

**STUDI FENOMENOLOGIS DESKRIPTIF:
PENGALAMAN PSIKOLOGIS PADA DEWASA AWAL YANG SEDANG
MENJALANI REHABILITASI SOSIAL**

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ABSTRAK

Salah satu program sosial yang menangani masalah prostitusi di Indonesia berbentuk rehabilitasi untuk pekerja seks atau mantan pekerja seks dapat kembali berfungsi secara normal dalam masyarakat dan meningkatkan kualitas hidup mereka. Dewasa awal yang menekuni rehabilitasi memerlukan kesadaran untuk aktif mengembangkan seluruh potensi diri serta disiplin dalam pelaksanaan program rehabilitasi. Tujuan pada penelitian ini adalah memahami gambaran pengalaman psikologis pada dewasa awal yang sedang menjalani rehabilitasi sosial. Partisipan penelitian ini berjumlah tiga orang dengan kriteria: dewasa awal (20-30 tahun), mantan pekerja seks, sedang menjalani rehabilitasi sosial di Panti Sosial Perlindungan Bina Karya (PSPBK) Harapan Mulia. Metode pengumpulan data yang digunakan adalah metode wawancara semi terstruktur dan dianalisis dengan metode analisis deskriptif. Terdapat sebelas tema esensial yang ditemukan dalam penelitian, yaitu (1) tuntutan kondisi dan kebutuhan, (2) perasaan negatif, (3) harga diri negatif, (4) terbuka menjalani rehabilitasi, (5) pengakuan kesalahan, (6) mematuhi aturan, (7) kontrol diri, (8) keinginan bertumbuh, (9) mendapatkan efek jera, (10) pengembangan diri, (11) harapan pekerjaan ke depan. Hasil dari penelitian ini yaitu dewasa awal yang menjalani rehabilitasi menghasilkan adanya peningkatan kesadaran serta harga diri yang jauh lebih baik.

Kata kunci: pengalaman psikologis, dewasa awal, mantan pekerja seks, rehabilitas sosial

**DESCRIPTIVE PHENOMENOLOGICAL STUDY:
PSYCHOLOGICAL EXPERIENCES IN EARLY ADULTS UNDERGOING
SOCIAL REHABILITATION**

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ABSTRACT

One of the social programs dealing with the problem of prostitution in Indonesia takes the form of rehabilitation for sex workers or former sex workers to return to normal functioning in society and improve their quality of life. Early adults who pursue rehabilitation need awareness to actively develop all their potential and discipline in implementing the rehabilitation program. The purpose of this study is to understand the description of psychological experiences in early adults who are undergoing social rehabilitation. The participants of this study amounted to three people with the following criteria: early adults (20–30 years old), former sex workers, and people currently undergoing social rehabilitation at Harapan Mulia Social Protection Center (PSPBK). The data collection method used was the semi-structured interview method and was analyzed by the descriptive analysis method. There are eleven essential themes found in the research, namely: (1) demands of conditions and needs; (2) negative feelings; (3) negative self-esteem; (4) openness to undergoing rehabilitation; (5) admission of guilt; (6) obeying the rules; (7) self-control; (8) desire to grow; (9) getting a deterrent effect; (10) self-development; and (11) future job expectations. The results of this study show that early adults who undergo rehabilitation experience an increase in awareness and much better self-esteem.

Keywords: psychological experiences, early adulthood, former sex workers, social rehabilitation