

ABSTRACT

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Stress Management in Middle Adult Woman Who Experienced Three Roles Conflict: Daughter in Law, Wife, and Mother in a House with Chinese Ethnic; Henny E. Wirawan, M.Hum, Psikolog, Psikoterapis, CGA, CGI, QIA, CRMP; Undergraduate Program in Psychology, Tarumanagara University, (i-x; 70 Pages; R1-R3; Appdx 1-15)

Living with mother in law still can be seen in Chinese household lives nowadays. It becomes challenges which can trigger stress for woman in doing many roles at home. This research aims to explain how stress management in middle adult woman who experienced three roles conflict as daughter in law, wife, and mother in a house with Chinese ethnic. "Stress management is a technique to control and reduce stress so that distress can be changed into eustress" (Quick & Quick, 1997). Stress management is needed for woman to be able to do the roles well and manage the negative emotions and stress. The method called in-depth interview was conducted towards four middle adult women aged from 40-50 years old who live with mothers in law in Chinese ethnic. This study lasted for approximately five months, from February 2013 until June 2013. The result shows that the four participants experience role conflict and stress. Overall, the four participants can apply stress management well so stress and negative emotions can be reduced.

Keywords: Stress Management, Role Conflict, Live with Mother in Law, Middle Adult Woman, and Chinese Ethnic