

Abstrak

Pengalaman buruk di masa lalu dapat menimbulkan dampak negatif di masa kini, terutama pada remaja. *Adverse of childhood experience* (ACE) dikategorikan menjadi empat jenis kekerasan; (a) kekerasan fisik; (b) kekerasan emosional; (c) pelecehan seksual; dan (d) pengabaian. *Resilience* menjadi protektor terhadap adanya kemampuan remaja untuk beradaptasi secara positif dan fleksibel terhadap perubahan yang timbul dari pengalaman yang menekan. Penelitian ini bertujuan untuk melihat gambaran *resilience* pada remaja yang mengalami *adverse of childhood experience*. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan fenomenologi. Adapun subjek dalam penelitian ini yakni tiga orang remaja yang memiliki *adverse of childhood experience* dan berprestasi baik akademik maupun non akademik di masa kini. Pengambilan data dilakukan dengan cara wawancara dan observasi. Hasil penelitian menunjukkan bahwa ketiga subjek telah menggambarkan *resilience*-nya masing-masing. Aspek efikasi diri muncul pada ketiga subjek, sementara aspek yang unggul yakni regulasi emosi pada subjek pertama, empati pada subjek kedua, dan analisis kausal pada subjek ketiga.

Kata kunci: pengalaman buruk; remaja; resiliensi

Abstract

Bad experiences have various effects in the present, especially for teenagers. Adverse childhood experiences (ACEs) are categorized into four aspects; (a) physical abuse; (b) emotional abuse; (c) sexual abuse; and (d) neglect. Resilience exists as a protector which is demonstrated by the ability to adapt positively and flexibly to changes arising from stressful experiences. This research aims to describe overview of resilience in teenager who have experienced its. The research method used is qualitative with a phenomenological approach. The subjects in this research were three teenagers who had adverse childhood experiences and achieved both academic and non-academic achievements. Data collection was carried out utilizing interviews and observations. The research results showed that the three subjects had described their respective resilience. Self-efficacy appears in them, while the stand out aspects of each subject are emotion regulation in the first subject, empathy in the second subject, and causal analysis in the third subject.

Keywords: adverse of childhood experiences; teenager; resilience