

ABSTRACT

Hendrik Novendri (705120036)

Descriptive Research of Emotion Regulation in Planned Murderer; (Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC and Untung Subroto, M.Psi.); Undergraduate Program in Psychology, Tarumanagara University; (i-ix, 81 pages, R1-R3, Appdx 1-25).

The purpose of this research is to find the descriptive results of emotion regulation of planned murderer. There are two types of murderer, planned and unplanned murderer. According to Indonesian's Criminal Code number 340, planned murderer is defined as whoever deliberately stole someone else's life deliberately and with planning beforehand. When doing a planned murder, emotion regulation plays a huge role in influencing the actions. Emotion regulation is a thought or behavior that's influenced by emotion. Researcher used qualitative method with phenomenological approach. This research used interview and observation as data collection technique. Three criminals convicted for planned murderer based on Criminal Code number 340 who are currently on life sentence penalty were used as subjects for this research. Each of them is 52, 24, and 23 years old respectively. The results of the interview shows that all of the three subjects are unable to regulate their emotion properly, marked by no emotion evaluating aspect on each subjects. Emotion evaluating aspect on emotion regulation is related to individual capability to control their emotion and unaffected by deep negative emotion that helps them to think and behave rationally. The absence of emotion evaluating aspect on emotion regulation will create a failed emotion regulation strategy. With no engaging in goal directed behavior factor on three subjects influences maladaptive emotion regulation strategy. This research gives useful information and input for society especially to inform the importance to control their emotions when making a decision and taking an action to solve problems without resolving to conflict.

Keywords: emotion, murder, planned murderer, emotion regulation