

## ABSTRAK

Infertilitas merupakan pengalaman yang mengakibatkan wanita yang mengalaminya merasakan *stress*. Salah satu sumber *stress*nya adalah persepsi individu mengenai stigma yang ada terhadapnya (*perceived infertility stigma*). Meskipun demikian, setiap individu pada dasarnya memiliki upaya dalam menghadapi kondisi infertilitasnya. Upaya yang berbeda antara satu individu dengan individu lainnya diduga membuat dampak stigma terhadap *stress* pun akan berbeda. Penelitian ini bertujuan untuk mengetahui peran strategi *coping* dalam memperlemah atau memperkuat hubungan antara *perceived infertility stigma* dengan *infertility related stress*. Penelitian ini adalah studi *cross-sectional* yang melibatkan 124 wanita *involuntary childless*. Data yang diperoleh dianalisis secara deskriptif dan model diuji dengan menggunakan analisis regresi model moderasi. Hasil penelitian menunjukkan bahwa hubungan antara *perceived infertility stigma* dengan *infertility related stress* tidak dimoderasi oleh masing-masing strategi *coping*. Strategi *coping active-confronting* tidak memperkuat atau memperlemah hubungan *perceived infertility stigma* dengan *infertility related stress* ( $p > 0.05$ ). Strategi *coping active-avoidance* tidak memperkuat atau memperlemah hubungan *perceived infertility stigma* dengan *infertility related stress* ( $p > 0.05$ ). Strategi *coping passive-avoidance* tidak memperkuat atau memperlemah hubungan *perceived infertility stigma* dengan *infertility related stress* ( $p > 0.05$ ). Strategi *coping meaning-based* tidak memperkuat atau memperlemah hubungan *perceived infertility stigma* dengan *infertility related stress* ( $p > 0.05$ ). Tidak adanya peran dari strategi *coping* dapat dijelaskan dari temuan kuatnya hubungan *perceived infertility stigma* dan *infertility related stress*. Dimana peningkatan *perceived infertility stigma* akan diiringi oleh peningkatan *stress* terkait infertilitas ( $r = 0.709$ ,  $p < 0.05$ ). Meskipun strategi *coping* tidak terbukti memiliki peran dalam hubungan tersebut, namun strategi *coping meaning-based* terbukti memiliki hubungan yang signifikan dalam penurunan *stress* terkait infertilitas ( $r = -0.400$ ,  $p < 0.05$ ).

**Kata kunci:** strategi *coping*, *perceived infertility stigma*, *stress*, *involuntary childless*

## **ABSTRACT**

*Infertility is an experience that causes women to feel stress. One source of stress is perceived infertility stigma. Nevertheless, every individual makes an effort in dealing with her infertility condition. Different efforts from one individual to another are thought to make the impact of stigma on stress be different. This study aims to determine the role of coping strategies in weakening or strengthening the relationship between perceived infertility stigma and infertility related stress. The study was a cross-sectional study involving 124 involuntary childless women. The data obtained was analyzed descriptively and the model was tested using regression analysis of moderation models. The results showed that the relationship between perceived infertility stigma and infertility related stress was not moderated by each coping strategy. Active-confronting coping strategies did not strengthen or weaken the association of perceived infertility stigma and infertility related stress ( $p>0.05$ ). Active-avoidance coping strategies did not strengthen or weaken the association of perceived infertility stigma and infertility-related stress ( $p>0.05$ ). Passive-avoidance coping strategies did not strengthen or weaken the association of perceived infertility stigma and infertility-related stress ( $p>0.05$ ). Meaning-based coping strategies did not strengthen or weaken the association of perceived infertility stigma with infertility-related stress ( $p>0.05$ ). The absence of a role in coping strategies can be explained by the finding of a strong relationship between perceived infertility stigma and infertility related stress. Where the increase in perceived infertility stigma will be accompanied by an increase in stress related to infertility ( $r=0.709$ ,  $p<0.05$ ). Although coping strategies were not shown to have a role in the relationship, meaning-based coping strategies were shown to have a significant association in reducing infertility-related stress ( $r=-0.400$ ,  $p<0.05$ ).*

**Keywords:** *coping strategies, perceived infertility stigma, stress, involuntary childless*