

ABSTRACT

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Preview Resilience Young Adult Women Who Have Conflict with Mother; (Dr. Francisca Iriani, M.Si., Psi); Program S1. Tarumanagara University Faculty of Psychology, (98 pages,P-1,L1-L3).

The conflict between the mother with the child (young adult women) resulted no peace in the family, within the child and the mother inside. This study aims to provide an overview of the resilience of young adult women in conflict with her mother. Resilient individuals who have different resilience capabilities and virtually none of the individual as a whole has the ability to either (Reivich & Shatte, 2002). Seven such capabilities include emotion regulation, impulse control, optimism, empathy, analysis of the causes of the problem, self efficacy, and increase the positive aspects. Resilience is the ability to adapt and remain steadfast in difficult situations. Resilience is critical in helping individuals to overcome any difficulties that arise every day (Grotberg, 1999). Resilience need to be owned by a young woman in conflict with her mother, to cope with emotions, grief, and to be able to rise from the conflict they experienced. In-depth interviews (in-depth interviews) conducted on four individual young adult women (aged 20-40 years) who had a conflict with her mother. This study took place in a span of seven months, beginning in June 2012 until January 2013. The results of this study indicate that all four subjects are able to face and overcome conflict resilient. In general, the four subjects managed to build resilience in resolving conflict and resilient after experiencing conflict.

Keywords : Conflict, young adult women, resilience.