

## ABSTRACT

**Helda Lili Irianti**

**Coping loneliness young adult women who had divorced. (Niken Widiastuti, M.Si. Psi.). Undergraduate Program in Psychology, Tarumanagara University. (125 pages, R1-R3, Appdx 1-14).**

Divorce is a last resort that should be adopted if the relationship marriage relationship can't be saved. Loneliness is a feeling of unpleasant solitude experienced by individuals who feel alone although they are in a crowd. Coping is a process where someone seeks to overcome the mismatch between perceived demands and resources. Coping loneliness is an action to overcome the loneliness experienced by individuals. The data in this research using the interview method, the in-depth interview that included four subjects. Subjects in this research is that young adult women who have divorce without having children. Data gathering start from 16 February 2009 to 13 March 2009. Based on interviews with four subjects, the results obtained that woman who divorced individual loneliness. Then, problem focused coping was use are restraint coping, planning, and suppressions of competing activities. Emotion focused coping was use are positive reinterpretation and growth, acceptance, and turning to religion.

Keywords: Coping-loneliness, young adulthood women, divorce