

Abstrak

Penelitian ini bertujuan untuk mendeskripsikan pengalaman regulasi emosi menantu yang tinggal dengan mertua, mencakup komponen, faktor, bentuk, dampak, dan manfaat regulasi emosi yang dialami. Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi deskriptif yang bertujuan mendeskripsikan struktur esensial dari pengalaman regulasi emosi sebagaimana pengalaman itu dihayati oleh menantu, tanpa membangun interpretasi teoritis baru mengenai makna tersembunyi di baliknya. Partisipan penelitian berjumlah tiga orang, terdiri dari satu menantu laki-laki dan dua menantu perempuan yang tinggal dengan mertua dan tiga significant other sebagai data pendukung. Pengumpulan data dilakukan melalui wawancara semi terstruktur dan observasi non-partisipan. Analisis data dilakukan dengan pendekatan Descriptive Phenomenological Analysis (DPA) yang menelaah struktur pengalaman setiap partisipan. Hasil penelitian menunjukkan bahwa pengalaman regulasi emosi menantu berlangsung melalui empat komponen yang saling berkelanjutan, yaitu identifikasi, seleksi, implementasi, dan monitoring emosi. Proses tersebut dipengaruhi oleh faktor internal, faktor interpersonal, dan faktor sosial budaya. Bentuk regulasi emosi yang ditemukan meliputi pemilihan situasi, modifikasi situasi, penyebaran perhatian, perubahan kognitif, modifikasi respons, dan social sharing. Pola pengalaman regulasi emosi antarpartisipan bervariasi, dibentuk oleh karakter individu dan status pekerjaan. Menantu yang bekerja menunjukkan pola yang relatif lebih reflektif dan memiliki ruang pelepasan tekanan emosional di luar rumah, sedangkan menantu yang tidak bekerja menghadapi keterpaparan yang lebih intens terhadap mertua sehingga lebih banyak bertumpu pada penekanan emosi. Regulasi emosi tersebut berdampak pada terjaganya keharmonisan rumah tangga, meskipun menimbulkan keluhan psikologis pada partisipan yang dominan menekan emosi. Manfaat yang dirasakan meliputi ruang introspeksi diri hingga terjaganya keharmonisan keluarga besar.

Kata kunci: fenomenologi deskriptif, keharmonisan keluarga, menantu, mertua, pengalaman regulasi emosi

Abstract

This study aims to describe the experience of emotion regulation among daughters and sons-in-law who live with their parents-in-law, covering the components, factors, forms, impacts, and benefits of the emotion regulation experienced. This study used a qualitative approach with a descriptive phenomenological design, which aims to describe the essential structure of the emotion regulation experience as it is lived by the in-law without constructing new theoretical interpretations of any hidden meaning behind it. Participants consisted of three individuals, one male and two female-in-laws who had lived with their parents-in-law, along with three significant others as supporting data. Data were collected through semi-structured interviews and non-participant observation. Data were analyzed using Descriptive Phenomenological Analysis (DPA) which examined the structure of each participant's experience. The result showed that the in-laws' emotion regulation experience unfolds through four interconnected components: identification, selection, implementation, and monitoring of emotions. This process was influenced by internal factors, interpersonal factors, and sociocultural factors. The forms of emotion regulation identified included situation selection, situation modification, attentional deployment, cognitive change, response modulation, and social sharing. The pattern of emotion regulation experience varied, shaped by individual character and employment status. The employed in-law showed a relatively more reflective pattern and an outlet for releasing emotional pressure outside the home, whereas the unemployed in-law faced more intense exposure to the parents-in-law and relied more heavily on suppressing her emotions. This emotion regulation contributed to maintaining household harmony, although it also gave rise to psychological complaints among participants who predominantly suppressed their emotions. The benefits experienced ranged from a space for self-introspection to the maintenance of extended-family harmony.

Keyword: descriptive phenomenology, emotion regulation experience, family harmony, in-law, parents-in-law