

ABSTRACT

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**Emotion Regulation in Adolescents Who Sustained a Premarital Pregnancy;
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Premarital pregnancy is a phenomenon that has a particular impact on teenager's life. Psychologically, adolescents who experienced a premarital pregnancy tend to feel afraid, depressed, downhearted, even stress. Therefore, it is a consequence for adolescents to do a good emotion regulation. Emotion regulation is a process to reduce and maintain the emotion, which can help adolescent to cope with pressure that caused by premarital pregnancy. Emotion regulation is important to do as the basic formation of personality in adolescents. This research was conducted at an Institution in Lembang that accommodate adolescents who have problems in premarital pregnancy. This study aims to obtain the concept of emotion regulation in adolescent who experienced premarital pregnancy. This research is using qualitative research design with an inductive approach and in-depth interview. Criteria of subjects were four female adolescents 13 to 23 years old, have completed minimal education and experienced a premarital pregnancy. Collection of data was started in February 2015 to April 2015. The result has shown that the four subjects experienced emotion regulation strategies, such as self blame, blaming others, acceptance, positive refocusing, positive reappraisal and refocus on planning. Meanwhile, the supporting factors in regulating emotions are cognitive development processes, religiosity and family. Four subjects are able to accept their pregnancy and think more positively after implemented the process of emotion regulation.

Key Words: pre-marital pregnancy, emotion regulation, female adolescent