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ABSTRAK

Anathalia Sonyha. 2025. Dinamika psikologis remaja yang mengalami kekerasan fisik oleh orang tua. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk memberikan gambaran mengenai dinamika psikologis remaja yang pernah mengalami kekerasan fisik dari orang tua kandungnya. Partisipan dalam penelitian ini adalah tiga perempuan remaja akhir yang pernah mengalami kekerasan fisik dari orang tua sejak masa remaja dan tidak mengalami kekerasan fisik lebih lanjut dalam kurun waktu satu tahun atau lebih. Penelitian ini menggunakan pendekatan kualitatif. Partisipan dipilih secara *purposive* dan *criterion-base sampling*. Pengumpulan data dilakukan secara langsung dengan wawancara semi-terstruktur dan diolah secara tematik. Hasil penelitian menunjukkan terjadi dinamika perubahan psikologis para partisipan secara kognitif, afektif dan konatif sebelum kejadian kekerasan fisik, selama periode kejadian kekerasan fisik dan setelah kejadian kekerasan fisik berlalu. Secara dinamik kognitif, partisipan mengalami perubahan persepsi kepada pelaku kekerasan fisik, mengalami reviktimisasi dan mengalami rekonsiliasi. Secara afektif, partisipan merasakan perasaan takut, cemas, trauma, marah, benci, dendam dan rasa malu menjad korban kekerasan fisik. Secara konatif, partisipan menunjukkan sikap menarik diri dan dorongan destruktif.

Kata kunci: *gambaran, dinamika psikologis, remaja akhir, kekerasan fisik, orang tua kandung*

ABSTRACT

Anathalia Sonyha. 2025. Psychological dynamics of adolescents who experience physical violence by their parents. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to provide an description of the psychological dynamics of adolescents who have experienced physical abuse by their biological parents in their adolescence. The participants in this study were three late-adolescent women who had experienced physical abuse from their parents during adolescence and had not experienced any further physical abuse for at least one year. This research employed a qualitative approach, with participants selected through purposive and criterion-based sampling. Data were collected through semi-structured interviews and analyzed thematically. The findings reveal psychological changes in the participants across cognitive, affective, and conative dimensions before, during, and after the period of physical abuse. Cognitively, participants underwent changes in their perceptions of the perpetrators, experienced revictimization, and engaged in reconciliation processes. Affectively, they reported feelings of fear, anxiety, trauma, anger, hatred, resentment, and shame as victims of physical abuse. Conatively, participants exhibited withdrawal behaviors and destructive impulses.

Keywords: *description, psychological dynamics, late-adolescent, physical abuse, biological parents*

