

Strategi Coping Perempuan Pekerja Rumah Tangga Live-out: Studi Kasus di Jakarta = Live-out Female Domestic Workers' Coping Strategies: A Case Study in Jakarta

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Abstrak

Penelitian ini bertujuan untuk memaparkan strategi coping Perempuan Pekerja Rumah Tangga (selanjutnya PRT) live-out, yang menghadapi kerentanan di dunia kerja sekaligus juga terbebani dengan tuntutan domestik di rumah. Studi-studi terdahulu belum banyak yang secara khusus membahas perempuan PRT live-out, selain hanya berfokus pada kerentanan PRT, termasuk relasi yang timpang dengan majikannya, serta lemahnya perlindungan hukum bagi PRT. Sebab itu, penelitian ini berfokus membahas beban perempuan PRT live-out dan menjelaskan strategi coping merujuk konsep yang digagas oleh Skinner dan Zimmer-Gembeck (2007). Perempuan PRT live-out adalah PRT yang tidak tinggal di rumah majikan, tetapi hanya bekerja beberapa jam per hari di rumah majikan. Dengan demikian, mereka sebagai Perempuan, setiap hari berupaya memenuhi tuntutan majikan, tuntutan keluarga, serta dimungkinkan masih berkegiatan di komunitas. PRT live-out yang diungkap pengalamannya adalah perempuan menikah, bersuami, punya anak berusia 4-12 tahun, dan bekerja di lebih dari satu rumah per hari. Penelitian kualitatif dengan metode studi kasus ini dilakukan di Jakarta. Adapun data dijangkau melalui teknik wawancara mendalam dan ditopang data observasi. Temuan studi menunjukkan bahwa perempuan PRT live-out menghadapi beban berlapis, yakni beban domestik, pekerjaan, dan komunitas. Adapun strategi coping yang dikembangkan adalah: problem-solving, information-seeking, self-reliance, support-seeking, social isolation, delegation, accommodation, negotiation, submission dan opposition.

.....This study aims to explain the coping strategies of live-out female domestic workers (hereinafter domestic workers), who face vulnerabilities in the world of work while also being burdened with domestic demands at home. Not many previous studies have specifically discussed live-out female domestic workers, apart from only focusing on the vulnerabilities of domestic workers, including unequal relationships with their employers, as well as weak legal protection for domestic workers. Therefore, this research focuses on discussing the burden of live-out domestic workers and explaining coping strategies referring to the concept initiated by Skinner and Zimmer-Gembeck (2007). Live-out female domestic workers are domestic workers who do not live in the employer's house, but only work a few hours per day in the employer's house. In this way, they as women, every day try to meet the demands of their employers, the demands of their families, and are still able to carry out activities in the community. The live-out domestic workers whose experiences were revealed were married women with husbands and children aged 4-12 years, and worked in more than one house per day. This qualitative research using the case study method was conducted in Jakarta. The data was collected through in-depth interview techniques and supported by observation data. The study findings show that live-out female domestic workers face multiple burdens, namely domestic, work and community burdens. The coping strategies developed are: problem-solving, information-seeking, self-reliance, support-seeking, social isolation, delegation, accommodation, negotiation, submission and opposition.