

ABSTRACT

Dita Kamarina (705090062)

Resilience in Young Adult Woman with Dating Violence

(Henny E. Wirawan, M. Hum., Psi., QIA; Undergraduate Program In Psychology, Tarumanagara University, Jakarta (i-ix;114 ; P1-P4; L1-L6)

Dating violence that experienced by women can be a traumatic event which if not resolved in a good way, will be impaired as psychological trauma. On the other hand, if its resolved in a healthy and effective way, the psychological trauma can be recovered and will enhance the individual's ability to minimize and cope the impacts of bad experiences (resilience). This study using qualitative technique, and using in-depth interview to collect the data. This study has 5 respondents who are young adult woman, within 20-40 years old. Based on the analysis results of the study revealed that, resilience capability of 4 respondents was formed by factor *I Have* is the support of the environment, social relationships, and spiritual aspects. factor *I Am*, four subjects feel proud of themselves and have a positive outlook, and a factor of *I Can*, four subjects were able to resolve the problems experienced. Otherwise, a respondent who doesn't resilient caused by she doesn't have a third resilient form factor that is a factor *I Have*, *I Am*, and *I Can*.

Key Word: woman young adult, dating violence, resiliency