

DESKRIPSI *PSYCHOLOGICAL WELL-BEING* PADA LESBIAN

Studi Kualitatif Naratif di Yogyakarta

Agatha Kharisma Ratnadewi

ABSTRAK

Orang yang memiliki orientasi seksual lesbian, mereka memiliki banyak sumber stres. Penelitian ini dilatarbelakangi oleh pandangan bahwa lesbian memiliki beban psikologis karena orientasi seksual yang mereka miliki. Proses untuk menerima diri sudah cukup sulit, ditambah dengan prasangka, stigma dan penolakan yang ada di masyarakat. Tujuan penelitian ini adalah mendeskripsikan *Psychological Well Being* pada lesbian melalui metode kualitatif studi naratif. Peneliti mewawancarai 2 orang yang memiliki orientasi seksual lesbian untuk mengumpulkan data. Setiap informan yang diwawancarai menceritakan suatu aspek penting atau peristiwa tertentu yang pernah mereka alami. Data akan dianalisis menggunakan analisis tematik. Hasil penelitian ini adalah informan yang memiliki *Psychological Well Being* baik memiliki narasi kehidupan progresif/optimistik. Faktor yang mendukung *Psychological Well Being* adalah dukungan sosial, pemahaman diri, perasaan diterima, harapan kepada orang lain, perasaan kecewa karena harapan yang tidak terpenuhi, penilaian terhadap situasi yang dihadapi, dan keterbukaan terhadap pengalaman baru. Hasil deskripsi penelitian menunjukkan bahwa penerimaan diri sejak awal dan dukungan sosial dapat membantu proses *Psychological Well Being* informan menjadi lebih cepat. Setelah menerima diri, barulah informan nyaman untuk menampilkan diri sebagai lesbian dan cenderung dapat mempersiapkan diri terhadap reaksi lingkungan. Pada akhirnya, informan akan merasa semakin nyaman, dapat menerima dan berdamai dengan diri serta lebih siap terhadap pandangan lingkungan.

Kata kunci: Lesbian, *psychological well-being* (PWB), deskripsi, narasi

THE DESCRIPTION OF PSYCHOLOGICAL WELL-BEING ON LESBIAN

Narrative Qualitative Study in Yogyakarta

Agatha Kharisma Ratnadewi

ABSTRACT

People who have a lesbian sexual orientation, they have many sources of stress. This research is motivated by the belief that lesbians have a psychological burden because of their sexual orientation. The process to accept yourself is hard enough, coupled with the prejudice, stigma and denial that exist in society. The purpose of this study is to describe the Psychological Well Being on lesbian narrative studies through qualitative methods. Researchers interviewed two people who have a lesbian sexual orientation to collect data. Each informant was interviewed tells an important aspect or a particular event they have ever experienced. Data will be analyzed using thematic analysis. The results of this study are informants who had Psychological Well Being both have a progressive life narrative / optimistic. Factors that support the Psychological Well Being is social support, self-understanding, a feeling of acceptance, hope to others, feelings of disappointment because expectations were not met, an assessment of the situation at hand, and openness to new experiences. The description of the research shows that since the beginning of self-acceptance and social support can help the process of Psychological Well Being of informants to be faster. After receiving himself, the informants convenient to present themselves as lesbian, and tend to be prepared for the reaction environment. In the end, informant will feel more comfortable, able to receive and make peace with themselves and better prepared against environmental point of view.

Key words: Lesbian, psychological well-being (PWB), description, narrative