

ABSTRACT

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Resilience in Late Adolescence Girls Post Attempted Self-Injury; Debora Basaria, M.Psi, Psi; Undergraduate Program in Psychology, Tarumanagara University, (i-x; 86 pages; R1-R4; Appdx 1-10)

The research was done to investigate the resilience of adolescence in their latter year, whom have quit themselves from committing self-injury. Resilience itself is the capacity and strength of someone in order to deal with self-injury problem. Any individual who has resilience within themselves is capable to rise up from their sufferings. In this investigation, the author used the theory of Reivich and Shatté (2002) about the characteristics of resilience. The method to collect the data was conducted in eleven months, from January 2016 until November 2016. The participants of this investigation were three late adolescence girls, J, A, L. J is 21 years old, and A and L are 22 years old. They did self-injury in one form, which was cutting themselves. J and A have stopped committing self-injury since 2015, and L has stopped since 2013. The result revealed that J and A have resilience, as they were complied all of the characteristics of resilience, consist of *emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out*. For L, she tends to have resilience because she doesn't have one of seven characteristics of resilience according to Reivich and Shatté (2002), that's self-efficacy.

Key words: self-injury, resilience, adolescence