

"Berproses untuk Tumbuh, Memutus Rantai Trauma"

Pengalaman Penyintas *Child Abuse* dalam Memaknai Relasi Romantis di Masa Dewasa Awal: Sebuah *Interpretative Phenomenological Analysis*

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ABSTRAK

Penelitian ini bertujuan untuk memahami pengalaman penyintas *child abuse* dan bagaimana pemaknaan relasi romantis yang dijalannya di usia dewasa awal. Partisipan penelitian merupakan empat individu dewasa awal yang mengalami kekerasan fisik dan/atau psikologis sebelum berusia 18 tahun. Wawancara dilaksanakan secara semi-terstruktur dengan *in depth interview*, dan dianalisis dengan metode *interpretative phenomenological analysis*. Terdapat sebelas tema superordinat yang mencakup (1) kekerasan verbal yang membekas, (2) rasa takut ketika menerima kekerasan, (3) menghindari sumber kekerasan sebagai strategi *coping*, (4) hambatan memilih strategi regulasi emosi yang tepat, (5) sikap pasangan yang mendukung relasi sehat, (6) pasangan memenuhi peran yang sempat hilang dalam keluarga, (7) memahami ketidaksempurnaan dalam hubungan, (8) komunikasi sebagai kunci, (9) berproses untuk tumbuh dari trauma, (10) pemaknaan hubungan yang mendalam, dan (11) komitmen memutus rantai kekerasan, dengan satu tema khusus yaitu empati untuk orang lain dengan cita-cita mewujudkan *shelter* korban KDRT. Ditemukan bahwa partisipan memaknai relasi romantis sebagai proses untuk tumbuh dari dampak trauma serta berkomitmen memutus rantai kekerasan pada relasi dan keluarga yang akan dibangunnya kelak bersama pasangan, yang diharapkan bertahan dalam jangka panjang. Temuan penelitian ini dapat menjadi masukan bagi Psikologi Keluarga dalam memahami fenomena serupa.

Kata kunci : *child abuse*, relasi romantis, dewasa awal, *interpretative phenomenological analysis*

"Growth in Progress, Breaking the Chain of Trauma"
Experiences of Child Abuse Survivors in Understanding
the Meaning of Romantic Relationships in Early Adulthood:
An Interpretative Phenomenological Analysis

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ABSTRACT

This study aims to understand the experiences of child abuse survivors and how they understand the meaning of romantic relationships in early adulthood. The study participants were four young adults who experienced physical and/or psychological abuse before they were 18 years old. The interviews were carried out in a semi-structured manner with in-depth interviews and were analyzed using interpretive phenomenological analysis methods. There are eleven superordinate themes which include (1) scarring verbal abuse, (2) fear when experiencing violence, (3) avoiding the source of violence as a coping mechanism, (4) difficulty in choosing the right emotion regulation strategy, (5) partner behavior that supports healthy relationship (6) the replacement of absent family roles by romantic partner, (7) understanding imperfections in relationships, (8) communication as key, (9) processing to grow from trauma, (10) deep meaning of current romantic relationship, and (11) commitment to break the chain of violence, with a special theme, namely empathy for other people with goals of creating a shelter for victims of domestic violence. It was found that participants understand the meaning of a romantic relationship as a process to grow from the impact of trauma and are committed to breaking the chain of violence in relationships and families that they will later build with their partners, which are expected to last in the long term. The findings of this study can be placed in Family Psychology in understanding similar phenomena.

Keywords : child abuse, romantic relationship, early adulthood, interpretative phenomenological analysis