

ABSTRACT

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Description of emotion regulation of woman residence; Rahmah Hastuti, M.Psi., Psi & Dr. Raja Oloan Tumanggor; (Undergraduated Program in Psychology, Tarumanagara University, i-x; 1-109 pages; R1-R10; Appdx 1-21)

Drug abuse not only in men but also in women. For drug addicts need a rehabilitation, however while undergoing rehabilitation often faced with the emotional problem on residence. Emotion in residence tend to be unstable and need of emotion regulation. Emotion regulation is the process of forming one's emotion, when one has them, how one experiences, and expresses these emotions (Gross, 2014). The purpose of this study is to get the description of woman residence. The analysis on this study were assessed based on the theory Garnefsi, Kraijj, and Spinhoven (2001). Based on research conducted by Choopan et al., (2016) emotion regulation take effect on drug abuse. On this study conducted by qualitative method of case study within February to May 2017, with five participants. This study uses the technique of purposive sampling. The result of this research showed that five of participants capable to use emotion regulation strategies. The most cognitive emotion regulation strategies frequently use are acceptance, blaming others, and positive reappraisal.

Keywords: emotion regulation, drug addict, drugs, early adulthood