

## ABSTRACT

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**Description Self-Adjustment of Male in the face of Parental Divorce; Sesilia Monika, M.Psi., & Widya Risnawaty, M.Psi., Psikoterapis., Psikolog.; Undergraduate Program in Psychology, Universitas Tarumanagara, (i-xi; 85 halaman; P1-P4; L1-L15)**

Children whose parents are divorced have to face severe tasks of adjusting the changes that occur in their lives. Especially children in adolescence development need emotional support, love, and guidance from parents. Male adolescents are usually tend to do negative things to vent their emotions. Thus, adjustment is necessary for adolescents to deal with their parents' divorce. Adjustment is an ongoing process that will continue throughout your life. Life situations are always changing everyone experiences setbacks in the quest to achieve desired goals. People are continually changing their goals as life circumstances change. This research used qualitative method to describe about the process of adjustment using interview technique. The subject in this study are 5 male whose parents are divorced when they were aged 11-20 years. The result showed that subjects in this study are capable to adjust themselves to the changes that occurred in their environment. And it also proved that every subjects are capable to accept their own condition, that their parents had divorced and they are be able to perform a variety of positive activities and did not express an excessive emotions.

*Keywords: Divorce and Self-Adjustment*