan stigma sosial.

Kata Kunci: Resiliensi, Mahasiswa Rantau, Stigma Sosial, Dukungan Sosial, Adaptasi, Identitas Diri.

Resilience of Among Migrant Students in Facing Social Stigma

Abstract. This research aimed to explore the dynamics of resilience among migrant students at X University, Bali, in facing social stigma. Using a qualitative phenomenological approach, data were collected through in-depth interviews and observations of four purposively selected migrant students. The findings indicated that social stigma is experienced in the form of negative labeling related to their place of origin and derogatory comments, which affect feelings of shame, decreased self-confidence, and hesitation in social interactions. These impacts influence the students' self-identity, though not entirely weakening it. Their resilience was formed through social support from friends and family, emotional regulation skills, spiritual practices, and positive meaning-making of their experiences. These findings affirmed that the resilience of migrant students results from the interaction between internal and external factors, enabling them to endure, adapt, and develop a more mature self-identity amid the challenges of social stigma.

Keywords: Resilience, Migrant Students, Social Stigma, Social Support, Adaptation, Self-Identity.