

ABSTRAK

Skripsi dengan judul “Pengalaman Resiliensi Mahasiswa Dalam Menjalankan Peran Ganda: Studi Fenomenologi” ini ditulis oleh Sururum Marfuah, NIM. 126308212148, dengan pembimbing Prof. Dr. H. Nur Kholis, S.Ag., M.Pd.

Kata Kunci: Resiliensi, Mahasiswa Bekerja, Fenomenologi

Fenomena mahasiswa yang menjalani peran ganda sebagai pelajar sekaligus pekerja kini marak terjadi di perguruan tinggi. Keputusan tersebut dilatarbelakangi oleh upaya pemenuhan kebutuhan pribadi, tanggung jawab membantu ekonomi keluarga, serta keinginan untuk mencapai kemandirian finansial. Namun, peran ganda ini sering kali memicu masalah konkret seperti kendala pembagian waktu, kelelahan fisik, hingga tekanan psikologis. Kondisi tersebut menuntut mahasiswa pekerja untuk memiliki kemampuan menjaga keseimbangan antara keberlangsungan studi dan pekerjaan. Oleh karena itu, mahasiswa pekerja memerlukan kemampuan resiliensi guna mengelola tekanan sistematis yang muncul dari kompleksitas tuntutan peran tersebut.

Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Subjek penelitian terdiri dari empat mahasiswa UIN Sayyid Ali Rahmatullah Tulungagung yang bekerja secara penuh waktu. Data dikumpulkan melalui teknik wawancara mendalam dan observasi partisipatif untuk mendapatkan gambaran pengalaman yang komprehensif. Selanjutnya, data dianalisis menggunakan teknik *Interpretative Phenomenological Analysis* (IPA) yang berfokus pada pemaknaan mendalam atas pengalaman subjektif partisipan.

Hasil penelitian menunjukkan bahwa mahasiswa melakukan resiliensi melalui tindakan konkret seperti penyusunan skala prioritas yang ketat, perencanaan jadwal, pencarian dukungan sosial dari lingkungan sekitar, serta penerimaan diri terhadap beban kerja. Strategi tersebut terbukti efektif dalam meningkatkan kemampuan adaptasi mahasiswa di tengah tekanan. Temuan ini menegaskan bahwa penerapan resiliensi yang didukung oleh sistem pendukung (*support system*) yang krusial bagi mahasiswa pekerja agar dapat menjalankan kedua perannya secara optimal.

ABSTRACT

The thesis entitled “Experiences and Resilience of Full-Time Working Students at UIN Sayyid Ali Rahmatullah Tulungagung: A Phenomenological Study” was written by Sururum Marfuah, Student ID. 126308212148, under the supervision of Prof. Dr. H. Nur Kholis, S.Ag., M.Pd.

Keywords: *Resilience, Working Students, Phenomenology*

The phenomenon of students undertaking dual roles as both students and employees is increasingly prevalent in higher education. This decision is often motivated by the need to fulfill personal requirements, the responsibility to support family finances, and the desire to achieve financial independence. However, these dual roles frequently trigger concrete issues such as time management constraints, physical exhaustion, and psychological pressure. Such conditions demand that working students possess the ability to maintain a balance between their academic progress and professional duties. This adaptation strategy emphasizes tangible actions through priority setting, time planning, rational decision-making, and negotiations with both the university and the workplace. Therefore, working students require resilience to manage the systematic pressures arising from the complexity of these role demands.

This study aims to explore the experiences of students in navigating dual roles and to uncover the underlying meanings that lead to the emergence of resilience strategies in facing pressure. This research employs a qualitative method with a phenomenological approach. The research subjects consist of four full-time working students at UIN Sayyid Ali Rahmatullah Tulungagung. Data were collected through in-depth interviews and participant observation to obtain a comprehensive overview of their experiences. Furthermore, the data were analyzed using the Interpretative Phenomenological Analysis (IPA) technique, which focuses on the profound interpretation of the participants' subjective experiences.

The results of the study indicate that students demonstrate resilience through concrete actions such as establishing strict priority scales, planning weekly schedules, seeking social support from their environment, and practicing self-acceptance regarding their workload. These strategies have proven effective in enhancing students' adaptability amidst pressure. These findings confirm that the implementation of resilience, bolstered by a strong support system, is crucial for working students to perform both roles optimally.