

## ABSTRAK

Madona. 2026. HUBUNGAN ANTARA RESILIENSI DAN INTENSITAS *GRIEF* PADA GENERASI Z YANG MENGALAMI *FATHERLESS*. Skripsi. Program Studi Psikologi Islam, Fakultas Ushuluddin, Adab dan Dakwah, Universitas Islam Negeri Sayyid Ali Rahmatullah Tulungagung. Pembimbing: Ratih Dian Nur Faizah, M.Psi., Psikolog

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Kata Kunci: Resiliensi, Intensitas *Grief*, *Fatherless*, Generasi Z.

Kehilangan figur ayah akibat kematian berpotensi memicu intensitas *grief* yang tinggi pada remaja akhir Generasi Z yang sedang dalam fase transisi menuju dewasa awal. Penelitian ini bertujuan untuk menguji hubungan antara resiliensi dan intensitas *grief* pada Generasi Z yang mengalami keadaan *fatherless* di MAN 2 Tulungagung. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan melibatkan 39 subjek yang dipilih melalui teknik total sampling. Instrumen pengukuran yang dipakai adalah *Inventory of Complicated Grief* (ICG) untuk intensitas *grief* dan *Connor-Davidson Resilience Scale* (CD-RISC) untuk resiliensi. Hasil analisis deskriptif menunjukkan bahwa mayoritas responden berada pada kategori sedang, baik untuk intensitas *grief* (59%) maupun resiliensi (64%). Uji korelasi *Pearson Product Moment* menghasilkan nilai  $r = 0,201$  dengan tingkat signifikansi  $p = 0,219$  ( $p > 0,05$ ), sehingga hipotesis nol ( $H_0$ ) diterima. Dengan demikian, tidak ada hubungan signifikan antara resiliensi dan intensitas *grief* pada subjek penelitian. Faktor yang diduga mempengaruhinya meliputi durasi kehilangan yang relatif lama (6–10 tahun) yang memungkinkan individu telah melalui proses adaptasi terhadap kehilangan, homogenitas data akibat dukungan bimbingan konseling dan suasana spiritual di madrasah, serta keterbatasan jumlah sampel.

## ABSTRACT

Madona. 2026. THE RELATIONSHIP BETWEEN RESILIENCE AND GRIEF INTENSITY IN GENERATION Z EXPERIENCING FATHERLESSNESS. Undergraduate Thesis. Islamic Psychology Study Program, Faculty of Ushuluddin, Adab and Da'wah, State Islamic University Sayyid Ali Rahmatullah Tulungagung. Supervisor: Ratih Dian Nur Faizah, M.Psi., Psikolog

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Keywords: Resilience, Grief Intensity, Fatherless, Generation Z.

The loss of a father figure due to death has the potential to trigger high grief intensity in late adolescent Generation Z who are in the transition phase toward early adulthood. This study aims to examine the relationship between resilience and grief intensity in Generation Z individuals experiencing fatherlessness at MAN 2 Tulungagung. This study used a quantitative correlational approach involving 39 subjects selected through total sampling technique. The measurement instruments used were the Inventory of Complicated Grief (ICG) for grief intensity and the Connor-Davidson Resilience Scale (CD-RISC) for resilience. Descriptive analysis results showed that the majority of respondents were in the moderate category, both for grief intensity (59%) and resilience (64%). The Pearson Product Moment correlation test resulted in  $r = 0.201$  with a significance level of  $p = 0.219$  ( $p > 0.05$ ), so the null hypothesis ( $H_0$ ) was accepted. Thus, there is no significant relationship between resilience and grief intensity among the research subjects. Factors presumed to influence this finding include the relatively long duration of loss (6–10 years), which may allow individuals to have undergone an adaptation process toward the loss, data homogeneity due to counseling support and the spiritual atmosphere at the madrasah, as well as the limited sample size.