

ABSTRACT

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Description of emotion regulation in middle adult who lost their twin because of death; Rahmah Hastuti, M.Psi., Psi; Undergraduate program in Psychology, University of Tarumanagara, (i-ix, 1-99 pages, P1-P3, L1-L17)

Every individual requires regulation of emotion in the face of the problems as it pertains to the emotions that are used to express their feelings. Emotion regulation is also conducted by twin who lost their twin pairs because of death, particularly in identical twins. This study aims to describe the regulation of emotion in middle adult who have lost their twin pairs because of death. The theory used to analyze the regulation of emotion is a theory according to Gross (2007) and Garefski, Teerds, Kraaij, Legerstee, and Kommer (2003). The purpose of this study is to describe the regulation of emotion in middle adult who have lost their twin because of death. The study subjects consisted of three individuals of middle adult who lost their twin. Data collection was started in March-May 2014. Results of this study are all subject to regulate his emotions and is able to use emotion regulation strategies, although each subject using emotion regulation strategies vary. In addition, each subject also has environmental factors, namely factor family and peers, and religious factors that influence the process of emotion regulation for each subject.

Keywords: emotion regulation, twins, middle adulthood