

REGULASI DIRI PEREMPUAN DEWASA AWAL DI PONDOK PESANTREN INAYATULLAH (PUTRI) YOGYAKARTA YANG BEKERJA

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ABSTRAK

Regulasi diri merupakan kemampuan mengatur serta menjalankan pikiran, perasaan dan tindakan sesuai tujuan. Regulasi diri penting diteliti karena digunakan dalam kepribadian, psikologi sosial, perkembangan dan sebagainya. Manusia, termasuk perempuan mengalami perkembangan. Dewasa awal adalah salah satu perkembangan yang merupakan masa transisi, mempersempit pilihan pekerjaan, mengikuti norma dan nilai agama. Manusia Indonesia ada yang memilih berkembang di pondok pesantren, termasuk perempuan. Regulasi diri adalah hal penting dalam tugas perkembangan sepanjang hidup. Penelitian ini bertujuan untuk mengetahui regulasi diri perempuan di Pondok Pesantren Inayatullaah yang bekerja. Kemampuan regulasi diri dibutuhkan untuk menyeimbangkan aktivitas dan peran ketika di pondok dan bekerja.

Metode penelitian yang digunakan dalam penelitian ini adalah metode penelitian kualitatif. Metode pengumpulan datanya menggunakan wawancara semiterstruktur, observasi terang-terangan serta tersamar dan dokumentasi. Subjek diperoleh dengan menggunakan teknik purposive sampling sebanyak 3 subjek dan 3 significant other. Hasil penelitian ini menunjukkan bahwa ketiga subjek kemampuan regulasi dirinya baik, karena hasil observasi, wawancara dan dokumentasi sesuai dan memenuhi aspek regulasi diri Taylor, Peplau, Sears (2009). Ketiga subjek mampu melakukan regulasi diri dengan baik, karena aktivitas yang dilakukan sesuai konsep diri yang bekerja, memiliki kompleksitas diri dalam menjalani berbagai peran serta subjek memiliki kecakapan dan kontrol personal dalam menghadapi berbagai masalah selama di menempuh pendidikan tinggi di pondok dan bekerja.

Kata Kunci: *Regulasi Diri, Perempuan Dewasa Awal, Pondok Pesantren Inayatullah, Bekerja*

EARLY ADULTHOOD SELF-REGULATION FOR WORKING WOMEN IN INAYATULLAH (FEMALE) ISLAMIC BOARDING SCHOOL YOGYAKARTA

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ABSTRACT

Self-regulation is the ability to organize and carry out thought, feeling, action according to the objective. It is important to be studied, because it is used in personality, social psychology, development, ect. Humans, including women experiences psychological development. Early adulthood is one of the development, a transitional period, narrowing the work choices, following religious norms and values. There are Indonesian people who choose to develop in Islamic boarding schools, including women. Self-regulation is important task development in the whole life. The purpose of this study is to determine self-regulation of a working women in their early adulthood at Inayatullah Islamic Boarding School. Self-regulation is needed to balance the role and activities during living in the boarding school and working.

This research uses qualitative research methods, data collections used are: semistructured interviews, overt and covert observation, and documentation. Participants in this study were three early adult women who lived at the boarding and worked for at least one year. Participants were obtained using purposive sampling technique. The results indicate that the three subjects have good self-regulation ability because data collection are appropriate and meet the aspects of self-regulation from Taylor, Peplau and Sears (2009). The three participants are able to perform self-regulation correctly because activity carried out are in accordance with working self-concept, having self-complexity in carried out several roles, also having personal ability and control in facing various problems during undertaking higher education in the boarding and working at the same time.

Keywords : *Self Regulation, Women, Early Adulthood, Inayatullah Islamic Boarding School, Work*