

EMOSI DAN PROSES REGULASI EMOSI: STUDI KUALITATIF PADA PEREMPUAN YANG MEMUTUSKAN MENIKAH DI USIA REMAJA

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INTISARI

Penelitian ini bertujuan untuk dapat mengetahui bagaimana emosi dan proses regulasi emosi pada perempuan yang memutuskan menikah di usia remaja. Subjek dalam penelitian ini berjumlah 5 orang, dengan karakteristik perempuan yang telah menikah di usia remaja dengan rentang usia 15-18 tahun, serta berdomisili di Deli Serdang, Sumatera Utara. Pendekatan dalam penelitian ini adalah kualitatif dengan metode pengambilan data menerapkan *purposive sampling*. Hasil penelitian menampilkan kelima subjek penelitian mengalami emosi seperti sedih, kesal, marah, kecewa, dan menyesal. Hasil penelitian juga menunjukkan bahwa dari reaksi emosi yang dirasakan, kelima subjek mencoba untuk meregulasi emosi tersebut dengan cara melakukan beberapa aktivitas agar emosinya teregulasi dengan baik, selain itu ada juga yang bercerita dengan orang yang sangat dipercayai olehnya seperti kepada anaknya/ tetangga/ keluarga lainnya, serta ada juga yang melakukan berbagai hal untuk mengalihkan perhatiannya dengan melakukan kesibukan sakah satunya dengan belanja dan bermain sosial media.

Kata Kunci: Emosi, Regulasi Emosi, Perempuan, Menikah di usia Remaja

EMOTIONS AND THE PROCESS OF EMOTIONAL REGULATION: A QUALITATIVE STUDY OF WOMEN WHO DECIDE TO MARRY IN ADOLESCENTS

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ABSTRACT

This research aims to find out how emotions and emotional regulation processes occur in women who decide to marry as teenagers. The subjects in this study were 5 people, with the characteristics of married women in their teens with an age range of 15-18 years, and who lived in Deli Serdang, North Sumatra. The approach in this research is qualitative with data collection methods using purposive sampling. The research results showed that the five research subjects experienced emotions such as sadness, annoyance, anger, disappointment, and regret. The research results also showed that from the emotional reactions they felt, the five subjects tried to regulate these emotions by carrying out several activities so that their emotions were well regulated, apart from that, there were also those who told stories with people they really trusted, such as their children/neighbors/other family members, and there are also those who do various things to divert their attention by doing other activities such as shopping and playing on social media.

Keywords: Emotions, Emotion Regulation, Teenage Girl Marriage