

THE LIVED EXPERIENCE OF EMERGING ADULTS IN BLENDED FAMILY

Catherine Olivia Mantik, Yeniar Indriana

Faculty of Psychology, Universitas Diponegoro,
Prof. Soedarto, SH. Street, Tembalang, Semarang, Indonesia 50275

catherinemantik@students.undip.ac.id

Abstract

Emerging adulthood is a phase of life when individuals start to enter adulthood right after adolescence. In this phase, individuals have to build a stable foundation for their future in terms of relationship, education, career, and financial. While fulfilling their responsibilities, emerging adults in blended families especially have to adjust with the entrance of stepfamily members in their life. This research was designated to know the lived experience of emerging adults in blended family. The search for participants was conducted using the purposive sampling resulted in three emerging adult participants which fulfilled the requirements of being within the range of 18-25 years old, went through separation with one of their biological parents, and currently living with their blended family which includes stepparent and step-sibling. Data were collected using in-depth interviews and analyzed using the Descriptive Phenomenological method. The research results of six main themes, which includes separation with one of the biological parents, relationship dynamics within the blended family, interaction within community, anxiety, experienced changes, acceptance of blended family, and one unique them which is diagnosed with mood disorder. All three participants showed positive adjustment in the blended family and went through the dynamic stages of adjustment. Research results can be referenced in future studies and researches within the scope of family psychology and blended families.

Keywords: emerging adulthood, adjustment, blended family, descriptive phenomenological method

PENGALAMAN *EMERGING ADULT* DALAM KELUARGA CAMPURAN

Catherine Olivia Mantik, Yeniar Indriana

Fakultas Psikologi, Universitas Diponegoro,
Jalan Prof. Soedarto, SH., Tembalang, Semarang, Indonesia 50275

catherinemantik@students.undip.ac.id

Abstrak

Emerging adulthood merupakan masa di mana individu beranjak menuju kedewasaan di mana ia harus membangun fondasi kehidupan, membentuk diri sebagai individu yang independen dan mandiri, sebelum melanjutkan ke tahapan kehidupan selanjutnya dalam berkomitmen di tengah relasi dengan orang lain. Di tengah masa yang penuh dengan pemenuhan tanggung jawab tersebut, *emerging adult* di tengah keluarga campuran perlu menyesuaikan diri dengan kehadiran keluarga tiri. Penelitian ini bertujuan mengetahui pengalaman *emerging adult* dalam keluarga campuran. Penelitian ini menggunakan teknik *purposive sampling* dalam pencarian partisipan, sehingga ditemukan tiga partisipan yang memenuhi kriteria, yakni berada pada rentang usia 18-25 tahun, mengalami perpisahan dengan salah satu orang tua biologis, serta tinggal bersama keluarga campuran. Pengumpulan data dilakukan dengan cara wawancara semi-terstruktur yang dianalisis menggunakan metode *fenomenologis deskriptif*. Hasil penelitian menunjukkan terdapat enam sintesis tema meliputi: perpisahan dengan salah satu orang tua biologis, dinamika relasi dalam keluarga, interaksi di tengah masyarakat, kecemasan, perubahan yang dialami, penerimaan keluarga campuran, serta satu tema khusus yakni terdiagnosis *mood disorder*. Melalui penelitian ini, subjek didapati telah melakukan penyesuaian diri secara positif dan menempuh dinamika penyesuaian diri. Temuan dalam penelitian ini diharapkan bisa menjadi masukan bagi bidang psikologi keluarga guna memahami pengalaman *emerging adult* dalam keluarga campuran.

Kata kunci: *emerging adult*, keluarga campuran, penelitian fenomenologis deskriptif