ABSTRAK

Ariza Pandhini (B03213004), Pengembangan Automatic Emotional Regulation Berbasis Buku Panduan Pintar Mengolah Emosi untuk Menciptakan Komunikasi Efektif dalam Keluarga.

Focus of this research are 1) how to proceed development of Automatic Emotional Regulation which based on smart guidance to control emotion book to create effective communication between juvenile and hers family at Krembangan Vilage Taman Sidoarjo?, 2) what is the result of development process of Automatic Emotional Regulation which based on smart guidance to control emotion book to create effective communication between juvenile and hers family at Krembangan Vilage Taman Sidoarjo?

This research is using "research and development" method. Development process in this research is by doing training using smart guidance to control emotion book with title "Beautiful Muslimah with Good Emotion". Subject in this research is a juvenile which have negative emotion that easily rise spontaneously and causing ineffective communication in her family. This research emphasize on how a juvenile should manage anger emotion on her self and change it into automatic positive emotion.

Researcher use demand analytical research by qualitative approach which is using technic from Miles and Hubert for data analysis. Before conducting training, researcher conducted observation, interview with subject, subject's brother/sister, and subject's parent and measure anger behavior by using pre-test and post-test questionnaire that present in chapter data and its analysis. Training process in this research divided in 3 session with 4 discussion and total time 130 minutes. researchers also conducted a follow-up process after doing training by visiting the subject within 2 days.

In this research we can conclude that training process was effective and already according training standard. Result that was gotten from this training by using smart guidance to control emotion book was significantly good, subject way of speaking become more polite and subject also implement all treatment from the book when he/she feels angry, subject also listened what was said by her parents, subject realize that becoming polite person is so much fun and appropriate with muslimah personality.

Key words : Automatic emotional regulation, emotion, effective communication