

ABSTRAK

Keputusan Kaum gay untuk melakukan *coming out* harus disertai kesiapan untuk menerima konsekuensinya, baik itu konsekuensi negatif maupun konsekuensi positif, konsekuensi apapun yang terjadi dari pengungkapan orientasi seksual individu gay akan berdampak pada *Psychological Well-Being gay* tersebut. Hal tersebutlah yang kemudian mendasari peneliti untuk melakukan penelitian yang difokuskan pada *psychoogical well being gay* yang *coming out*. Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan studi kasus. Metode pengumpulan data menggunakan metode wawancara dan observasi. Prosedur pemilihan responden menggunakan metode *purposive sampling* dengan menentukan kriteria subjek, yaitu *gay* yang sudah melakukan *coming out*, berusia antara 20-40 tahun. Subjek dalam penelitian ini berjumlah 3 orang, dan diluar subjek dilibatkan pula 3 orang informan. Dalam penelitian ini ditemukan bahwa *psychological well-being* ketiga subjek setelah *coming out* dalam keadaan baik, dan yang paling baik dalam aspek penerimaan diri serta pertumbuhan pribadi. Selain itu teemuan dari penelitian ini yaitu, faktor lingkungan dapat mempengaruhi *psychological well-being* individu *gay* yang *coming out*.

Kata kunci: *psychological well-being*, *gay*, *coming out*.

ABSTRACT

The decision of gays to come out must be accompanied by readiness to accept the consequences, whether negative or positive consequences, any consequences that arise from the disclosure of the sexual orientation of gay individuals will have an impact on the psychological well-being of gay people. This is what later underlies the researchers to conduct research focused on psychological well-being of gay who are coming out. This study uses qualitative research methods with a case study approach. The method of data collection uses interview and observation methods. The procedure for selecting respondents uses a purposive sampling method by determining the subject criteria, namely gays who have done coming out, aged between 20-40 years. The subjects in this study amounted to 3 people, and outside the subjects in this study amounted to 3 people, and outside the subjects were also included 3 informants. In this study it was found that psychological well-being of the three subjects after coming out was in good condition, and the best in aspects of self-acceptance and personal growth. Besides the findings of this study, environmental factors can influence psychological well-being of gay individuals coming out.

Keywords: *psychological well-being, gay, coming out.*