

ABSTRACT

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Emotion regulation is one of many ways that could be used by any individuals to regulate their emotions, especially for the one who has unstable emotions. The purpose of this research is to describe the ability of second child to regulate their negative emotions in their adolescence so that good behavior would be the result. Emotion regulation is an extrinsic and intrinsic process that responsible to monitor, evaluate, and modify emotion reaction to reach particular purposes (Thompson, 1994). Emotion Regulation should be implemented by second child because their character have a tendency to seek attention and affection from their parent by using any ways that could not be accepted by the society. In-depth interview conducted towards five teenagers girl aged 13 until 21 years old as a middle child in their family. This research lasted for 1 year, started from January 2013 until December 2013. The result of this research shows that all of the subjects applied some of cognitive emotion regulation techniques to regulate their negative emotion. Generally, all of the subject have a good regulation emotion that can be seen by their behavior that does not deviant from prevailing norms.

Keywords: Emotion Regulations, Adolescence, Middle Child, and Second Child of Three Children.