

ABSTRAK

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Rational Emotive Behavioural Therapy (REBT) untuk Meningkatkan Kemampuan Regulasi Emosi Remaja Korban Kekerasan Seksual.

X + 73 halaman; 2014, 8 tabel

Bibliografi : 35 (1990-2013)

Penelitian ini merupakan penelitian pra-eksperimen yang bertujuan menguji pengaruh terapi *Rational Emotive Behaviour Therapy (REBT)* untuk meningkatkan regulasi emosi pada remaja korban kekerasan seksual. REBT adalah terapi kognitif yang bertujuan untuk mengatasi masalah emosi dan perilaku dengan mengubah pikiran irasional menjadi rasional. Perbedaan kemampuan regulasi emosi dilihat dengan menggunakan skala *Difficulties in Emotion Regulation Scale (DERS)* yang mengungkap *Difficulties engaging in goal direct behaviour, impulse control difficulties, non-accept of emotional responses, lack of awareness, limited access to emotion regulation strategies, lack of emotional clarity*.

Partisipan dalam penelitian adalah dua orang remaja korban kekerasan seksual yang mengalami kesulitan dalam regulasi emosi. Pengukuran regulasi emosi dilakukan sebelum dan sesudah perlakuan. Analisa data yang digunakan adalah dekriptif kualitatif. Hasil penelitian menunjukkan bahwa ada pengaruh *REBT* untuk meningkatkan kemampuan regulasi emosi. Pada kedua subjek, aspek *strategy* mengalami peningkatan yang menunjukkan subjek mulai mampu menemukan cara dalam meregulasi emosi. Pada subjek A kelima aspek yang lain juga mengalami perubahan namun tidak terlalu banyak. Subjek B mengalami perubahan lebih baik untuk semua aspek. Perbedaan ini dipengaruhi oleh beberapa faktor seperti pola asuh, pengaruh teman sebaya.

Kata kunci : regulasi emosi, *rational emotive behavioural therapy*, kekerasan seksual.

ABSTRACT

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Rational Emotive Behavior Therapy (REBT) to Improve the Regulation Emotion in Adolescent Victim of Sexual Abuse

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This study is a pre-experimental research that aimed to examine the effect of therapy Rational Emotive Behavior Therapy (REBT) in improving emotion regulation in young victims of sexual abuse. Emotion regulation ability differences seen using Difficulties in Emotion Regulation Scale (ders) that reveals Difficulties engaging in goal direct behaviour, impulse control difficulties, non-accept of emotional responses, lack of awareness, limited access to emotion regulation strategies, lack of emotional clarity. REBT is cognitive therapy that aims to address the emotional and behavioral problems by changing irrational thoughts into rational.

Participants in the study were two young victims of sexual violence who have difficulties in emotion regulation. Measurement of emotion regulation performed before and after treatment. Analysis of the data used is descriptive qualitative. The results of this study indicate that there is the effect of REBT to improve emotion regulation. On both subjects, aspects of the strategy to increase the subject shows begin to find ways to regulate emotions. On the subject of A, another fifth aspect is also changing, but not too much. Subject B experienced a change for the better all aspects. This difference is influenced by several factors such as parenting, peer influence.

Keywords: emotion regulation, rational emotive behavioral therapy, sexual abuse