INTISARI

Ely NurLailatul Farida, NIM. B37212089. *Regulasi Emosi Pasca Kematian Pasangan Hidup Pada Usia Dewasa Akhir.*
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Penelitian ini bertujuan untuk menggambarkan regulasi emosi pasca kematian pasangan hidup pada usia dewasa akhir. Penelitian ini merupakan penelitian kualitatif dengan melakukan pendekatan fenomenologi karena menekankan pada pengalaman hidup individu dalam suatu fenomena tertentu. Subyek penelitian ini yaitu dua orang lansia yang suaminya telah meninggal dunia. Teknik pengumpulan data dalam penelitian ini adalah menggunakan metode wawancara dan observasi. Wawancara dilakukan kepada subyek utama dan *significant others.* Dari hasil penelitian bahwa emosi-emosi yang dirasakan lansia janda pasca kematian pasangan hidupnya bermacam-macam. Emosi sedih, terkejut, dan harapan dirasakan dan diekspresikan oleh kedua subyek ketika menghadapi kematian pasangan hidupnya. Temuan peneliti mengenai aspek regulasi emosi yang terdapat pada usia dewasa akhir/lansia adalah pemantauan *(monitoring),* penilaian *(evaluation),* dan kemampuan memodifikasi emosi. Temuan peneliti yang lainya tentang proses regulasi emosi yang terdapat pada usia dewasa akhir pasca kematian pasangan hidupnya yakni seleksi situasi, modifikasi situasi, fokus/menjaga perhatian, merubah kognitif dan memodulasi respon. Strategi regulasi emosi yang digunakan oleh subyek adalah *self blame, acceptance, ruminative thinking, positif refocusing, refocusing on planning, catrophobizing* dan *blamed others.* Dan faktor yang mempengaruhi subyek dalam meregulasi emosi pasca kematian pasangan hidupnya yaitu pola asuh dan hubungan interpersonal.

Kata Kunci: Regulasi Emosi, Lansia, kematian pasangan hidup

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ABSTRACT

Ely NurLailatul Farida, NIM B37212089. *Regulations Emotion After Death of The Spouse Life at Adult Age The End*
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This study aims to to describe regulations emotion death in the face spouse at adult age the end. The research is the qualitative study by doing approach phenomenology because emphasis on experience of life individuals in a a specified phenomenon. Subject research is two people elderly whose husbands have died. Technique data collection in this research was uses the interview and observation. Interviews were conducted to the main subject and significant others. The research that emosi-emosi felt elderly widow death in the face wife various. Emotions sad, surprised, and hope felt and expressed by both subjects when faced with death of the spouse his life. The findings researchers on the aspect regulations emotion that is at adult age the end of / elderly is monitoring an evaluation, and the ability modify emotion. The findings of the other researcher who is about regulatory processes emotions that was found at adult age late in the face of death of the spouse selection of his life that is the situation, a modification of the situation, /keep the focus of attention, change cognitive and modulate response. Regulations emotion strategy used by the subject is self blame, acceptance, ruminative thinking, refocusing positive, refocusing on planning, catrophobizing and blamed others. And factor that influences subject in regulate emotion to death of the spouse his life that is pattern foster and relations interpersonal.

Key : Regulation emotion, elderly, death spouse.

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