

ABSTRACT

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Emotion regulation in adolescents whose parents were victims of the tsunami dead; Rahmah Hastuti, M.Psi., Psi; Undergraduate student in psychology, University of Tarumanagara, (i-ix, 138 pages, P-1–P-3, L-1–L-11)

Emotion regulation is needed by each individual, because when faced with emotional problems often involve individuals in expressing mood through. Such a situation is experienced by the victims of the tsunami, especially in adolescents who lost her family, especially parents lost. Theory is used to analyze the use of emotion regulation study by Gross (2007) and Garnefski, Teerds, Kraaij, Legerstee and Kommer (2003). The purpose of this study was to determine the emotion regulation tsunami victims whose parents or one of his parents died in the tsunami. The study subjects consisted of five people age adolescent. Data is collected collection started in September 2012 until June 2013. The results of this study are all subject to emotion regulate, although there remains impacts are still being felt to this day, in the form of trauma. In addition, factors that influence emotion regulation of environmental factors possessed by each subject, the factor of family and peers and religion.

Keywords: emotion regulation, tsunami, adolescent