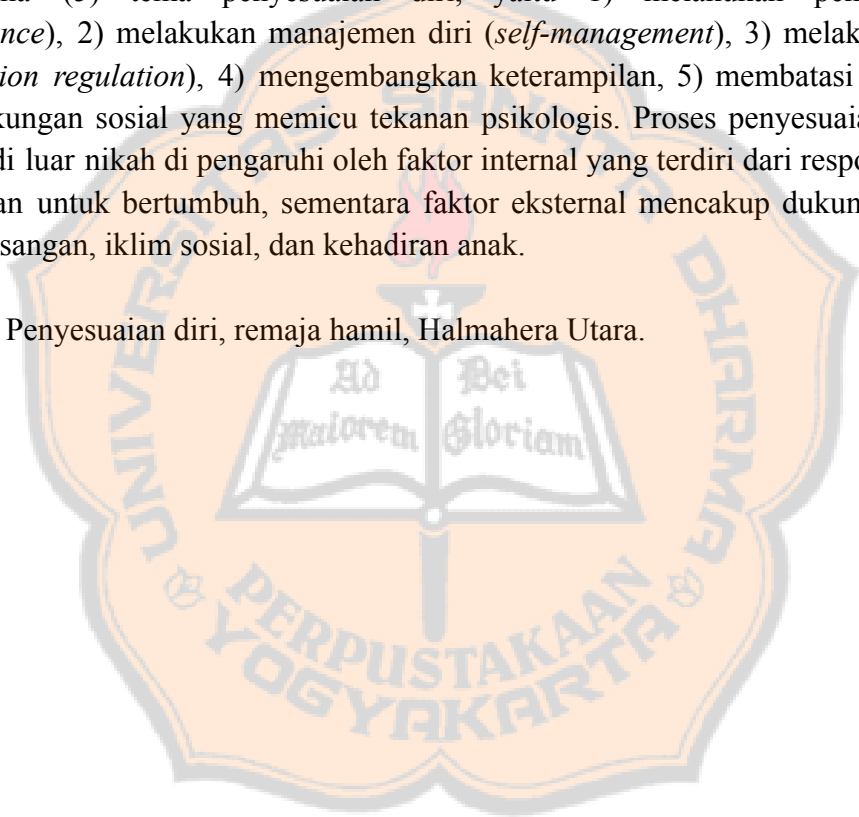


ABSTRAK

Kawekes, R. M. A (2026) Pengalaman penyesuaian diri remaja yang hamil di luar nikah di Kabupaten Halmahera Utara. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mendapatkan gambaran penyesuaian diri remaja yang hamil di luar nikah di Kabupaten Halmahera Utara. Penelitian ini merupakan penelitian kualitatif dengan pendekatan induktif. Pengumpulan data dilakukan melalui wawancara semi terstruktur terhadap tiga (3) informan yang berusia 16-19 tahun, berdomisili di Kabupaten Halmahera Utara, mengalami kehamilan di luar nikah, sudah melewati masa kehamilan atau telah melahirkan, mengasuh anaknya sendiri, serta tidak melakukan pernikahan sah. Teknik analisis data wawancara yang telah diperoleh menggunakan analisis tematik. Hasil penelitian meliputi lima (5) tema penyesuaian diri, yaitu 1) melakukan penerimaan diri (*self-acceptance*), 2) melakukan manajemen diri (*self-management*), 3) melakukan regulasi emosi (*emotion regulation*), 4) mengembangkan keterampilan, 5) membatasi kontak sosial dengan lingkungan sosial yang memicu tekanan psikologis. Proses penyesuaian diri remaja yang hamil di luar nikah di pengaruhi oleh faktor internal yang terdiri dari respons emosional dan kesadaran untuk bertumbuh, sementara faktor eksternal mencakup dukungan keluarga, dukungan pasangan, iklim sosial, dan kehadiran anak.

Kata kunci: Penyesuaian diri, remaja hamil, Halmahera Utara.



ABSTRACT

Kawekes, R. M. A (2026) The self-adjustment experiences of adolescents experiencing out-of-wedlock pregnancy in North Halmahera Regency. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This research aims to get a picture of the self-adjustment of teenagers who are pregnant out of wedlock in North Halmahera Regency. This research is a qualitative research with an inductive approach. Data collection was carried out through semi-structured interviews with three (3) informants aged 16-19 years old, domiciled in North Halmahera Regency, experiencing an out-of-wedlock pregnancy, had passed the pregnancy period or had given birth, took care of their own children, and did not have a legal marriage. Interview data analysis techniques that have been obtained using thematic analysis. The results of the study include five (5) self-adjustment themes, namely 1) self-acceptance, 2) self-management, 3) emotion regulation, 4) developing skills, 5) limiting social contact with the social environment that triggers psychological stress. The self-adaptation process of teenagers who are pregnant out of wedlock is influenced by internal factors consisting of emotional response and awareness to grow, while external factors include family support, partner support, social climate, and child presence.

Keywords: *Self-adjustment, adolescent pregnancy, North Halmahera*