

ABSTRACT

JUNITA

Self Adjustment of Late Adolescent Who Choose Become Samanera (Agoes Dariyo, Psi & Widya Risnawaty, M.Psi.); Undergraduate of Psychology (114 pages, R1-R4).

Samanera is a candidate of monk that has been lives as a bhikhu. When a teenager choose to become a bhikhu, surely he needs to self adjustment. He has to adapt with the routine and monastery rule. The change the routine and monastery rule becoming pressure to the subject. Besides feeling surprress, they also experiencing sleep disorder, appetite reduce and experiencing headache. The self adjustment was done with direct action. The five subject try to obey and understand the rule in monastery. After following the monastery rule for one up to three months, the five subject able to overcome the plessure that they feel. On the other hand, they already feel comfortable leaving in the monastery. The self adjustment process that they are doing were supported by factors from the person internal and external. The factors from internal are health condition, intelligence, hobbies and their interest in certain fields, dreams, religious faith. And the external factors are economic and supportive environment, work, are having supportive relation. All the factors play a role in helping subject to adapt when they encounter any rule and the routines in the monastery.

Keyword: self adjustment, late adolescent, samanera.