

ABSTRAK

Hasna Nurjihan. 2026. Makna Peran Ganda pada Mahasiswa “Generasi Sandwich” Fakultas Keguruan dan Ilmu Pendidikan Universitas PGRI Madiun. Bimbingan dan Konseling Universitas PGRI Madiun. Skripsi. Dibimbing oleh Dr. Tyas Martika Anggriana, S.Psi., M.Pd. dan Dr. Suharni, S.Pd., M.Psi. Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, Universitas PGRI Madiun.

Fenomena generasi *sandwich* semakin banyak ditemukan pada mahasiswa yang harus menjalankan peran ganda sebagai individu yang menempuh pendidikan tinggi sekaligus memiliki tanggung jawab terhadap keluarga. Kondisi tersebut menimbulkan berbagai pengalaman yang memengaruhi cara mahasiswa memaknai peran yang dijalannya. Penelitian ini bertujuan untuk mendeskripsikan pengalaman menjalani peran ganda serta mengungkap makna peran ganda yang dibangun oleh mahasiswa generasi *sandwich*. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi Moustakas. Informan penelitian berjumlah tiga mahasiswa Fakultas Keguruan dan Ilmu Pendidikan yang memenuhi kriteria sebagai mahasiswa generasi *sandwich*. Data diperoleh melalui wawancara mendalam, observasi, dan dokumentasi. Analisis data dilakukan melalui tahapan fenomenologi Moustakas yang meliputi *epoche*, *horizontalization*, pengelompokan makna (*clustering of meaning*), deskripsi tekstural, deskripsi struktural, dan sintesis makna serta esensi pengalaman. Keabsahan data dilakukan melalui triangulasi teknik dan triangulasi sumber. Hasil penelitian menunjukkan bahwa pengalaman menjalani peran ganda diawali oleh perubahan kondisi keluarga yang mendorong mahasiswa mengambil tanggung jawab tambahan. Informan menghadapi tantangan berupa pembagian waktu, konflik antara tuntutan akademik dan keluarga, kelelahan fisik maupun emosional, serta keterbatasan dalam aktivitas sosial. Meskipun demikian, mereka mampu bertahan melalui strategi manajemen waktu, pengelolaan emosi, dukungan sosial, dan pendekatan spiritual. Makna peran ganda yang dibangun oleh informan meliputi peran sebagai amanah, bentuk balas budi kepada orang tua, serta ujian keimanan yang membentuk kedewasaan, kemandirian, dan tanggung jawab. Penelitian ini memberikan implikasi bagi layanan bimbingan dan konseling di perguruan tinggi agar mampu menyediakan layanan yang lebih peka, kontekstual, dan responsif terhadap kebutuhan mahasiswa generasi *sandwich*.

Kata Kunci: *peran ganda, mahasiswa generasi sandwich*

ABSTRACT

Hasna Nurjihan. 2026. The Meaning of Dual Roles Among “Sandwich Generation” Students at the Faculty of Teacher Training and Education, Universitas PGRI Madiun Guidance and Counseling, Universitas PGRI Madiun. Undergraduate Thesis. Supervised by Dr. Tyas Martika Anggriana, S.Psi., M.Pd. and Dr. Suharni, S.Pd., M.Psi. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun.

The phenomenon of the sandwich generation is increasingly found among university students who are required to perform dual roles as learners while simultaneously bearing responsibilities toward their families. This condition gives rise to various life experiences that influence how students construct the meaning of their dual roles. This study aims to describe the experiences of university students in carrying out dual roles and to explore the meaning they construct as members of the sandwich generation. This study employed a qualitative approach using Moustakas' phenomenological method. The participants consisted of three students from the Faculty of Teacher Training and Education who met the criteria of the sandwich generation. Data were collected through in-depth interviews, observations, and documentation. Data analysis followed Moustakas' phenomenological procedures, including epoche, horizontalization, clustering of meanings, textural description, structural description, and the synthesis of meanings and essences. Data trustworthiness was ensured through source triangulation and technique triangulation. The findings revealed that the participants' dual-role experiences began with changes in family circumstances that required them to assume additional responsibilities. They encountered various challenges, including time management difficulties, conflicts between academic and family responsibilities, physical and emotional exhaustion, and limited opportunities for social activities. Despite these challenges, the participants were able to cope through effective time management, emotional regulation, social support, and spiritual approaches. The meanings they constructed regarding their dual roles included viewing them as a responsibility entrusted by God (amanah), a form of filial gratitude toward their parents, and a test of faith that fostered maturity, independence, and responsibility. The findings imply that guidance and counseling services in higher education should provide more sensitive, contextual, and responsive support for students belonging to the sandwich generation.

Keywords: *dual roles, sandwich generation*