

## **ABSTRACT**

**Auramaitri; Description About Emotion Controlling Rei Ki Practitioner ; (Aswini Widjaja, Psi. and Widya Risnawaty, M. Psi.); Psychology Program of Study S-1, Tarumanagara University (91 pages, P1-P3)**

This research is aimed to know description about emotion controlling from Rei Ki practitioner. This research is important because there is facts that so many fight between groups happens because there is no emotional control. According this research, Rei Ki is a way to increase emotional control. Five Rei Ki practitioner voluntarily participated in this research, and data collection was conducted between the mont of May 2007 to December 2007. According subjects Rei Ki ia an energy from the universe. For all subjects, Rei Ki easy to learn, be\eside of that, to become Rei Ki practitioner need a short time. In this research all subjects claim there is an improvement emotion contolling ability after subjects learned Rei Ki. All subjects can more relax and able to control their emotion.

***Kata Kunci : Emosi, Pengendalian Emosi, Energy, Rei Ki***