

Gambaran Regulasi Emosi Pada Dewasa Awal Korban Perselingkuhan Di masa Pacaran

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INTISARI

Penelitian ini mengulas tentang gambaran regulasi emosi pada dewasa awal korban perselingkuhan di masa pacaran. Jenis penelitian ini adalah penelitian kualitatif dengan menggunakan teknik wawancara. Jenis penelitian kualitatif yang digunakan oleh peneliti adalah fenomenologi, yakni studi yang mengeksplorasi secara mendalam, mengumpulkan informasi secara lengkap dengan menggunakan berbagai prosedur pengumpulan data berdasarkan waktu yang telah ditentukan. Subjek penelitian ini berjumlah 4 orang, yang diperoleh dengan menggunakan teknik *purposive sampling*. Karakteristik subjek penelitian adalah individu dengan rentang usia dewasa awal yakni 18-25 tahun, pernah mengalami perselingkuhan dan berdomisili di Binjai Sumatera Utara. Hasil penelitian ini menunjukkan bahwa keempat subjek mengalami emosi dan regulasi emosi yang berbeda saat dan setelah perselingkuhan. Saat mengalami perselingkuhan, emosi yang dirasakan subjek seperti marah, kesal, sedih, sakit hati dan kecewa. Setelah mengalami perselingkuhan, ada beberapa reaksi emosi lain yang dirasakan subjek seperti sedih, kecewa, kesal, marah, frustrasi, putus asa, agresi, benci, jijik dan keinginan balas dendam. Selain itu subjek juga merasakan emosi positif seperti terhibur, senang, puas, lega, optimis, semangat, antusias, menerima dan bersyukur namun reaksi emosi positif ini tidak muncul sebanyak emosi negatif. Regulasi emosi dilakukan melalui 5 tahap yaitu *situation selection* (pemilihan situasi), *situation modification* (perubahan situasi), *attention deployment* (penyebaran perhatian), *cognitive change* (perubahan kognitif) dan *response modulation* (perubahan respon). Selain itu penelitian ini juga menunjukkan bahwa kemampuan regulasi emosi subjek dipengaruhi oleh dukungan sosial, jenis kelamin, konsep diri, pola asuh dan gaya kelekatan dengan ibu. Kemampuan regulasi emosi dapat ditingkatkan dengan cara *self talk* dan *journaling*.

Kata Kunci : Regulasi Emosi, Dewasa Awal, Perselingkuhan

Description Of Emotional Regulation In Early Adulthood Victims Of Infidelity

During Dating

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ABSTRACT

This research reviews the description of emotional regulation in early adult victims of infidelity during dating. This type of research is qualitative research using interview techniques. The type of qualitative research used by researchers is phenomenology, namely studies that explore in depth, collecting complete information using various data collection procedures based on a predetermined time. The subjects of this research were 4 people, who were obtained using purposive sampling techniques. The characteristics of the research subjects were individuals with an age range of early adulthood, namely 18-25 years, who had experienced extramarital affairs and lived in Binjai, North Sumatra. The results of this study showed that the four subjects experienced different emotions and emotional regulation during and after infidelity. When experiencing infidelity, the emotions felt by the subject include anger, annoyance, sadness, hurt and disappointment. After experiencing infidelity, there are several other emotional reactions that the subject feels, such as sadness, disappointment, annoyance, anger, frustration, despair, aggression, hatred, disgust and a desire for revenge. Apart from that, subjects also felt positive emotions such as comfort, joy, satisfaction, relief, optimism, enthusiasm, acceptance and gratitude, but these positive emotional reactions did not appear as much as negative emotions. Emotion regulation is carried out through 5 stages, namely situation selection, situation modification, attention deployment, cognitive change and response modulation. Apart from that, this research also shows that the subject's emotional regulation ability is influenced by social support, gender, self-concept, parenting style and attachment style with the mother. Emotional regulation abilities can be improved by self-talk and journaling.

Keyword : Emotion Regulation, Early Adulthood, Infidelity