

Pengalaman *Emotional Abuse* dari Nenek pada Wanita Dewasa Awal: *Interpretative Phenomenological Analysis*

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ABSTRAK

Emotional Abuse merupakan bentuk kekerasan yang tidak terlihat secara fisik, namun memiliki dampak psikologis yang signifikan. Dalam konteks hubungan nenek-cucu, hubungan antara cucu perempuan dan nenek mereka memiliki kedekatan emosional yang khas. Nenek berperan penting dalam kehidupan cucu perempuan dewasa awal, baik sebagai pengasuh kedua atau sebagai pendukung emosional. Tujuan penelitian ini adalah untuk menggali lebih dalam pengalaman wanita dewasa awal yang mengalami *emotional abuse* dari nenek mereka. Teknik *purposive sampling* digunakan dalam penelitian ini untuk mencari partisipan yang memiliki pengalaman *Emotional Abuse* dari neneknya dan berjenis kelamin perempuan, pada usia dewasa awal. Penelitian ini menggunakan metode kualitatif yakni pendekatan fenomenologis. Metode wawancara yang digunakan adalah semi-terstruktur, teknik pengumpulan data dan data yang telah didapatkan dianalisis menggunakan metode *interpretative phenomenological analysis* (IPA). Ditemukan delapan tema superordinat, yakni (1) kebingungan dan kecurigaan imbas relasi orangtua dan nenek, (2) Kesulitan memahami perlakuan nenek, (3) hubungan berjarak dengan nenek, (4) upaya untuk pulih dari dampak perlakuan nenek, (5) Terbebani secara mental tentang ekspektasi nenek (6) keputusan karena hubungan dengan nenek (7) frustrasi berinteraksi dengan nenek, (8) gambaran diri buruk akibat tindakan nenek dan satu tema khusus subjek S yakni kesulitan mengatasi situasi sosial melibatkan konfrontasi. Hasil penelitian ini adalah *Emotional Abuse* berdampak pada kehidupan sosial dan perspektif memandang diri sendiri. faktor terjadinya *Emotional Abuse* dari nenek pada ketiga partisipan menunjukkan adanya pengaruh konflik antara orangtua dan nenek, kondisi finansial dan ketidaksukaan serta sifat nenek yang berlawanan.

Kata Kunci; *Emotional Abuse*, dewasa awal, cucu-nenek, IPA.

Experiences of Emotional Abuse from Grandmothers in Young Adult Women: Interpretative Phenomenological Analysis

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ABSTRACT

Emotional abuse is a form of violence that is not physically visible but has a significant psychological impact. In the context of grandmother-granddaughter relationships, the relationship between granddaughters and their grandmothers has a distinctive emotional closeness. Grandmothers play an important role in the lives of young adult granddaughters, either as second caregivers or as emotional supporters. The purpose of this study was to explore the experiences of early adult women who experienced emotional abuse from their grandmothers. A purposive sampling technique was used in this study to find participants who had experienced emotional abuse from their grandmother and were female, in early adulthood. This research uses qualitative methods, namely the phenomenological approach. The interview method used is semi-structured, data collection techniques and the data that has been obtained is analysed using the interpretative phenomenological analysis (IPA) method. Eight superordinate themes were found, namely (1) confusion and suspicion due to the relationship between parents and grandmother, (2) difficulty understanding grandmother's treatment, (3) distant relationship with grandmother, (4) attempts to recover from the impact of grandmother's treatment, (5) mentally burdened about grandmother's expectations (6) hopelessness due to relationship with grandmother (7) frustration interacting with grandmother, (8) negative self-image due to grandmother's actions and one theme specific to subject S, namely difficulty coping with social situations involving confrontation. The results of this study are that Emotional Abuse has an impact on social life and perspective on self. The factors for the occurrence of Emotional Abuse from grandmothers in the three participants showed the influence of conflict between parents and grandmothers, financial conditions and the dislike and opposing traits of grandmothers.

Keywords; Emotional Abuse, young adults, grandparents, IPA