

Emosi dan Regulasi Emosi: Studi Kualitatif Pada Remaja Laki-laki Yang Mengalami Fatherless

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INTISARI

Kehilangan peran figur ayah disebabkan oleh banyak hal, dan kondisi ini memberikan dampak terhadap remaja laki-laki. Tujuan dari penelitian ini yaitu: (1) Untuk mengetahui gambaran fatherless pada anak remaja laki-laki. (2) Untuk mengetahui jenis emosi yang muncul. (3) Untuk mengetahui bagaimana gambaran proses regulasi mereka. Penelitian ini menggunakan pendekatan kualitatif dengan metode wawancara terstruktur sebagai teknik pengumpulan data. Terdapat 3 subjek terpilih menggunakan metode purposive sampling dengan kriteria remaja (11-21 tahun), mengalami fatherless, dan berdomisili di Kota Medan. Hasil penelitian menunjukkan bahwa penyebab fatherless meliputi meninggalnya ayah kandung/ sambung, berubahnya sifat ayah setelah adanya orang ketiga, dan perceraian orang tua. Sebelum mengalami fatherless emosi yang muncul adalah emosi senang, namun saat mengalami fatherless muncul emosi takut, sedih, senang, lega, marah, bingung, terkejut, dan kecewa pada Tuhan. Setelahnya, emosi sedih muncul kembali bersamaan dengan emosi iri dan cemburu. Sementara itu, dalam proses regulasi emosi, ketiga subjek (Subjek I, II dan III) dapat melalui kelima tahapan secara baik, dengan melakukan berbagai kegiatan, menyendiri, dan bercerita kepada orang tuanya. Melalui proses regulasi emosi tersebut ditemukan bahwa peran ibu dan spiritualitas memiliki pengaruh terhadap regulasi emosi subjek.

Emotion dan Emotional Regulation: Qualitative Study On Adolescent Boys Who Experience Fatherless

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ABSTRACT

The loss of a father figure roles caused by several issues, and this conditions has an impact on adolescent boys. The purpose of this research are: 1) To determine how fatherlessness portrayed in adolescent boys. (2) To determine varieties of emotions that appear. (3) To determine how their emotional regulation processes. This research use qualitative approach with structured interview method as the data collection technique. Three subject was chosen via purposive sampling method with the following criteria such as adolescent boys (11-21 years old), experience fatherless, and residing at Kota Medan. The result of this study show that the causes of fatherless includes the death of biological/ step father, the change of father's personality after a third person, and parental divorce. Before experiencing fatherless the emotion of happy appeared, but when experiencing fatherless emotions of fear, sad, happy, relief, angry, confused, shock, and disappointment toward God appear. Afterwards, the emotion of sad reappears along with the emotions of envy and jealousy. On the other, the process of emotion regulation by the three subjects (subject I, II, and III) were able to go through the five stages of emotion regulation well, by engaging in various activities, isolation, and communicating to their parents. Through the process, it was found that the role of mother and spirituality have an influence on the subject's emotion regulation.