

ABSTRAK

Lansia yang tinggal sendiri dan kehilangan pasangan menghadapi perubahan kehidupan yang memunculkan kesepian, kerinduan, serta berbagai emosi negatif. Regulasi emosi menjadi proses penting dalam membantu lansia beradaptasi dan mempertahankan keberfungsian hidup. Penelitian ini bertujuan untuk mendeskripsikan regulasi emosi pada lansia yang tinggal sendiri berdasarkan proses *identification, selection, implementation* dan *monitoring*. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi. Subjek berjumlah tiga orang lansia yang tinggal sendiri. Data dikumpulkan melalui wawancara semi terstruktur, dan observasi non partisipan. Analisis data dilakukan menggunakan analisis deskriptif. Hasil penelitian menunjukkan bahwa pada tahap *identification*, ketiga subjek mampu mengenali emosi negatif dan pemicunya, terutama, kesepian, kerinduan, permasalahan dalam hubungan sosial dan keluarga. Pada tahap *selection*, subjek memilih dukungan sosial, aktivitas, dan kemandirian sebagai strategi regulasi emosi. Pada tahap *implementation*, strategi diterapkan melalui religiusitas, pengendalian diri, dan pemaknaan positif terhadap pengalaman hidup. Pada tahap *monitoring*, subjek menunjukkan penerimaan terhadap kondisi hidup dan kemampuan mempertahankan keberfungsian sehari-hari meskipun perasaan sedih masih dapat muncul karena ingatan masa lalu, sehingga religiusitas menjadi strategi yang dominan, seperti shalat, berdoa, berdzikir, membaca Al-Qur'an dan mengikuti pengajian. Selain itu dukungan sosial memiliki peran penting seperti bantuan materi, perhatian, mengunjungi subjek, berbincang, mendengarkan cerita, atau menemani melakukan aktivitas sehari-hari yang dapat membantu subjek mengelola emosinya. Regulasi emosi pada lansia yang tinggal sendiri merupakan proses adaptasi yang dinamis dan berkesinambungan melalui empat tahapan yaitu *identification, selection, implementation*, dan *monitoring*. Pengalaman hidup, religiusitas, dukungan sosial, aktivitas dan penerimaan berperan dalam membantu lansia mengelola emosi dan mempertahankan keberfungsian hidup.

Kata kunci: fenomenologi, lansia, regulasi emosi, tinggal sendiri.

ABSTRACT

Elderly individuals who live alone and have lost a spouse face life changes that give rise to loneliness, longing, and various negative emotions. Emotion regulation becomes an important process in helping the elderly adapt and maintain their functioning in life. This study aims to describe emotion regulation in elderly individuals living alone based on the processes of identification, selection, implementation, and monitoring. This study employs a qualitative approach with a phenomenological method. The subjects consist of three elderly individuals who live alone. Data were collected through semi-structured interviews and non-participant observation. Data analysis was conducted using descriptive analysis. The results of the study show that at the identification stage, all three subjects were able to recognize negative emotions and their triggers, particularly loneliness, longing, and problems in social and family relationships. At the selection stage, the subjects chose social support, activities, and independence as emotion regulation strategies. At the implementation stage, the strategies were applied through religiosity, self-control, and positive meaning-making regarding life experiences. At the monitoring stage, the subjects demonstrated acceptance of their life circumstances and the ability to maintain daily functioning even though feelings of sadness could still arise due to memories of the past, making religiosity the dominant strategy, such as praying, supplicating, performing dhikr, reading the Qur'an, and attending religious gatherings. In addition, social support plays an important role, such as material assistance, attention, visiting the subjects, conversing, listening to their stories, or accompanying them in daily activities, which can help the subjects manage their emotions. Emotion regulation in elderly individuals living alone is a dynamic and continuous process of adaptation through four stages: identification, selection, implementation, and monitoring. Life experiences, religiosity, social support, activities, and acceptance play a role in helping the elderly manage their emotions and maintain their functioning in life.

Keywords: emotion regulation, living alone, older adults, phenomenology.