

ABSTRACT

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Stress and Coping Stress of a Gay Adolescence which experienced Family Rejection; (Dr. Fransiska Iriani, R. D., M. Si); Undergraduate Program in Psychology. Tarumanagara University (91 pages, R1-R3, App dx. 1-21)

One of the problems faced by adolescence is related by their sexual orientation which are being a heterosexual, homosexual, or bisexual. It can be stressful for them. Source of stress for gay come from internal and external environment. One causes of stress from external sources for a gay is family rejection. If stress cannot be solved, it will affect their daily life and their health. Efforts to overcome the stress is called coping stress. This study aims to obtain a description of stress and stress coping gay adolescence who have experienced family rejection. Subjects in this research are five gay adolescence who were coming out and experiencing the rejection from their family. Research final results indicate that stress experienced is caused by the rejection, along with the internal family. Coping is the problem focused coping and emotion focused coping. Problem focused coping is used by several subjects is planful problem solving. Emotional focused coping which is done by all the subjects is seeking social support, escape-avoidance, and positive reappraisal. Emotion focused coping is done by a few subjects, namely distancing, accepting responsibility, and self control. Based on the results of research, the subject of coping can be use to overcome the stress so that they can live with the good.

Keywords: Stress, Coping stress, Gay