

ABSTRAK

**KEMAMPUAN MENGELOLA EMOSI
PADA ANAK DARI KELUARGA *BROKEN HOME*
(Studi Kasus)**

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Penelitian ini bertujuan untuk memperoleh gambaran tentang kemampuan mengelola emosi anak yang berasal dari keluarga *broken home* (Studi Kasus). Pertanyaan peneliti adalah 1). Bagaimana cara anak dari keluarga *Broken Home* mengendalikan emosi ketika mengalami masalah di lingkungan sekitar, 2). Bagaimana anak *Broken Home* yang memiliki masalah dapat mengendalikan emosinya, saat teman sebaya mengucapkan perkataan tidak baik kepadanya.

Jenis penelitian ini adalah kualitatif, Metode studi kasus pengumpulan data yang digunakan observasi dan wawancara mendalam. Informasi didapatkan dari ketiga sumber yaitu orang tua subjek, subjek, dan sahabat subjek. selama penelitian peneliti melakukan observasi di tempat bermain dan di rumah subjek. Jumlah subjek 2 orang yaitu D dan S yang berjenis kelamin perempuan, kedua subjek tersebut sudah tidak melanjutkan pendidikan.

Hasil penelitin ini menunjukkan bahwa: 1). Saat subjek D mengalami masalah dengan lingkungan sekitar dan saat teman sebaya mengucapkan perkataan tidak baik kepada subjek akan tetapi subjek mampu mengelola emosi dengan cara menenangkan pikiran di tempat yang nyaman, melakukan aktivitas, bermain, curhat dengan ibu, berdoa, menangis, bersabar dan menegur ketika teman mengucapkan perkataan tidak baik kepada subjek. 2) subjek S juga mampu mengelola emosi dengan cara diam, main game di HP, bermain, jalan-jalan, menangis, mendengarkan musik, berdoa, bermain, melakukan aktivitas dan jalan-jalan ke pantai. kedua subjek dari keluarga *Broken Home* ini memiliki kemampuan mengelola emosi dengan cara yang berbeda-beda, hal ini dikarnakan subjek tidak ingin mencari masalah, mendengarkan perkataan ibu, dan bibi serta tidak ingin persahabatannya renggang.

Kata kunci: Kemampuan mengelola emosi, anak, keluarga *broken home*

ABSTRACT

**EMOTION MANAGEMENT ABILITY OF BROKEN-HOME CHILDREN
(Case Study)**

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This research was to find a description of emotion management ability of broken-home children (case study). It was aimed to find 1). How a broken-home child manages emotion when faced with problems from the surroundings, 2). How a broken-home child who has problems can manage one's emotion when one's peers say something unpleasant to one.

This was a qualitative research. Data collecting methods were in-depth observation and interview. Information was gathered from three sources, i.e. the subject's parents, neighbors, and close friends. During the research, the author did an observation at the subject's home and where the subject hangs out. The subjects were 2 females called D and S. Those subjects were dropped out.

The result of this research showed that: 1). When D had problems with the surroundings and when her peers said something unpleasant to her, she could manage her emotion by calming her mind at a comfortable place, doing some activities, playing, confiding in her mother, praying, crying, trying to be patient, and reprimanding her peers for saying something unpleasant to her. 2). The subject S could also manage her emotion by keeping silent, playing games on her cell phone, taking a stroll, crying, listening to music, praying, playing, doing some activities, and visiting the beach. The research showed that both subjects, from broken-homes family, had different abilities to manage emotion. This was due to subjects did not want troubles, and they wanted to listen to their mother and aunt, and they did not want their friendship to be disturbed.

Keyword: Ability to Manage Emotions, Child, Family Broken Home