

ABSTRAK

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Tujuan penelitian ini adalah ingin mengetahui bagaimana gambaran regulasi emosi pada istri yang suaminya meninggal karena Covid-19. Metode penelitian yang digunakan adalah metode penelitian kualitatif dengan pendekatan studi kasus mendalam. Penentuan sampel menggunakan teknik *purposive sampling*, dengan kriteria antara lain dengan karakteristik : 1) Perempuan (Istri) yang ditinggal meninggal suaminya karena terinfeksi Covid-19. 2) ditinggal kan suaminya meninggal karena terinfeksi Covid-19 jangka waktu maksimal 6 bulan. Berdasarkan karakteristik tersebut, peneliti memperoleh 3 partisipan. Penelitian ini juga menggunakan data sekunder atau *significant other* yaitu anak dari seorang istri yang suaminya meninggal karena Covid-19. Pengumpulan data menggunakan wawancara semi terstruktur. Analisis yang digunakan adalah *Categorical Aggregation*, *Direct Interpretation* membentuk *Pattern* dan mengembangkan *Naturalistic Generalization*. Hasil penelitian ini menunjukkan bahwa istri yang ditinggalkan suaminya meninggal karena terinfeksi Covid-19 memiliki regulasi emosi yang baik yaitu kemampuan dalam mengontrol serta mengelola emosi negatif dan emosi positif yang partisipan rasakan.

Kata kunci : regulasi emosi, istri, suami meninggal, Covid-19

ABSTRACT

Ahmad Adin Sutariyono. 170541100085. Overview Of Emotional Regulation In The Wife Which Husband Died Due To Covid-19. Psychological Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University of Madura. 2022.

The purpose of this study was to find out how the description of emotional regulation in wives whose husbands died due to Covid-19. The research method used is a qualitative research method with an in-depth case study approach. Determination of the sample using a purposive sampling technique, with criteria including the following characteristics: 1) Woman (wife) whose husband died due to Covid-19 infection. 2) Her husband died due to being infected with Covid-19 for a maximum period of 6 months. Based on these characteristics, the researcher obtained 3 participants. This study also uses secondary or significant other data, namely the child of a wife whose husband died of Covid-19. Collecting data using semi-structured interviews. The analysis used is categorical aggregation, direct interpretation to form a pattern and develop naturalistic generalization. The results of this study indicate that the wife whose husband died due to infection with Covid-19 has good emotional regulation, namely the ability to control and manage negative emotions and positive emotions that participants feel.

Keywords: emotional regulation, wife, husband died, Covid-19