

EMOTION FOCUSED COPING TRAINING FOR REDUCING FAMILY STRESS IN ADOLESCENTS

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Abstract

This study focused on family stress in adolescents and efforts to reduce the family stress. Research aims to help teens in order to reduce the stress that originates in the pressures within the family (family stress).

The hypothesis proposed in this study was the training of emotion focused coping can reduce family stress in adolescents randomized study design using a pretest-posttest design groups. The study subjects amounted to 24 teenagers who were divided into two groups: 8 to 16 for the experimental group and controlled group. Training was given for three days with measurement of pre-test, post-test, and follow-up.

The results showed that the training of emotion focused coping can reduce family stress on teenagers. Training emotion focused coping in this study has shown that the effective training of emotion focused coping to reduce family stress on teenagers. In addition there was a difference between family stress treated group in the form of emotion focused coping training (experimental group) with the untreated group (control group), when the pre-test to post-test.

Keywords: emotion focused coping training, family stress in adolescents