GAMBARAN *PARENTING STRESS* PADA NARAPIDANA PEREMPUAN YANG MENGASUH BALITA USIA (0-3 TAHUN): STUDI KASUS DI LAPAS WANITA KELAS IIA MALANG

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SURABAYA

2026

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INTISARI

Narapidana perempuan yang mengasuh balitanya di dalam lembaga pemasyarakatan menghadapi berbagai keterbatasan lingkungan, sosial, dan psikologis yang berpotensi menimbulkan parenting stress. Kondisi tersebut dapat memengaruhi kesejahteraan psikologis ibu serta kualitas pengasuhan yang diberikan kepada anak selama menjalani masa pidana. Penelitian ini bertujuan untuk mendeskripsikan dinamika parenting stress pada narapidana perempuan yang membawa balita di Lapas Perempuan Kelas IIA Malang, meliputi bentuk parenting stress, faktor yang memengaruhi, dampak yang ditimbulkan, serta strategi coping yang digunakan. Penelitian menggunakan metode kualitatif deskriptif dengan pendekatan studi kasus. Data diperoleh melalui wawancara semi terstruktur terhadap empat narapidana perempuan yang mengasuh balitanya di dalam lapas serta satu informan pendukung, kemudian dianalisis menggunakan analisis tematik. Hasil penelitian menunjukkan bahwa bentuk parenting stress yang dialami meliputi kekhawatiran terhadap perkembangan anak, kelelahan fisik dalam pengasuhan, perasaan bersalah terhadap anak, serta tekanan emosional berupa kesedihan dan kekhawatiran terhadap kondisi keluarga. Faktor yang memengaruhi munculnya parenting stress antara lain kondisi lingkungan lapas yang kurang kondusif, tuntutan pengasuhan yang tinggi, keterpisahan dengan keluarga, konflik sosial, dan kondisi psikologis individu. Dampak yang muncul meliputi meningkatnya kewaspadaan terhadap perkembangan anak, menurunnya kesabaran, kecemasan, serta kecenderungan munculnya respons pengasuhan yang kurang adaptif. Untuk mengatasi kondisi tersebut, subjek menggunakan emotion-focused coping, problem-focused coping, dan religious coping. Penelitian ini menunjukkan bahwa parenting stress pada ibu narapidana merupakan fenomena yang kompleks dan dipengaruhi oleh interaksi antara faktor individu, keluarga, dan lingkungan pemasyarakatan.

Kata kunci: parenting stress, narapidana perempuan, pengasuhan balita, strategi coping, lembaga pemasyarakatan.

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ABSTRACT

Female inmates who raise their toddlers in prison face various environmental, social, and psychological limitations that may contribute to parenting stress. These conditions can affect mothers' psychological well-being as well as the quality of care they provide to their children during incarceration. This study aimed to describe the dynamics of parenting stress among female inmates raising their toddlers at Class IIA Women's Prison Malang, including the forms of parenting stress, contributing factors, impacts, and coping strategies employed. This research used a descriptive qualitative method with a case study approach. Data were collected through semi-structured interviews with four female inmates who were raising their toddlers in prison and one supporting informant. The data were analyzed using thematic analysis. The findings revealed that the forms of parenting stress experienced by the participants included concerns about child development, physical exhaustion in caregiving, feelings of guilt toward their children, and emotional distress manifested in sadness and worries about family conditions. Factors contributing to parenting stress included an unconducive prison environment, high caregiving demands, separation from family, social conflicts, and individual psychological conditions. The impacts identified were increased vigilance regarding child development, reduced patience, heightened anxiety, and a tendency to exhibit less adaptive parenting responses. To cope with these challenges, participants employed emotion-focused coping, problem-focused coping, and religious coping strategies. The study concludes that parenting stress among incarcerated mothers is a complex phenomenon influenced by the interaction of individual, family, and prison environmental factors.

Keywords: *parenting stress, female inmates, toddler caregiving, coping strategies, prison.*

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