



HARDINESS ON WOMEN POST DIVORCE

Reza Fahmi

UIN Imam Bonjol Padang, Indonesia
E-mail: rezafahmi@uinib.ac.id

Prima Aswirna

UIN Imam Bonjol Padang, Indonesia
E-mail: primaaswirna@uinib.ac.id

Siti Rosidah

UIN Imam Bonjol Padang, Indonesia
E-mail: rosidahsiti@uinib.ac.id

Abstract

The reason of this consider was to decide the portrayal of toughness in post-divorce ladies and to discover out what components impact solidness in post-divorce ladies in Nagari Sungai Nanam, Solok Rule. This ponder employments a subjective investigate strategy with a case consider approach. The testing method in this inquire about is purposive testing method. The subjects in this ponder were three individuals. Information collection procedures in this ponder were perception, interviews, and documentation. Information investigation procedures utilizing topical investigation strategies (topical examination). The comes about of this consider were gotten from information on subjects B, MA and SY who have solidness in themselves which is shaped due to commitment, control and challenges in carrying out their lives.

Keywords: Hardiness, Woman, Family And Divorce.

INTRODUCTION

Islam advocates shaping a family and calls on its individuals to live within the shade of Allah SWT. On the off chance that the family is the column of the individuals, at that point marriage is the column of a family. Building a great marriage does not continuously go easily. Each family will never be free from a issue, both little and enormous issues that can disturb the adjust and imperil family life. Not rarely the issues and squabbles in this family can lead to separate. Holmes & Rahe said that separate is frequently translated as the disappointment of a family Divorce is the breaking of the marriage bond between spouse and spouse with a court decision and there is sufficient reason that husband and wife will not be able to live harmoniously again as husband and wife. Termination of marriage by husband or wife or by agreement of both if their relationship no longer allows the achievement of the goal of marriage. In general, divorce is considered not praiseworthy, but if their situation is deadlocked to be able to repair the broken relationship then termination of marriage or divorce is mandatory. Conflicts of not only due by the female or male only parties, but also because of the attitude of egoism e of each individual and their third party.

The divorce phenomenon has often happened in Indonesia. Indonesia is recorded as the nation with the most noteworthy separate rate in Asia. Each year there are 200,000 separate cases in Indonesia, which concretely have been said by the Directorate Common of the Devout Courts at the Incomparable Court, which recorded that in 2018 there were 419,268 separated couples. The issue perc eraian within the family will bring a significant affect. The issue is to me nyebabkan push, weight, and me ngakibatkan physical changes as well as other changes within the individual who experienced it. So that not occasionally somebody who after a separate is able to live their life well once more and not occasionally moreover gets push and major discouragement on the off chance that they are incapable to control themselves with critical and astounding changes in circumstances.

As within the think about ba hwa some time recently separate, somebody me see life as a fun. But when pressures emerge in marriage and start to jeopardize marriage, life is seen as a profound intensity and full of enduring and battle. Soraya expressed that the affect of separate on ladies is the mental affect, financial impact and social affect that's felt by different negative values and is ostracized by the surrounding community. This mental affect can be within the shape of changes in oneself, who are not considering around themselves, due to push and indeed major sadness, and there are still numerous negative impacts that will be experienced by somebody as a result of a separate.

The mental affect experienced by ladies after separate is since amid their family life, ladies depend on their spouses in terms of wants of way of, life both clothing, nourishment, and indeed the require for consolation and security for themselves. Subsequently, after a separate, ladies are required to be autonomous and win their claim job, particularly ladies who don't have a work when they have a family must be a spine for themselves and their children, so that it can have an affect on women's brain research since of critical changes. Have sturdiness and solid continuance in confronting the changes in life they encounter.

The type of personality that has the ability and strong endurance to avoid stress is hardiness, which is Kobasa's finding. H ardiness is a char eristik personality me njadikan individual more powerful, durable, and opti mis deal with stress Personality tough first discovered by Kobasa as cognitive appraisal process composed of three characteristics, namely commitment, k ontrol and challenges. Individuals who have a hardiness personality believe that they can control the problems in their life. Individuals have a commitment to their work and activities favored activity and see changes as things y ang interesting and challenging, rather. According Kobasa individuals with personality formidable (hardiness) has k ontrol personal commitment and attitude to face challenges. The hardiness personality can survive an urgent situation in dealing with life's problems that may cause stress. Individuals who have a hardiness personality like to work hard because they enjoy the work they do and are always enthusiastic about achieving the future because changes in life are considered a challenge and are very useful.

Lack of resilience in individuals can be attributed to high levels of stres. Individuals with tough personalities (hardines) have high characteristics at the level of self-confidence, that they can influence the problems that occur to them (control). Individuals have a tendency to include themselves in the activities at hand (commitment). Individuals have a tendency to view a change that occurs as an opportunity to develop themselves, not as a threat to their sense of security, but as a challenge (Schultz and Schultz, 2002). Broadly speaking, the importance of kepribadi an formidable are the people who have the commitment, k ontrol and challenges ya ng strong that on the face of events that stressful in a way that is more fun in compare with people who are committed, k ontrol but challenges in the face it low. This can be seen from some of the subjects the researchers interviewed, where the subject's age of

divorce was 2-5 years. There were subjects who had one child from their marriage, and there were also subjects who had two children. During marriage, the subject did not work so that after the divorce the subject had to work to support his child who was never financed by his father (the subject's ex-husband). work as a casual farmer and some sell in the area where he lives to meet the needs of himself and his children. In addition, divorces that occur in their area are always the subject of discussion by people in their area, which sometimes do not match what happened, causing a lot of slander and gossip. This makes the subject must have hardiness (toughness) in him in order to avoid stress or depression in the face of life changes that occur in the subject.

Based on the above phenomena, the researcher wants to study in depth in the form of a scientific paper entitled "The Phenomenon of Hardiness in Divorced Women".

RESEARCH METHOD

The type of research used is a case study, which is a type of research that emphasizes the exploration of a limited system (bounded system) in one case or several cases in detail, accompanied by in-depth data mining involving various sources of information. rich in context. Case study research is a type of research that examines in depth about one unit (particularistic) such as social units, individual circumstances, environmental conditions, community conditions, individual interactions in groups, environmental conditions, societal turmoil conditions, as well as paying attention to all important aspects of that unit. so as to produce complete and detailed results. Several reasons researchers chose to use qualitative research methods, namely to see the hardiness of women after divorce in Nagari Sungai Nanam because this needs to be studied in depth. According to the researcher, the qualitative research method used in this study can produce descriptive data in the form of written and spoken words of behavior that can be observed from the people studied thoroughly and in depth. Researchers are trying to capture and understand and interpret how the hardiness in women after divorce in Nagari Nanam River Solok District.

The above is also in line with the expression Bogdan and Taylor states that qualitative research is a form of research that clicking h asilkan dat a descriptive form of words written or spoken of people and observed behavior. In line with these opinions Denzin and Lincoln (Moleong, 2010: 5), state that qualitative research is research that is carried out naturally by interpreting phenomena that occur by involving various methods, namely interviews and observations.

All matters related to the research subject, research respondents, and their characteristics, as well as the sampling technique used in qualitative research will be included in the unit of analysis. The unit of analysis is that which contains explanations, methods and rules related to the research subject.

The unit of analysis in this study was post-divorce women. The determination of this unit of analysis is based on the duties and functions of the woman herself, in which women are individuals who are usually very dependent on their husbands for both physical and spiritual needs, because in the family world who is the backbone of the husband, therefore it is very rare for women to work. when having a family.

Purposive sampling is a technique of sampling data sources with certain considerations in purpose sampling. Researchers select research subjects and research locations in order to study or to understand the main problems to be studied. The criteria for

the subject to be studied are: First, women divorce at the age of 25-35 years; Second, age of divorce 2-5 years; Three, women who did not have a job prior to divorce; Four, already have children; Five, having Hardiness.

Location of the study was conducted in Nagari Nanam Kabupaten River Solok. The researchers chose this place because at first the problems that the researchers found here, then the subjects of the research that the researchers would examine also came from this area. And the reason the researcher wants to research here is because of the problems that the researcher wants to examine regarding divorce, this area is one of the areas that is still very densely populated, so the problems that occur in this area are very easy to invite talks among the community, one of which is divorce.

According to Banister et al, the term observation is derived from Latin which means "seeing" and "paying attention". The term observation refers to the activity of showing accurately, noting emerging phenomena and considering the relationship between aspects of the phenomenon. Observation is direct observation to get data related to the problem to be discussed. Some of the information obtained from observations is space (place), behavior, activity, object, action, incident or event, time and feeling. Similar to things like interviews, according to Sugiyono, observation is an activity of loading research on an object. When viewed in the process of implementing data collection, observation can be divided into participants and non-participants. The type of observation used in this research is non-participant observation. In making observations, the researcher chooses the things that are observed and notes things related to the research. The observations carried out in this study were hardiness in post-divorce women in Nagari Sungai Nanam.

Real data processing and analysis begins with organizing data, qualitative data is very diverse and numerous. The researcher is obliged to organize the data neatly, systematically and completely as possible. Things that are important to keep and organize include: First, raw data (field note cassette field results); Second, partially processed data (interview transcripts, research notes); Three, data that has been marked or spiked with specific codes; Four, analysis (documentation or steps in the research process).

RESULTS AND DISCUSSION

Researchers conducted initial data collection by interview, related to the subject, whether the subject met the criteria with the problem in this study. After the researcher finds data that the subject meets these criteria, the second step the researcher takes is submitting a verbal request for permission to the subject to be able to participate in providing real data about the thing the researcher wants to research.

After that the researchers prepared interview guidelines. After making interview guidelines, the researcher prepared an informed consent (agreement agreement) to be submitted to the research subjects. After the informed consent was completed, the researcher submitted informed consent to the five study subjects and only obtained permission from the three subjects.

The number of subjects in this study were three subjects, namely divorced women who researchers will see their hardiness. The method of determining the subject is purposive sampling, because it has certain reasons and represents the criteria to be sought, namely hardiness in post-divorce women in Nagari Sungai Nanam, Lembah Gumanti District, Solok Regency. The following is the data of the subjects of this study:

The source of the data obtained in this study is through the subject, namely the subject directly provides the data information needed by the researcher. The subject is a woman that the researcher will see a picture of her hardiness in carrying out her daily life after her divorce, both in her personal life and in her social life with the surrounding community.

a. B.

The first subject in this study was B, who has been divorced from her husband and her divorce age has entered 3 years. Sources of data obtained from subejk B are by conducting semi-structured interviews. B is 25 years old, B lives in Jorong Pasa Nagari Sungai Nanam, Lembah Gumanti District, Solok Regency. In addition, B already has one child from her previous marriage to her husband, who is now 3 years old. B works as a farm laborer in his area and B lives only with his son and also his father.

b. SY

The second subject in this study is SY, who has divorced her husband and the age of divorce is 2 years. Sources of data obtained through the subject, namely by conducting semi-structured interviews. SY is 30 years old. SY lives in Jorong Padang Laweh Nagari Sungai Nanam, Lembah Gumanti District, Solok Regency. SY has two daughters from his current marriage, aged 5 years and 3 years. SY acts as a mother as well as a father for her child, SY is now a non-resident at her local elementary school and works as an onion farmer on a daily basis and often works in other people's fields as a farm laborer to supplement her income.

c. MA

The third subject in this study was KN, KN was divorced from her husband and the age of divorce was 3 years. KN acts as a mother and father to her children as well as the backbone of her family. Sources of data obtained through the subject, namely by conducting semi-structured interviews. KN is 28 years old, KN lives in Jorong Koto Nagari Sungai Nanam, Lembah Gumanti District, Solok Regency. KN works as an onion farmer, KN owns an onion field from his parents which he now manages himself and KN also teaches at the MDA in his area. KN has one 4 year old son, KN lives at the house of his parents with his child, KN's parents are no longer able to work anymore so KN is the backbone of his family. Actually, KN has two siblings, but their siblings have migrated to other countries and already have their respective families.

1. Description of the findings individually

Based on the results of research entitled hardiness in post-divorce women in Nagari Sungai Nanam, Lembah Gumanti District, Solok Regency, data has been obtained about how herdiness in post-divorce women in the three research subjects, namely B, SY and MA. Hardiness in post-divorce women in Nagari Sungai Nanam, Lembah Gumanti District, Solok Regency, the researcher will try to describe the description of the findings individually seen from several aspects of hardiness based on the themes found in the field from the results of interviews and observations are as follows:

a. Subject I (Initial B)

1) Observation

The observation process is carried out in residence B, where B is cleaning the onions of other people, who are usually called by the local community, melting onions, and B also goes

to other people's fields as farm laborers. Observations were made before the interview began. Researchers observed B's movements at that time, while the researchers observed, namely how B's daily and social life after divorcing her husband in the family, neighbors and community that the researcher will research (Observation, 09 December 2020).

Subsequent observations were also carried out at B.'s house. B was seen tidying up the house and preparing food for his child, then getting ready and tidying up a little before going to work in someone else's field, and B also went to a neighbor's house to leave his child while B was working. (Observation, 10 December 2020). The last observation B was seen chatting with his neighbor while cleaning other people's onions and watching his son playing in his yard with his neighbor's child. B occasionally stopped cleaning the onions and called his son to feed him (Observation, 11 December 2020).

2) Interview

1) Description of commitment of women after divorce in Nagari Sungai Nanam

The first aspect is commitment which is a picture of the extent to which an individual is seen in whatever he is doing. In seeing the picture of post-divorce women's hardiness from the results of observations and interviews will be discussed per indicator, namely:

Responsible

Subjects carry out their responsibilities well like others, it's just that their responsibilities are even greater after the divorce because they have to work to meet their needs and their children alone. This can be seen from the subject statement as follows:

"If for now I work as a farm laborer, for example, if someone invites me to their fields, I will participate, to make ends meet from there the income is (WB / L. 15-20)".

This can also be seen from the subject's statement regarding his responsibility to the child, which can be seen from the subject's statement as follows:

"For my child, I am very clever, for example if I have money, I will leave it if my child wants to snack, but if I have no money I tell my child to be patient and be clever to talk to my child (WB / L. 24-33)".

Based on the description above, it can be understood that the subject is the parent who is primarily responsible for the child in fulfilling the needs, besides that the subject is also responsible for the work given to him.

Purpose of life

The results of interviews conducted on the subject, about the purpose of life get the results that the subject has a purpose in life. This can be seen from the subject statement as follows:

"For now I am happy for my child (WB / L. 48-49)".

In addition, in the next interview, the subject said that he had the following desires:

"Everything is just for children, and I only focus on children now (WB / L. 52-55)".

Based on the description above, it can be seen that the subject has a life goal so that his child has happiness and wants to always focus on the child only.

Firm belief in yourself

The results of interviews conducted with the subject about firm belief in themselves, showed the results that the subject believed in his own ability to overcome the problems he was facing and the subject believed that with patience the subject was able to get through everything that happened. This can be seen from the subject statement as follows:

"Every trial from Allah must have a silver lining, behind everything that is important we believe and always believe that efforts and prayers must be in line (WB / L. 64-68)".

In the next interview, the subject also explained the following:

"If I can survive it is because of my son, my son who gives me the strength to survive (WB / L. 72-75)".

Based on the quotation above, it can be understood that the subject has firm belief in himself and believes in his own abilities and it is also influenced by the child who is the biggest thing for him to survive.

2) Overview of challenges in post-divorce women

The second aspect is challenge. In looking at the description of post-divorce women's hardiness from the results of this interview will be discussed per indicator, namely:

Optimistic

The results of interviews conducted on the subject about optimism get the results that the subject is an optimistic and confident person in living life. These results are seen from the subject statement as follows:

"First, I believe how things are going, no matter what the test is, there is a way out, the important thing is I believe and believe in myself (WB / L. 180-184)".

Based on the explanation above, it can be understood that the subject is someone who is optimistic in living life.

Seeking Help

The results of interviews conducted with the subject, about seeking help, get the results that the subject wants to seek help if in a situation that requires this because not all things can be resolved by themselves These results are seen from the subject statement as follows:

"Yes, I ask for help (WB / L. 215)".

In subsequent interviews, the subject also explained the following:

"Yes, if the problem is serious, I can't solve it myself, I ask my neighbor for help (WB / L. 227-230)".

Based on the description above, it can be understood that the subject is willing to seek help if he is in a situation that requires assistance. As was done by the subject asking for help from neighbors in front of his house if he was in a situation that needed help.

How to deal with pressure

The results of interviews conducted on the subject, about being able to overcome the subject's pressure revealed that he was able to cope with the pressure. This can be seen from the subject statement as follows:

"Yes, if you feel that this situation is difficult and really very difficult, I just give up (WB / L.238-240)".

In the next interview the subject also explained the following:

"It's positive that there must be a way out, even though the problem is as complex as any, there must be a way out (WB / L. 251-253)".

3) Overview of post-divorce control of women

The third aspect is control. In looking at the description of post-divorce women's hardiness from the results of this interview will be discussed per indicator, namely:

Controlling whatever happens in life

The results of interviews conducted on the subject, controlling what happens in life show the results that the subject is able to control and control the problems he faces. This can be seen from the subject statement as follows:

"Yes, we surrender to Allah, every word of wisdom is behind it (WB / L. 85-87)".

In the next interview the subject also explained the following:

"In the past when I was married I did not work, all from my husband, but now that I am divorced I am now working, I have to try for everything, for my child and for his future (WB / L. 96-105)".

Based on the data above, it can be understood that the subject is able to overcome and control the problems that are experienced. Even though they are alone in supporting and raising their children, this does not make the subject complain in living life.

Confidence

The results of interviews conducted on the subject, about self-confidence, get the results that the subject is a person who is confident and confident in his abilities. This can be seen from the subject statement as follows:

"All of the provisions of Allah, we just need to take the wisdom in it and make it a lesson for the future (WB / L. 128-133)".

In subsequent interviews the subject also explained the following:

"Initially, sis, it was really hard to divorce her husband, while we already have children, but I believe and believe that couples have a solution for all of this (WB / L. 138-145)".

Based on the description above, it can be understood that the subject is a person who is confident in living his life and believes that all of them have a way out which is important to always try.

Positive thinking

The results of interviews conducted on the subject, about positive thinking, get the results that the subject is a person who is able to think positively. This can be seen from the subject statement as follows:

"Yes, if I don't really bother with people like that, I just think about it (WB / L. 167-170)".

From the data above, it can be understood that the subject is able to think positively even though other people think badly about him.

b. Subject II (Initial MA)

1) Observation

Observations were made in two places. The first is when the subject is at work and the second is when the subject is at home. Observations were made twice on November 11, 2020 at 10.00-11.00 WIB. Second observation on 11 November 2020 at 16.00-17.00 WIB.

The first observation is that the researcher observes the activities of the MA subject. When researchers make observations, researchers pay attention to the activities carried out by the MA subject. Researchers saw that the subject MA was working in the field behind her house, MA was seen harvesting onions in her field with three other people who were MA's neighbors. Researchers noticed that MA worked very fast and painstakingly, and occasionally MA seemed to take his cellphone in his pocket and look at it for a while. Researchers also saw MA chatting with others while still working.

Furthermore, the second observation was carried out on the same day on November 11, 2020 but at a different time at 16.00-17.00 at the MA's house. During the observation, the researcher saw that MA was cleaning his house. Not long after that, MA called her child who was playing in front of the house to take her to take a shower, MA also bathed her child. After that, MA prepared her children's meals and told her children to eat while watching television. MA then seemed to take a broom stick beside his house and then sweep his yard.

2) Interview

a) Description of commitment of women after divorce in Nagari Sungai Nanam

Responsible

Subjects carry out their responsibilities well like others, it's just that their responsibilities are even greater after the divorce because they have to work to meet their needs and their children alone. This can be seen from the subject statement as follows:

"To make ends meet, I go to the fields and teach MDA at night (W.MA/L. 21-24)".

This can also be seen from the subject's statement regarding his responsibility to the child, which can be seen from the subject's statement as follows:

"If my child wants something, if I can fulfill it, I will fulfill it, but if it is not there I will ask to be patient first (W.MA/L. 40-47)".

Based on the description above, it can be understood that the subject is a parent who is responsible, especially for children in meeting their needs, where the subject tries to work to meet their needs.

- High Purpose of Life

The results of interviews conducted on the subject, about the purpose of life get the results that the subject has a purpose in life. This can be seen from the subject statement as follows:

"If I want my child to go to school (W.MA/L. 49-52)".

In addition, in the next interview, the subject said that he had the following desires:

"So that you can fulfill this wish, you have to save (W.MA/L. 59-61)".

Based on the description above, it can be seen that the subject has a life goal so that her child can go to school as high as possible and always tries to save in order to realize this desire.

- Firm belief in yourself

The results of interviews conducted with the subject about firm belief in themselves, showed the results that the subject believed in his own ability to overcome the problems he was facing and the subject believed that with patience the subject was able to get through everything that happened. This can be seen from the subject statement as follows:

"We are aware that maybe it is a trial for us, so just be patient by trying and putting our trust in Allah, the point is we surrender (W.MA/L. 69-72)".

In the next interview, the subject also explained the following:

"The thing that made me survive because of my child, I realized that I am a single mother now so I have to fight harder, more persistently, for my child's bright future like other children (W.MA/L. 82-88)".

Based on the quotation above, it can be understood that the subject has firm belief in himself and believes in his own abilities and that is also influenced by his child who is his biggest motivation to always survive for the success of his child.

b) Overview of challenges in post-divorce women

The second aspect is challenge. In looking at the description of post-divorce women's hardiness from the results of this interview will be discussed per indicator, namely:

Optimistic

The results of interviews conducted on the subject about optimism get the results that the subject is an optimistic and confident person in living life. These results are seen from the subject statement as follows:

"Yes, the point is we just believe that if we are able to overcome the problems in life that we experience, we pray to Allah, convince ourselves that we can get out of this life's problems, even though it's difficult, even if it's down, the point is just sure there must be a way out. (W.MA/L. 130-137)".

Based on the explanation above, you can understand that the subject is an optimistic person in living his life because he believes that every problem has a solution.

Seeking help

The results of interviews conducted with the subject, about seeking help, get the results that the subject is willing to seek help if in a situation that requires this because not all things can be resolved by themselves. These results are seen from the subject statement as follows:

"Yes, ask for help, at most if I ask for help from a close family (W.MA/L. 173-174)".

In subsequent interviews, the subject also explained the following:

"The first is to ask for help from other people, if not there is also a mother, because there is also a small amount of jewelry savings, so just pawn before getting money, or at least borrow from neighbors or your mother's family (W.MA/L. 178-184)".

Based on the description above, it can be understood that the subject is willing to seek help if he is in a situation that requires assistance. As is done by the subject asking for help from relatives and neighbors and even using his savings if he is in dire need.

How to deal with pressure

The results of interviews conducted on the subject, about being able to overcome the subject's pressure revealed that he was able to cope with the pressure. This can be seen from the subject statement as follows:

"If the problem is difficult, at most mothers ask for solutions from parents, to relatives (W.MA/L.188-189)".

c) An overview of post-divorce female controls

The third aspect is control. In looking at the description of post-divorce women's hardiness from the results of this interview will be discussed per indicator, namely:

Controlling whatever happens in life

The results of interviews conducted on the subject, controlling what happens in life show the results that the subject is able to control and control the problems he faces. This can be seen from the subject statement as follows:

"If you want to calm yourself down, you usually go to the fields, at most by working in the fields you can forget later what the problem is, and most of all, just pray and surrender to Allah (W.MA/L. 94-99)".

Based on the data above, it can be understood that the subject is able to overcome and control the problems experienced by keeping themselves busy through work.

Confidence

The results of interviews conducted on the subject, about self-confidence, get the results that the subject is a person who is confident and confident in his abilities. This can be seen from the subject statement as follows:

"When it comes to problems, in life, of course, it is inseparable from life problems. Yes, just live according to what God destined, take wisdom and make lessons for the future, so that we don't make the same mistakes in the future (W.MA/L. 117-125)".

In subsequent interviews the subject also explained the following: '

"The point is just to believe that if we are able to face life's problems that we experience, we pray to Allah, convince ourselves that we can get out of this life's problems (W.MA/L. 130-134)".

Based on the description above, it can be understood that the subject is a person who is confident in living his life and believes that all of them have a solution. The important thing is to always pray to Allah and try to get out of the problem.

Positive thinking

The results of interviews conducted on the subject, about positive thinking, get the results that the subject is a person who is able to think positively. This can be seen from the subject statement as follows:

"If it is up to people to talk about us badly or not, the point is that if the problem is in us, if people talk badly about us it means that their judgment is on us (W.MA/L. 141-146)".

From the data above, it can be understood that the subject is able to think positively even though other people think badly about him.

c. Subject III (Initials SY)

1) Observation

Observations were made in two places. The first is when the subject is at work and the second is when the subject is at home. Observations were made twice on November 15, 2020 at 10.00-11.00 WIB. The second observation is on 15 November 2020 at 15.00-16.00 WIB.

The first observation is that the researcher observes the activities of the SY subject. When the researcher made observations the researcher paid attention to the activities carried out by the subject SY. Researchers saw the SY subject was in his own field which was a little far from the subject's house. Researchers saw that SY was alone in the field with her child, where SY's child was sitting under a slightly shady tree, while SY was cleaning the grass around her onion plants. Soon SY's child approached SY and didn't want to sit in the shade anymore. You could see SY also gave the hat she was wearing to her child because at that time the weather was rather hot. SY then continued her work while accompanied by her son who always followed behind SY.

Furthermore, the second observation was carried out on the same day on November 15, 2020 but at a different time at 15.00-16.00 at the subject's house SY. During the observation, the researcher saw SY chatting with her neighbor on the porch of SY's house while cleaning SY's harvested onions. Researchers also saw that SY occasionally entered the house to see her child sleeping near the TV room. Then SY came out and resumed her work while chatting with her neighbors.

2) Interview

a) Description of commitment of women after divorce in Nagari Sungai Nanam

Responsible

Subjects carry out their responsibilities well like others, it's just that their responsibilities are even greater after the divorce because they have to work to meet their needs and their children alone. This can be seen from the subject statement as follows:

“Now I am a widow, I work, besides I have my own field, sometimes when other people harvest, I also help. (W.SY/L. 16-20)”.

This can also be seen from the subject's statement regarding his responsibility to the child, which can be seen from the subject's statement as follows:

"Because I live just barely, so when a child wants something, of course I will first give my child the understanding that when asked, he doesn't get it right away but there is a process, there is a timeframe that he must understand (W.SY/L. 24 -30)”.

Based on the description above, it can be understood that the subject is a parent who is especially responsible for the child in fulfilling the needs, where the subject tries to work in meeting his life's needs and always tries to provide a good understanding for his child.

Purpose of life

The results of interviews conducted on the subject, about the purpose of life get the results that the subject has a purpose in life. This can be seen from the subject statement as follows:

"My desire may not be much, I want my children to have a better life than me and their education to be sufficient, beyond the education I have ever been through. (W.SY/L. 36-41)”.

In addition, in the next interview, the subject said that he had the following desires:

"Apart from trying to educate my children, as a mother and father to my children, I also send them to schools near here because if they are schooled far away I am also unable to reach out to my children. (W.SY/L. 44-51)”.

Based on the description above, it can be seen that the subject has a life goal so that his child can achieve more education than what the subject went through.

Firm belief in yourself

The results of interviews conducted with the subject about firm belief in themselves, showed the results that the subject believed in his own ability to overcome the problems he

was facing and the subject believed that with patience the subject was able to get through everything that happened. This can be seen from the subject statement as follows:

"To face trials that I remember life is full of trials, so every thing I go through I take it as a lesson, and also draw closer to God. (W.SY/L. 55-60)".

In the next interview, the subject also explained the following:

"Actually, my motivation is only for the happiness of my children. (W.SY/L. 63-64)".

Based on the quotation above, it can be understood that the subject has firm belief in himself and believes in his own abilities that in this life we cannot be separated from the name of the trial and it is also influenced by his child who is the biggest motivation to make his child happy.

b) Overview of challenges in post-divorce women

The second aspect is challenge. In looking at the description of post-divorce women's hardiness from the results of this interview will be discussed per indicator, namely:

Optimistic

The results of interviews conducted on the subject about optimism get the results that the subject is an optimistic and confident person in living life. These results are seen from the subject statement as follows:

"I may not have many ways, but what I have to do is try to make myself look happier than when I had a husband .. (W.SY/L. 149-154)".

Based on the explanation above, you can understand that the subject is someone who is optimistic in living his life because he believes that he will be happier than before.

Seeking help

The results of interviews conducted with the subject, about seeking help, get the results that the subject wants to seek help if in a situation that requires this because not all things can be resolved by themselves These results are seen from the subject statement as follows:

"Maybe not much, because the one who needs it the most now, apart from daily needs, is my child's school needs. so maybe the thing I do is try to work that is able to cover the other needs that we are experiencing. (W.SY/L. 158-166)"

In subsequent interviews, the subject also explained the following:

"If something is difficult for me to experience, I will definitely ask my parents for help, because when I was unable to solve it, I have siblings, namely five siblings, and I am the number four child. So I tried to ask my brothers and sisters, later after getting a solution from them, such as for example we have economic problems, later when I have tried to look here and there but haven't found it and the situation is really tight, besides I have discussions with people. I must be older with my brother because now my husband is no longer with me. (W.SY/L. 171-189)".

Based on the description above, it can be understood that the subject is willing to seek help if he is in a situation that requires assistance. As is done by the subject asking for help from parents and siblings.

How to deal with pressure

The results of interviews conducted on the subject, about being able to overcome the subject's pressure revealed that he was able to cope with the pressure. This can be seen from the subject statement as follows:

"If the problem is difficult, I ask my parents and siblings for help (W.SY/L.172-175)".

c) An overview of post-divorce female controls

The third aspect is control. In looking at the description of post-divorce women's hardiness from the results of this interview will be discussed per indicator, namely:

Controlling whatever happens in life

The results of interviews conducted on the subject, controlling what happens in life show the results that the subject is able to control and control the problems he faces. This can be seen from the subject statement as follows:

"There must be sadness, only sadness, don't show it in front of the crowd, it is enough to be self-conscious, after that I told my parents how to make me stronger than what I was facing (W.SY/L. 68-73)".

Based on the data above, it can be understood that the subject is able to overcome and control the problems experienced by sharing stories with their parents so that they can always be strong in facing life's problems.

Confidence

The results of interviews conducted on the subject, about self-confidence, get the results that the subject is a person who is confident and confident in his abilities. This can be seen from the subject statement as follows:

"If I face, of course, for now, I'm only patient, (W.SY/L. 93-94)".

In subsequent interviews the subject also explained the following: '

"All I do is get up and rise from adversity for the sake of my child, because I don't want my child to lack my love even though I'm not a father at the same time, but I will try to fulfill it. (W.SY/L. 113-118)".

Based on the description above, it can be understood that the subject is a person who is confident in living his life and sure that he can rise from all his problems for the sake of his child's happiness and remains always patient in dealing with life's problems.

Positive thinking

The results of interviews conducted on the subject, about positive thinking, get the results that the subject is a person who is able to think positively. This can be seen from the subject statement as follows:

"The first is when other people talk badly, try to introspect first, I initially did think negatively of other people when he talked about me, I was very upset, but on second thought, whether it was what they said was true or not, try to think about it. think back, think of it to improve yourself. (W.SY/L. 134-144)".

From the data above, it can be understood that the subject is able to think positively even though other people think badly about him and make other people's speech as something to always improve ourselves.

2. Factors Affecting Hardiness

Based on the results of research conducted on factors that affect hardiness in the subject, it will be discussed as follows:

a. The process of learning to live when faced with stress in childhood and life experiences after living

Based on the results of research conducted, it shows that the subject can live life even though sometimes there is pressure in life, this is because the subject is used to facing difficult times since childhood. This can be seen from the subject's statement when asked whether the mother was able to withstand a state of depression, the subject answered, as much as possible the mother tried to get out of the pressure and survived, when asked why, the subject answered, because the mother was sure she was able to overcome it.

b. The existence of individual personalities who have strong characters so that they have a constructive attitude

Based on the results of research conducted, it shows that the subject has a strong character, a desire to be achieved and is optimistic in living life. This can be seen from the statements of the three subjects when asked whether the mother had something that she wanted to achieve in life, the subject answered that there was, then when asked what, for example, the subject answered that the mother wanted her children to live happily and have a better life than the mother. When asked about achieving something that you want, do you really mean it and focus on doing it, the subject answered yes, because for the sake of the child's happiness.

c. Ability to social skills in the environment

Based on the results of research conducted, it shows that the subject has a good ability to interact with the people around him and his work environment. This can be seen from the subject's statement when asked if it is easy for you to get along with people you just know, as a subject, yes, it's easy if that person also wants to talk to . Then the subject also explained that the subject had no difficulty mingling with the surrounding community, because it had become a daily basis for the subject to gather with the surrounding community such as going to the fields.

d. Family support.

Based on the results of the research conducted, it shows that the three subjects received support from their families and relatives and their closest people in living life, especially from children and parents who made the subject never give up in living life. This can be seen from the subject's statement when asked in the face of difficulties, whether the mother received

support from the family, the subject answered there was. Then when asked who are them. Subjects answered Parents, siblings and children.

Based on the results of research conducted on when the subject got the results that the three subjects had the four factors that influenced the hardiness personality, but besides that the researchers also found that there were other factors that influenced the personality of the subject, including being patient in facing trials and believing that Allah. will always help the servant in facing difficulties.

3. Solutions for post-divorce women to have hardiness and avoid stress

Based on research that has researchers do in the field, can be taken multiple solutions so that women after divorce can be spared from the name of stress and have a hardiness in him. Generally consists of:

a. Looking for busyness with working to make ends meet

This can also be seen from the subjects that the researchers studied, where at work they could forget a little about the problems that occurred because they were no longer focused on the existing problems.

b. Feel responsible for the future of children

This is also seen in the three research subjects, where the three subjects only focus on the needs and happiness of their children because children are the subject's greatest motivation to continue to rise from all the problems faced.

c. Always get closer to Allah SWT by praying and following Islamic things.

Of the three subjects that the researcher examined, the three subjects always left all their problems to Allah, because they believed that every problem had a solution and was always accompanied by effort and prayer.

Based on the results of research conducted on the description of hardiness in post-divorce women in Nagari Sungai Nanam, it is discussed as follows:

1) Subject Hardiness

Hardiness is an individual's resistance to avoid stress. Personality characteristics that make individuals stronger, more resilient, stable and optimistic in dealing with stress and reduce the negative effects of stress that must be faced. A person who has hardiness will try to face and overcome the problems he experiences with the abilities he has (Maddi, 2013: 8).

The results of the research conducted show that even though the three subjects have divorced their husbands and work to fulfill the lives of him and their children and raise their children by themselves, they are able to overcome problems that occur in their lives because the happiness of their children is the main thing for them. Even though the three subjects were divorced, they continued to carry out their duties as parents, he was still enthusiastic, confident and confident that every problem he experienced would have a solution.

According to Kobasa, individuals who have tough personalities (hardiness) can survive in urgent situations in facing life's demands and challenges that might cause stress. Individuals with hardiness personalities like to work hard because they enjoy the work they

do and are very enthusiastic about the future because changes in life are considered a challenge and are very useful.

Three aspects of hardiness put forward by Maddi (in Mahampang, 2009: 50), namely commitment, control, challenge, have been met by the subjects in this study as a description of the hardiness in the subject which will be discussed as follows:

a) Commitment (commitment)

Commitment reflects the extent to which individuals are involved in whatever activities are carried out. They are committed to the importance of family, work, and all endeavors in their lives where the people and events that occur around them give meaning to the fulfillment of their lives (Maddi, 2013: 8).

The results of the analysis that the researcher has conducted show that subject B, MA and SY have:

Responsibility

Based on the results of research conducted, it shows that the three subjects are people who are responsible, both for their work duties and for their duties as parents.

Purpose of life

Based on the results of the research conducted, it shows that the three subjects have a life goal so that their children live happily and can experience the world of education beyond the education that the subject has been through.

Firm belief in yourself

Based on the results of research conducted, it shows that the three subjects have confidence in themselves to be able to face and overcome the things that happen in their life.

b) Control (control)

The control aspect arises in the form of the ability to control the personal decision - making process or the ability to choose freely between the various actions that can be taken.

The results of the analysis that the researcher has conducted show that the subject has:

Control what happens in life

Based on the results of the interviews conducted, it shows that the three subjects can control their emotions in a downturn, manage their family needs and overcome the problems they face.

Confident

Based on the results of the interviews conducted, it shows that the three subjects are confident in living their lives without feeling ashamed or inferior to the surrounding community from what has happened.

Think positive

Based on the results of the interviews conducted, it showed that the three subjects were able to think positively in dealing with problems by remaining calm and patient in dealing with problems and finding a way out of the problems they experienced. And always try to respond to bad things in a calmer way.

Challenge (challenge)

The tendency of a person to view the changes that occur in life as something normal and can anticipate these changes as fun.

The results of the analysis that the researcher has conducted show that the subject has:

- Optimistic

Based on the results of research that has been done, it shows that the three subjects are people who are optimistic in living their lives, they consider every problem they experience is a part of life and always believe that every problem must have a solution.

- Seek help

Based on the results of the research conducted, it shows that the three subjects will ask for help when they are in a difficult situation and really need help, this is because not all things in life can be resolved by themselves .

- Able to handle pressure

Based on the results of the research conducted, it shows that the three subjects are able to overcome the pressure or problems they experience, they can always go through this by always being patient , confident and believing and still thinking positively that every trial will have wisdom behind everything.

Based on the research results, the researchers found that when viewed from an Islamic perspective, hardiness is termed patiently or steadfastly in facing trials, which means persistence in facing trials and difficulties, and persistence in achieving goals and ideals (Ramayulis, 2004: 168). The resilience of a person in stressful, coping and adapting situations in Islam is called patience. As explained in the alqur'an surah An-Nahl 127.

2) Factors affecting hardiness in post-divorce women

Factors that influence hardiness according to Maddi & Kobasa (in Sirait & Minauli, 2015: 34).

Based on the results of research conducted on factors that affect hardiness in the three subjects, it will be discussed as follows:

a) The process of learning to live in the face of stress in childhood and the experiences of life after living

Based on the results of the research conducted, it shows that the three subjects can live life even though sometimes the pressure always comes, this is because the three subjects are used to facing difficult times since childhood.

b) There are individual personalities who have strong character so that they have a constructive attitude

Based on the results of the research conducted, it shows that the three subjects have strong characters, have a desire to be achieved and are always optimistic in living life.

c) Social skills in the environment

Based on the results of research conducted, it shows that the three subjects have good abilities in interacting with the people around them and their work environment.

d) Family support.

Based on the results of the research conducted, it shows that the three subjects received support from their family, siblings and closest people in living life, especially from their children, which made the subject never give up in living life.

Then the three subjects B, MA and SY are able to describe the commitment in their lives, namely the ability of individuals to always be involved in life's activities and make it fun. In this case, the three subjects must continue to try and work hard to fulfill their responsibilities as a housewife and also as a father figure for their children in terms of meeting their children's needs and affection.

CONCLUSION

Based on the results of this research analysis, it was found that, the factors that influence it and the solutions that can be done to have hardiness in post-divorce women in Nagari Sungai Nanam, Lembah Gumanti District, Solok Regency, can be drawn a number of conclusions as follows:

First, the description of hardiness personality in post-divorce women in subject B, MA and SY has a hardiness personality in him. B, MA and SY have a commitment to continue to be involved in activities or work in running life and do not give up easily in any situation. The subject is able to control or control himself well, be confident and think positively in living life. Subjects are also able to go through various pressures and challenges in life patiently and optimistically.

Second, the factors that influence subject B, MA and SY to always have a hardiness personality in themselves, namely the process of learning to live under pressure since childhood and learning from experience, the existence of a strong and constructive character in themselves, the existence of social skills in the environment and the full support of their families both morally and materially, support from the surrounding environment, the three subjects also have high self-confidence so that the three are always confident and optimistic in running their lives.

Three, as for the solution for post-divorce women to have hardiness in themselves, namely keeping themselves busy with various activities such as working to make ends meet, and thinking about responsibilities to children, socializing with family and the surrounding environment, and always getting closer to Allah SWT and believing that every problem has a solution.

REFERENCES

Alsa, Asmadi. 2010. *Quantitative and Qualitative Approaches and Their Combinations in Psychological Research*. Yogyakarta: Student Library.

- Abror, Khoirul. 2020. Law of Marriage and Divorce. Yogyakarta: Fields of Words.
- Ayudhia, RR, Kristiani, IF 2016. The Relationship Between Hardiness and Prosocial Behavior in Class XI Students of Hidayatullah Islamic High School Semarang. *Journal of Empathy* Vol. 5 No. 2. Surakarta.
- Bahari, Adip. 2016. Procedures for Divorce Lawsuit for Distribution of Assets and Child Custody. Library Yustisia.
- Budiyanto, Gunawan. 2014. Land Resources Management. Yogyakarta: LP3M UMY.
- Daulay, Nurussakinah. 2016. An Overview of Mother's Resilience in Caring for Autistic Children. *Journal of Psychological Research* Vol. 1 No. 1. North Sumatra.
- Harlina.N. & Ika. ZR 2011. The Relationship between Hardiness Personality and Optimism in Prospective Female Indonesian Migrant Workers (CTKI) at BLKLN, Disnakertrans, Central Java. *Journal of UndipVol Psychology*. 10, No. 2.
- Hasan. 2008. Introduction to Islamic Health Psychilogy. Jakarta: Rajawali Press.
- Herdiansyah, Haris. 2014. Quantitative Research Methodology. Jakarta: Salemba Humanika.
- _____. 2015. Quantitative Research Methodology. Jakarta: Salemba Humanika.
- Lani, Devina & Handayani, Penny. 2016. Description of Hardiness in Primary Caregivers of Children with Cerebral Palsy. *Journal of Psychology*. Jakarta: IJDS Vol. 3, No. 1.
- Mahampang, Imroatul. 2009. Differences in personal toughness (hardiness) between students and junior high school students in areas prone to abrasion. *Periodic Scientific Journal of Psychilogy* Vol. 11 No. 2. Surakarta.
- Moleong. 2010. Qualitative Research Methods. Bandung: Youth Roskadarya.
- Ningsih, AK 2011. The Relationship between Dysmenorrhea Knowledge and Dysmenorrhea Management in Senior High School I Sragi Pekalongan Students. Stikes Ngudi Waluyo. <http://perpusnwu.web.id/karyailmiah/documents/4516.pdf>.
- Nevid, Jeffry S. Rathus, Spencer A. Greene Brverly. 2005. Abnormal Psychology Vol . Jakarta: Erlangga.
- Poerwandari. 2005. Qualitative Approaches to Human Behavior Research. Depok: LPSP3.
- Puspita, VS 2005. Adjustment to Early Adult Women with the Status of Divorced Widows. Surabaya.
- Ramayulis. 2004. Islamic Education, Cet. 4th. Jakarta: Kalam Mulia.
- Reza Fahmi and Prima Aswirna. 2020. The Relationships between Social Media Facebook and Family Divorce (Study in Middle-Class Society at Padang, West Sumatra-Indonesia). *Psychology and Education Journal* 58 (1), 5296-5308 <https://doi.org/10.17762/pae.v58i1.1785>.

- Sabela, Osi Isna; Ariati, Jati; Setyawan, Imam. 2014. Entrepreneurial Student Resilience. Diponegoro: Journal of Psychology Vol 13, No 2.
- Soraya, Nina. 2013. Divorce by Young Women: A Study on the Social Behavior of Young Women Post Divorce in Mojoroto Subdistrict, Kediri City. Malang: Journal of Psychology.
- Sugiyono. 2010. Quantitative Research Methods Qualitative and R & D. Bandung: Alfabeta.
- Schultz, D. & Schultz. 2002. Psychology and Work Today. Eight Edition. New Jersey: Prentice Hall.
- Subagiasta, Ketut. 2007. Overview of Women in Hindu Literature Perspective. Mudra Journal. 2007 September Edition.
- Sudarto & Wirawan. 2000. Penghayatan Meaning of Divorced Women's Life. Journal of Psychology Science "ARKHE" Yr. 6 / No. 23/2001 . Jakarta: Faculty of Psychology, Tarumanegara University.
- Velansyah, Abdul Aziz. 2012. The Meaning of Life in Post-Divorce Women. Surabaya.