

## ABSTRACT

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**Adjustment of family men who have Termination of Employment Relationships (PHK). (Henny E. Wirawan, M. Hum., Psi.). Undergraduate Program in Psychology, Tarumanagara University. (93 pages, R1-R5, Appdx 1-8).**

Termination of Employment Relationships (PHK) are something that very popular in a few years, this problem will afraid by employees, especially for men who have a duty to full fill all necessity of the family. The victims of PHK have to adjust with this situation. This research uses the theory of Healthy Adjustment (Haber & Runyon, 1984) and the factors that influence the adjustment (Gunarsa & Gunarsa, 2003). Research method used qualitative research using in-depth interview since July 2008-January 2009. Results of this research indicate that all subjects are able to show the five signs of Healthy Adjustment according to the theory of Haber and Runyon (1984). These subjects have a distinctive way in the process of adjustment. Factors particular assist someone to do the adjustment. Based on the theory Gunarsa and Gunarsa (2003), growth factors and emotional and intellectual maturity; the environment; and religious factors indicated by all subject. Based on the results of research, family men expected to have matured to the preparation of his life after PHK, both in terms of mental preparation as well as financially.

Keywords: self-adjustment, family men, PHK