

Emotion Regulation and Family Resilience Strategies in *Gampong Sungai Pauh*

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Abstract

This paper aims to understand how the strategies of the society of Gampong Sungai Pauh in regulating emotions in a stressful situation and how the role of emotion regulation on family resilience in Gampong Sungai Pauh. This research was developed using the theory of emotion regulation by James J. Gross. Using a psychological approach, data collection techniques were carried out through observation, documentation, and interviews with seven participants who were residents of Gampong Sungai Pauh. The results show that the strategies for regulating emotion by the society of Gampong Sungai Pauh are situation selection, modification situation, and attentional deployment. Emotional regulation is a significant role in the resilience of a family. Based on an interview, some participants cannot regulate their emotions, so fighting with their partner frequently impacts family resilience.

Keywords: Emotional Regulation, Family Resilience, Strategies

1. Introduction

Being in difficult and stressful situations provides a very challenging experience of emotional regulation for everyone. Everyone has the potential to feel the negative emotions that are present within him, whatever the conditions are. Because emotional problems can not be separated from the activities carried out by everyone. Therefore, regulating emotions is very important because it can help you live a healthy life and be away from stress, especially when difficult situations that have the potential to threaten you can present at any time.

In the family, for example, there are many causes for someone to experience negative emotions. Either caused by a partner or other family members. Because a person's most significant activity is generally spent with his family, as mentioned in many kinds of literature, the family's function should be the minor institution in society that functions as a means to create a peaceful, safe, serene life filled with an atmosphere of love and affection among family members (Mufidah, 2014). However, the facts are that few families have conflicts within them, so the comfort sought and hoped for to create a safe and peaceful life is not obtained. However, on the contrary, what happens in the family is a continuous conflict that leads to divisions.

The conflict that occurs in the family is a visible factor. Meanwhile, one of the invisible factors is the low ability to regulate emotions in partners in a family. Because fights and other conflicts usually occur when someone is in a state of negative emotions such as anger, disappointment, sadness, annoyance, and others, and will escalate when these emotions cannot be adequately regulated.

A person can be said to be able to regulate his emotions if, under stressful conditions, he can monitor, evaluate and modify his emotions because these three aspects are aspects of emotion regulation (Gross & Thompson, 2007). When a person can control his emotions, he can be said to have resilience in various conditions because he can ride from the divan he faces (Southwick & Charney, 2012). Especially in a family, skills in regulating emotions must be mastered by the husband, wife, and children, to create a resilient family and recover from disturbing life challenges, and become stronger and more resourceful (Walsh, 2011). This is in line with Reivich, and Shatte's resilience theory that a person can become resilient if he has seven factors that makeup, one of which is the ability to regulate emotions (Reivich & Shatté, 2002).

Writing about emotion regulation is not new because scientists and other researchers have written and researched this issue. Like the article (Widuri, 2012), and the article (Sukmaningpraja & Santhoso, 2016), writing (Pahlevi & Salve, 2019), all of that articles have the same issue of emotional regulation. However, even though have similarities between the articles, the objects of each of these articles are different, of course. Suppose this article focus on the emotional regulation of students in the first year, emotional regulation in boarding school students. In that case, some focus on writing on emotional regulation in adolescents, assisted by the Special Child Development Institute, and others. However, this paper focuses on how the families of Gampong Sungai Pauh regulate his emotions and how his strategies are used to survive in situations that threaten family resilience.

This makes this paper different from other articles on emotion regulation that have been written before. It is essential to develop it further because the target is the family, the foundation of the nation's generation.

2. Methods

This qualitative research uses a psychological approach that seeks to explore motives, responses, and reactions from the side of human psychology (Asep Saeful, Maman Abd, 2003). This research was conducted in Sungai Pauh Village, Langsa City, Aceh Province. Data collection was carried out using observation, documentation, and interviews with seven participants selected by purposive sampling technique. Data analysis was performed using data analysis techniques (Miles & Michael Huberman, 2005), including three processes: data reduction, data presentation, and conclusion. In analyzing research data, researchers use an inductive approach, where the conclusions that researchers get from research data are then verified with existing theories (Leedy & Jeanne Ellis Ormrod, 2005).

3. Result And Discussion

After researching with seven residents of Gampong Sungai Pauh, the authors obtained data that had been processed and analyzed previously to obtain the following results:

1) Gampong Sungai Pauh Family Emotion Regulation Strategy

Some of the strategies undertaken by the people of Gampong Sungai Pauh in regulating their emotions include the following:

a. Situation Selection

The people of Gampong Sungai Pauh carried out this strategy to regulate their emotions when they felt depressed and were in a difficult situation. From the results of extracting information from the participants involved in this study, the strategies adopted included meeting friends, traveling, doing new activities, and improving mental and spiritual.

Participant A (48 years) said that when he feels pressure or is in a problematic condition, due to the economy or a misunderstanding with his partner, he leaves the house and meets his friends. According to him, his negative emotions subsided the negative emotions he felt subsided after he met his friends.

In contrast to the strategy used by participant A, participant B (38), a woman, did a different strategy in regulating her emotions when she felt stressed with endless household chores or had different opinions with her husband. Instead, he prefers to go for a walk, feels better, and has more energy after doing the walk. While participant C (40 years), a woman, did a different strategy in regulating her emotions when she felt depressed. Participant C prefers to do new activities, so she is not stuck in the same condition. He feels stressed when he stays at home and does not do any activity. Because for her, she avoids stress and other negative emotions by doing new activities. The strategy used by participant C is in line with the strategy used by single parents when stressed in the article (Hasanah & Widuri, 2014), namely keeping oneself busy with work so that negative emotions are reduced.

Meanwhile, participant D (45 years) prefers to go to the mosque and meditate there when he is in trouble and bothers his mind. He often does this strategy when he feels negative emotions and feels better after doing this strategy. This tafakkur strategy has something in common with written mindfulness (Yusainy et al., 2019), which is a good emotion regulation strategy because when it is done, the person usually pays full attention to what he is feeling and can accept the experience as one of life's scenarios, so there is no need to overdo it.

Some of the strategies carried out by participants A, B, C, and D in Gross theory belong to the situation selection strategy, which is a strategy that includes how a person avoids or approaches people or situations that can cause certain emotions in him (Gross, 2014)

b. Modification Selection

Participant E (36 years), carried out the following strategy when he feels stressed or is experiencing negative emotions, to be quiet and alone. He gets better after implementing this strategy when he is in a difficult situation or under pressure. According to Gross, this strategy belongs to the situation modification strategy, which is a strategy in which a person tries to change the existing situation to reduce the influence of emotions that arise from within him (Gross, 2014).

c. Attentional Deployment

This strategy was carried out by Participant F (51 years), in a personal interview with the author, he stated that when he is in a negative emotional state, the strategy used is not to linger in this negative emotional state and divert his mind to pleasant things. By implementing this strategy, he admits that he lives life more relaxed and rarely feels very depressed.

According to Gross, this strategy belongs to attentional deployment, a technique in which a person diverts their attention from a situation that he does not like to avoid excessive emotion. This strategy shows us that a person can regulate his emotions by focusing on only pleasant things instead of the adverse events he is experiencing. This can happen because, according to (McCraty, 2006), Individuals who experience stress caused by negative emotions will use strategies to minimize their negative emotions and relaxation to become healthier and happier.

Participant G (42 years) practiced other strategies for regulating emotions. He experienced emotional pressure because his family's income had decreased, which consumed his attention and thoughts. However, he chose to present a good memory and be patient with the problems he faced. The article also mentions this strategy (Md. Hamdani et al., 2020), and one strategy that can be done when negative emotions are patience in Gross's theory (Gross, 2014), This strategy belongs to the attention deployment strategy.

2) Emotion Regulation and Resilience: Collaboration of Two Complementary Theories

Author stated in previous theme, anyone can feel negative emotions, especially in the family. For this reason, it is important that each family member masters the emotion regulation skill, because it can have implications for the family's resilience. Several previous writings and theories stated that there is a relationship between emotional regulation and resilience. This can be seen, among other things, in the article (Harjuna & Rinaldi, 2022) that there is a positive contribution from regulation to student resilience. Likewise, in the article (Widuri, 2012), the results of his research stated that there was a significant positive relationship between emotion regulation and the resilience of first-year students at Ahmad Dahlan University. The link between emotional regulation and resilience is also revealed in research (Sukmaningpraja & Santhoso, 2016) which states that emotional regulation plays an important role in the resilience of boarding students in city X.

This study also produced the same findings as previous studies. It is just that, if the previous article shows that there is a relationship between emotional regulation and resilience toward students, university students, boarding students, and single-parent mothers (Hasanah & Widuri, 2014), this paper shows that there is a close relationship between emotion regulation strategies and family resilience in the Gampong Sungai Pauh community. This can be seen from the results of the author's interviews with the participants that they can regulate their emotions when they are in stressful conditions, so that the emotions that occur within them

do not bring the family to the brink of disintegration and maintain the stability of family resilience.

This shows the academic contribution of this research, especially in the study of family law. Because this research project is to be developed into further research or a community service program, the findings in this research will contribute to people's self-development in regulating their emotions. Moreover, if you can combine the two theories of resilience and emotion regulation, the two theories complement each other in order to create family resilience.

4. Conclusion

This paper produces several conclusions, including the following: First, the strategy of the Gampong Sungai Pauh community in regulating emotions is carried out through a strategy of selecting emotions, modifying emotions, and attentional deployment, as explained in Gross's theory (Gross, 2014). The second, the skill to regulate emotions is very important to be mastered by each family member because it plays an important role in building family resilience. Third, this research is not perfect in many ways. In terms of limited participants, the use of a single theory in developing writing, and limited emotion regulation strategies were found in this study. Therefore, further research is expected to improve this research later. Suppose further research takes the same theme and place, the authors suggest expanding the discussion by increasing the number of participants included in the research, using mix theory with other theories, including male participants in order to get a comparison of emotion regulation strategies between men and women, as well as finding other gross emotion regulation strategies the people of Gampong Sungai Pauh might practice to make this issue more comprehensive in the following research project.

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