



DOI: <https://doi.org/10.38035/dijemss.v6i6>
<https://creativecommons.org/licenses/by/4.0/>

An Overview of Emotion Regulation in Early Adult Victims of Infidelity in the Dating Period

Regina Yusvanila Vebiani¹, Yusni Berti Naully Mendrofa², Rina Mirza³, Achmad Irvan Dwi Putra⁴, Merri Hafni⁵

¹Fakultas Psikologi, Universitas Prima Indonesia, Medan, Indonesia, ryvthiokato6@gmail.com

²Fakultas Psikologi, Universitas Prima Indonesia, Medan, Indonesia, yusniberti02@gmail.com

³Fakultas Psikologi, Universitas Prima Indonesia, Medan, Indonesia, rinamirza.psi@gmail.com

⁴Fakultas Psikologi, Universitas Prima Indonesia, Medan, Indonesia, chmadirvandwiputra@unprimdn.ac.id

⁵Fakultas Psikologi, Universitas Prima Indonesia, Medan, Indonesia, hafni.merri1972@gmail.com

Corresponding Author: ryvthiokato6@gmail.com¹

Abstract: This study reviews the description of emotional regulation in early adult victims of infidelity in the dating period. This type of research is phenomenological qualitative research using interview techniques. The subjects of this study amounted to 4 people, who were obtained using purposive sampling technique. The characteristics of the research subjects are individuals with an early adult age range of 18-25 years, have experienced infidelity and live in Binjai, North Sumatra. The results of this study indicate that the four subjects experienced different emotions and emotional regulation during and after infidelity. When experiencing infidelity, the emotions felt by the subjects were anger, upset, sadness, heartache and disappointment. After experiencing infidelity, there were several other emotional reactions felt by the subject such as sadness, disappointment, annoyance, anger, frustration, despair, aggression, hatred, disgust and desire for revenge. In addition, the subject also felt positive emotions such as comforted, happy, satisfied, relieved, optimistic, enthusiastic, accepting and grateful, but these positive emotional reactions did not appear as much as negative emotions. Emotion regulation is carried out through 5 stages, namely situation selection, situation modification, attention deployment, cognitive change, and response modulation. In addition, this study also shows that the subject's emotion regulation ability is influenced by social support, gender, self-concept, parenting and attachment style with the mother. Emotion regulation ability can be improved by self-talk and journaling.

Keyword: Regulation Emotion, Early Adult, Infidelity.

INTRODUCTION

Every individual goes through different roles and tasks at stages of development (Havighurst, in Anggrianti & Cahyono, 2019). One of the stages is early adulthood. Early adulthood is the transition period from adolescence to adulthood, this age range is between 18-25 years. Developmental tasks in early adulthood include the demands of intimacy, identity, and independence (Santrock, in Putri, 2019), choosing to marry/start a family, managing a

household, educating/caring for children, assuming responsibilities as a citizen, forming relationships with specific social groups, and doing a job (Havighurst, in Thahir, 2022). Most people start looking for partners and forming relationships in early adulthood. At this stage, individuals try to be selective in order to form more intimate relationships. According to Erikson (in Utami, 2022) early adult individuals are at the stage of “*intimacy vs. isolation*”, at this stage there is an urge to form close relationships with other people. Furthermore, Cate & Lloyd (in Utami, 2022) mention that one of the relationships that individuals enter into is to seek a closer/more serious relationship with their partner through dating. Dating is defined as the process a couple goes through with a series of stages towards family life (Nastiti, in Wijaya, et al., 2021), whose main function is to choose and get a partner/*relationship* (Santrock, in Purba & Kusumawati, 2019). Baumeister & Leary (in Marsha & Indrijati, 2022) state that satisfaction in a romantic relationship can affect a person's mental and physical health, so it is important for young adults to achieve a good quality romantic relationship.

Love is the most important component in a romantic relationship. How individuals express their love can affect their satisfaction with their romantic relationship. But in reality, romantic relationships don't always run smoothly. When deciding to enter into a romantic relationship, problems are a natural and inevitable occurrence (Hendrick, in Chrisnatalia & Ramadhan, 2022). According to William, et al (in Angela & Hadiwirawan, 2022), problems that occur in romantic relationships can destroy or even strengthen romantic relationships, and it all depends on how individuals overcome/view these problems. One problem that often occurs in romantic relationships is infidelity. Recently, news of infidelity has been circulating on social media. One of them was a woman in Binjai, North Sumatra with the initials RP who uploaded a video on her TikTok account about the pain of being cheated on by her ex-boyfriend. The video went viral on social media because she sent a bouquet of flowers with a scathing message to her ex's wedding to the woman, he had cheated on her with (tribunnews.com). Regarding this affair, the researcher conducted a simple survey by distributing a scale via *Google Form* to young adults living in Binjai City. The result was that 80 individuals completed the survey, 60 of whom had experienced infidelity while in a romantic relationship for various reasons. One of them was experienced by the first subject of the study, who said that:

“...saya mengalami perselingkuhan karena hubungan jarak jauh. Saat itu saya sedang di luar kota untuk kuliah. Saat itu pacar saya sering chatting dengan perempuan lain, bukan cuma itu aja sih, mereka beberapa kali ketemu juga. Pacar saya ke kontrakan perempuan itu dan beberapa kali keluar bareng juga...” (NA, 2023)

Infidelity is a violation committed by someone who already has a partner (Moller & Vossler, 2015), as well as an act that is perceived as a painful betrayal of trust and a threat in a relationship; and this act damages the bond of affection and love in a couple (Johnson, in Purba & Kusumawati, 2019). Infidelity has a negative impact and a lasting mark on the victim that can affect their future relationships. The trauma caused by infidelity is different from *non-interpersonal trauma* such as disasters or *interpersonal trauma* committed by strangers because both are not characterized by close personal relationships. People who experience betrayal trauma may not always be aware of what they are experiencing despite the symptoms related to the conceptual definition of infidelity trauma (Lonergan, et al., 2020).

The victims of infidelity experience prolonged emotional conditions. As stated by López-Martínez, et al (2018), the victims of infidelity do not only face a single transition but a series of continuous transitions that activate the repetitive threat system, causing the system to prepare to fight, escape, or shut down repeatedly. The body's response to repeated infidelity, becoming a very real fear of future infidelity, will keep the response system active and prevent it from being reset, creating deep *emotional dysregulation*. Dusturia and Suprapti (2017) state that victims of infidelity are more vulnerable to psychological disorders and negative emotions

which ultimately lead to negative behavior. In his research, Ansory (2020) mentions that emotions are one of the aspects that have a major influence on human behavior. Emotions in changing feelings (sad, happy, afraid), expressions (smiling, shouting, frowning), and changes made by the body and brain (nerve activity, heart rate, and sweating). For this reason, an effort must be made to control the emotions felt, also known as emotion regulation. According to Gross (in Mariana, et al., 2022), emotion regulation is defined by how individuals manage their emotions, when they feel them, and how they experience or express them. Furthermore, Gross (2017) reveals that the process of emotion regulation directs individuals to form strategies that can be used as an effort to control emotions.

This process needs to be consciously carried out by individuals to reduce excessive emotions and calm down. According to Gross and John (in Mirza et al., 2022), there are five emotion regulation processes that a person can do when they feel emotions, namely *situation selection*, which is a way of approaching or avoiding people or situations in which a person can cause excessive emotions. *Situation modification* is a way for individuals to change their environment to reduce the strong effects of the emotions that arise. *Attention deployment* is a way for individuals to divert attention from unpleasant situations to avoid excessive emotions. *Cognitive change* is a way of reassessing the situation by changing the mindset to a more positive one to reduce the strong effects of emotions. *Response modulation* is an individual's attempt to regulate and express an emotional response that is not excessive. Although infidelity is considered just another life crisis, betraying the trust placed in a partner destroys many things, beliefs, and shared hopes about the relationship that make recovery difficult, even with professional help.

METHOD

Participants

The subjects of this study were 4 people with the characteristics of an early adult age range, namely 18-25 years old, who had experienced infidelity and were domiciled in Binjai, North Sumatra.

Subject Identity

Research Instruments

This study uses a qualitative method. According to Creswell (2016), qualitative research is a type of research that explores and understands the meaning in a number of individuals or groups of people who come from social problems. The type of qualitative research used by the researcher is phenomenology, which aims to explore in depth, collecting complete information using various data collection procedures based on predetermined time.

Data Analysis Techniques:

The data collection for this research uses structured interviews, with a number of questions that have been prepared before conducting the interview session and each respondent will be asked the same questions (Sahir, 2021) and the data collector records what is conveyed by the respondent (Sugiyono, 2021).

RESULTS AND DISCUSSION

Result

Description of Subject Emotions

When experiencing infidelity, the emotions felt by the subject are anger, annoyance, sadness, hurt and disappointment. After experiencing infidelity, there are several other emotional reactions felt by the subject such as frustration, despair, aggression, hatred, disgust and desire for revenge. Some subjects even wanted their partners to feel the same suffering as they did (subjects 1 and 2), spreading the affair so that their partners would be ashamed (subjects

1, 2, 3), and trying to show their partners that they had moved on with a better partner (subject 2). All four subjects also felt positive emotions such as being comforted, happy, satisfied, relieved, optimistic, energetic, enthusiastic, accepting, and grateful. However, these positive emotional reactions did not appear during the affair, but rather after going through the process of emotion regulation after the affair.

Overview of Subject's Emotional Regulation

Situation Selection

At situation selection stage, when infidelity occurred, the subject immediately attacked their partner verbally and physically while showing evidence of infidelity and avoiding their partner by blocking their social media (subjects 1, 2, 3), other subjects immediately asked their partner's affair and tried to meet their partner (subject 4). After the affair, 2 subjects locked themselves in their rooms and could not do their usual activities (subjects 1 and 4), while the other subjects chose to meet other people and continue with their usual activities (subjects 2 and 3). The four subjects did not cover up the affair, but instead told those around them. Three subjects told their friends (subjects 1, 2, and 4), while the other subject told her mother (subject 3). This was because the subject felt the need for a support system when experiencing infidelity. Two subjects admitted that they could not accept when other people approached them to have a new relationship because they were traumatized and hoped to return (subjects 1 and 4), while the other subjects accepted (subjects 2 and 3). In fact, the second subject felt that he had to have a new partner to show his partner that he had moved on with a better partner.

Situation Modification.

In the situation modification stage, subjects do some various things after experiencing infidelity. One subject tells about the infidelity on social media with the aim of humiliating her partner and his cheating partner (subject 1). Another subject chooses to hang out and get drunk with his friends (subject 2). Another subjects choose to tell their friend (subjects 2 and 4). In addition, 2 subjects stated that their friends were the ones who were most often present and provided support when the subject was down (subjects 1 and 2), namely by inviting them on vacation, playing, hanging out, asking how they were and making sure they were not alone (subject 1) and always coming to their houses to invite them to hang out and get drunk (subject 2). Meanwhile, the other subject stated that her mother was the one who was most often present and provided support by inviting her to do activities outside, chatting, eating together and making sure she was not alone (subject 3). The other subject felt that she did not get the support she wanted even though she had told her friends about it (subject 4).

Attention Deployment

In the attention deployment stage, the things that the subjects did also varied. Two subjects initially still focused on their partners by finding out information about them from their families and friends, and also by mocking their partners on social media. This made the subjects feel satisfied and amused when they were reviled, and they also wanted to get recognition that they were much better, making their partners regret. However, the subjects stopped doing this because they did not get a response from their partners, which made them stressful and hurt (subject 1). Likewise, the other subject always thought about her partner because she wanted to repay the kindness her partner had shown when she was down. The subject felt sorry and hurt whenever someone criticized her partner's life, which was not going well at the moment, so the subject wanted her partner to get back on his feet again. Even though the partner is temperamental and rude to the subject, the subject feels that the partner was once very kind and loving because he helped her when she was down, even though in the end he brought it up. This caused the subject to be unable to focus on work, unable to socialize, unable to chat, to have a messy sleep schedule and many of her jobs to fail and be canceled (subject 4). However, in the end, the two subjects chose to distract themselves from the affair and their partners by crying

and confiding every time they remembered their partners and doing many activities such as playing with friends, going on vacation, working, exercising applying for scholarships and participating in student exchange programs (subject 1) while the other subject initially tried to register for a gym membership but because it was unsuccessful, she tried to communicate with herself through journaling and self talk which made her feel better lately (subject 4). Unlike the two subjects, the other subject immediately distracted himself by getting drunk with his friends and looking for a new partner, even though sometimes he still discussed his partner and looked for information with his friends even though he already had a new partner. However, the subject never imagined the other worst possibility, it's just that he would feel very ashamed if the affair was not discovered (subject 2). The other subjects immediately diverted their attention by taking vacations with their families, spending time with other people so as not to be lonely, and doing many activities such as watching movies, listening to music, going to the salon, working, going to college, and so on. The subjects also did not want to find out about their partner's activities or think about the affair (subject 2).

Cognitive Change

In the cognitive change stage, after experiencing infidelity, 3 subjects stated that they blamed themselves and questioned their shortcomings (subjects 1, 3 and 4). One subject not only blamed herself but also her environment which made her ignore her environment, get upset with herself, lose motivation and self-confidence (subject 4). In addition, she also wondered why he was not trusted to be in her partner's life and was afraid that her partner had a new partner (subject 4). One subject needed validation from those around her, seeking out and comparing herself to her partner's affair but realized that it was unnecessary so she stopped because she realized that her partner was being manipulative during arguments before being caught cheating, bringing up and looking for her mistakes so that as she grew older she was grateful that the affair was openly shown to her (subject 3). Another subject reflected on herself and realized that her partner's negative words became criticisms that made her learn to regulate her emotions so that she was much calmer and less emotional than before, so that she did not continue to blame herself (subject 4). Another subject stated that he did not blame himself but realized that he had many shortcomings and mistakes in his relationship that might have caused his partner to cheat on him, but he was afraid that his new partner would cheat on him too, so he was possessive of his new partner (subject 2). One subject wished to be someone else or to switch places with her partner (subject 1), while another subject thought that other people were luckier than her but never thought of becoming someone else and trying to be even better (subject 4). Meanwhile, the other subjects never thought of becoming someone else at all (subjects 2 and 3). Two subjects stated that they had thought of committing suicide (subjects 1 and 4). The subject gave up her intention because she realized the disadvantages and decided to recover and open her heart again by remembering her desire to be happy and how far she had survived (subject 1), while the other subject wanted to end her life because she felt she had no one and could not return to her partner but still had the spirit and conviction to survive by reminding herself of the goals and dreams to be achieved (subject 4). Two subjects stated that they were able to resolve the problem of infidelity (2 and 3), while the other subject was able to do so, although it was not easy and they wanted to give up repeatedly (subject 1). Meanwhile, the other subject felt that they had not been able to do so yet, but were still trying (subject 4). Two subjects knew what steps to take (subjects 2 and 4), the other subject stated that she knew what steps to take even though not directly because of delayed sadness, anger, and destructive behavior (subject 1). The subjects considered the infidelity experienced as a lesson so that they would be better in their next relationship (subjects 2 and 4).

Response Modulation

In the response modulation stage, one subject admitted that she no longer held back his emotions, was relieved and satisfied, and considered it a life lesson related to the affair (subject 3). Meanwhile, the other 2 subjects stated that they did not want to forgive their partners (subjects 1 and 2) because they were still angry, disappointed, disgusted, fed up and hated and did not want to remember their partners again (subject 2), felt devastated, messy and afraid of having a new relationship (subject 1). Meanwhile, 2 subjects stated that they were still trying to reconcile with the situation so that they sometimes still felt excessive emotions related to the affair (subjects 1 and 4). The things they do to relieve their emotions vary, such as crying in relief and sleeping to restore energy (subject 1) as well as counting from 1-100, making istighfar and trying to see the problem from various perspectives. However, when they can no longer hold back their emotions, the subjects cry and worship in order to feel calm (subject 4). In addition, the subject also considered herself to be much calmer, able to regulate emotions, accepting and sincere even though the desire to communicate, be good friends and see her partner get up again was still very strong (subject 4). However, the subject realized that her partner's life was not her responsibility and if her partner refused her help she would accept it because she could not force him (subject 4).

Discussion

In addition, there was something that caught the researcher's attention, namely at the cognitive change stage, the three subjects who blamed themselves were women. This is in accordance with Pesona's statement (in Adam, 2020), namely that one of the stages experienced by a woman when she finds out that her partner has had an affair is self-blame. Brilian (in Adam, 2020) stated that feeling hurt, disappointed, loss of self-confidence, to the feeling of having difficulty believing in one's partner again are some of the impacts felt from infidelity. All three subjects stated that they lost their self-confidence to the point of questioning their shortcomings which resulted in their partners cheating on them. Subjects 1 and 3 also sought validation from those around them because of the loss of self-confidence after the affair, while subject 4 felt she was unfit for socializing and interacting with others. Meanwhile, subject 2 stated that he did not blame himself, but the subject repeatedly gave answers that showed that he felt defeated if he showed sadness because of the affair. The subject felt that his male ego was hurt when he showed negative emotions such as sadness. Gross and John (in Cai et al., 2016) in their research on differences in emotion regulation in individuals also found that the level of emotion suppression in men is significantly much higher than in women.

Another interesting thing that the researchers found during the interview process was that the effect of the emotional regulation on the subject 4 did not always lead the subject to feel more positive emotions. The subject actually showed that she was still very focused on the affair and her partner, which made her increasingly mired in her negative emotions. Interestingly, the subject's emotional changes occurred in a series of time close to the interview process, the subject showed different responses and attitudes that did not match the statements, for example, when she said she wanted to get back together with her partner but then she said it was okay if they didn't get back together and then she said again that she still wanted to get back together a while later. Besides that, the subject also stated information that showed her comparing herself to other people (her friends) but then on other questions the subject claimed that she never compared herself to other people. Not only that, the subject also projected what she felt to her partner by making a false scenario that her partner was currently experiencing a slump. This greatly affects the subject's ability to regulate her emotions. In addition, the researcher also found that social support also greatly affects the subject's ability to regulate emotions. Social support from peers (Brenner & Salovey, in Salsabila & Fitriani, 2023), parents (Rizkiana & Indrawati, 2019) and forms of support such as the presence, willingness, and care from people who can be relied on, respected, and loved (in Siregar et al., 2019) can also help individuals improve their emotional regulation skills. This is in line with the results obtained

by the researchers during the interviews, 3 subjects (1, 2 and 3) have good social support from their families and friends so that the three subjects are able to regulate their emotions well. However, subject 4 is not close to her family and often experiences failures in friendships. This causes her emotion regulation ability not as good as the other three subjects. Not only that, subject 4 also admitted that she had attachment problems with her mother since childhood. Johnson et al. (in Rokach & Chan, 2023) compared the severe pain experienced by victims of infidelity to the attachment wounds of babies separated from their mothers. Excessive emotions in the victim of infidelity are a traumatic reaction to an unorganized attachment style in childhood. Not only that, but it also affects low self-esteem, self-confidence and a lack of trust in others as well as a great and strong fear of being abandoned by others in romantic relationships (Rokach & Chan, 2023).

Based on the results of the study, these things were experienced by subject 4 where she felt very dependent and wanted to get back together with her partner, lacked confidence, had no self-respect and did not trust other people which caused her friendships always fail. The subject even stated that she could accept all forms of negative behavior from her partner towards her as long as the partner got back together, which showed her low self-esteem. This is different from subject 2 who chose to end the relationship and not give her partner another chance after the affair. Subject 2 had a good attachment to her mother so she had high self-esteem. Not only that, even though they both blamed themselves when they had an affair, subject 2 was better able to recover and realize her self-worth than subject 4 because subject 2's self-confidence was higher than subject 4's. In addition, Anapratwi et al. (in Nabilah and Hadiyati, 2021) in their research stated that children who have a secure attachment to their mother will have good social skills, make friends easily, have healthy social relationships, and also adapt easily to their social environment because they trust that the environment in which they live can provide a sense of comfort and security. In addition, the support provided to individuals as children by their caregivers/parents is an extrinsic factor that influences a person's emotional regulation (Fox, in Dusturia & Suprapti, 2017).

Therefore, subject 4 always fails in his relationships with other people, both in friendships and dating, because she had no close relationship with his mother since childhood. Children understand, process, and resolve painful experiences from their mothers as early as possible (Johnson in Rokach & Chan, 2023), but the subject does not know how to process and resolve the painful experiences they have as adults because they never got that from their mother. Research conducted by Nabilah & Hadiyati (2021) also shows a significant positive relationship between attachment style to the mother and emotion regulation. Attachment also plays a role when adults form relationships with other people (Renanda, in Ramba et al., 2019) and social relationships in adulthood (Hasmalawati & Hasnawati, in Ramba et al., 2019). Attachment also affects children's openness in the family (Nurikhyana et al., 2022). However, attachment can not just appear after the child grows up because the formation of attachment between the child and the attachment figure is formed from birth to late childhood (Cenceng, in Ramba et al., 2022).

Therefore, even though parents try to get closer to their children when they are adults, children cannot necessarily open up to their parents because attachment and openness are formed from childhood. However, the subject tried to regulate her emotions through self-talk, journaling (expressive writing) and worship. This method is very different from what the other three subjects did. The subject stated that she gained peace of mind through these three different methods when she experienced infidelity for the first time. Research conducted by Konefal (in Hamid et al., 2023) states that one of the factors that influence emotion regulation is self-talk, and Bolton (in Nur et al., 2022) states that journaling or expressive writing can help individuals understand themselves better when dealing with depression, distress, anxiety, addiction, fear of illness, loss, and changes in their lives.

CONCLUSION

Based on the results of the research, it can be concluded that when experiencing infidelity, victims feel disappointed, sad and angry and react destructively such as cursing, slapping and even spreading evidence of infidelity on social media. In general, victims choose to avoid interaction and communication with their partners and choose to be with other people after the affair so as not to think about the affair, but some victims need time alone by isolating themselves and not doing their usual activities. Victims generally distract themselves from their emotions by keeping busy and gathering with family or friends. Victims who do not have social support have low self-esteem, which causes poor emotional regulation. Nevertheless, without social support, victims can still recover in other ways, such as self-talk and journaling. Interestingly, even though victims can recover from the infidelity they experienced, they do not forgive their partners because the disappointment, sadness, and anger towards the cheating partner still exist even after several years. The researchers also found that social support, self-concept, attachment style with the mother, and gender influence the emotional regulation of victims of infidelity.

This study also found that men tend to suppress their emotions more than women when experiencing infidelity, but further research is still needed in this regard. In addition, children who are raised with authoritarian parenting and have a poor attachment style are generally less able to regulate emotions appropriately and establish healthy relationships with others. Attachment and parenting greatly influence the process of emotion regulation and how children form relationships as adults. Therefore, parents need to ensure that children have secure attachment from an early age. It is necessary for parents to build communication and intimacy with children from an early age because a child's openness cannot just appear when the child is an adult. This is because openness grows over time from a young age.

REFERENCE

- Adam, A. (2020). Dampak Perselingkuhan Suami Terhadap Kesehatan Mental dan Fisik Istri. *Al-Wardah: Jurnal Kajian Perempuan, Gender, dan Agama*, 14 (2).
- Angela, E., & Hadiwirawan, O. (2022). Keyakinan Cinta Mengatasi Rintangan Dan Ideal: Kaitan Dengan Cinta Dan Harapan Pada Hubungan Romantis Di Dewasa Awal. *Seurune, Jurnal Psikologi Unsyiah*, 5(1), 1-22.
- Anggrianti, S. M., & Cahyono, R. (2019). Gambaran Intimacy Wanita Lajang Usia Dewasa Awal yang Bekerja. *Jurnal Psikologi Pendidikan dan Perkembangan*. 8(1), 21-31.
- Ansori, A. (2020). Kepribadian dan Emosi. *Jurnal Literasi Pendidikan Nusantara*, 1 (1), 41-54
- Cai, A., Lou, Y., Long, Q., & Yuan, J. (2016). The Sex Differences in Regulating Unpleasant Emotion by Expressive Suppression: Extraversion Matters. *Front. Psychol.* 7:1011.
- Chrisnatalia, M., & Ramadhan, F. A. E. (2022). Kepuasan Hubungan Romantis Pada Wanita Dewasa Awal Yang Menjalinkan Hubungan Pacaran Jarak Jauh. *Jurnal Psikologi: Media Ilmiah Psikologi*, 20 (2), 1-7.
- Creswell, John W. (2016). *Research Design: Pendekatan Metode Kualitatif, Kuantitatif dan Campuran* (4th ed). Yogyakarta: Pustaka pelajar.
- Dusturia, B., & Suprapti, V. (2017). Strategi Regulasi Emosi Pada Korban Perselingkuhan. *Jurnal Psikologi Pendidikan dan Perkembangan*, 6(1), 23-37.
- Hamid, M. W., Nawir, N., Rhesa, M., & Sutriawan, A. (2023). Hubungan Antara Self-Talk Dengan Kemampuan Regulasi Emosi Pada Mahasiswa Atlet FIKK UNM. *SPORTIVE: Journal of Physical Education, Sport, and Recreation*, 7 (1).
- Harini, Y. N. A., Mardiani, A., Iis, Hotimah, I. S., & Rahmadhona, N. F. (2024). Examining Masculinity in Short Stories "Buaian Rahim Patriarki" By Ni Wayan Wijayanti. *AKSIS: Jurnal Pendidikan Bahasa dan Sastra Indonesia*, 8 (1).
- Hasmarlin, H., & Hirmaningsih. (2019). Regulasi Emosi Pada Remaja Laki-Laki Dan Perempuan. *Jurnal Perempuan, Agama dan Jender*, 18 (1).

- Lonergan, M., Brunet, A., Rivest-Beauregard, M., & Groleau, D. (2019). Is Romantic Partner Betrayal A Form of Traumatic Experience? A Qualitative Study. *Stress and Health: John Wiley & Sons, Ltd*, 37(1), 1-13.
- López-Martínez, A. E., Serrano-Ibáñez, E. R., Ruiz-Párraga, G. T., Gómez-Pérez, L., Mantannya Nikah dengan Selingkuhan, Wanita di Binjai Ini Kirim Karangan Bunga Dengan Pesan Menohok. (2023, Desember 7). *Tribun-Medan.com*. <https://medan.tribunnews.com/amp/2023/12/07/mantannya-nikah-dengan-selingkuhan-wanita-di-binjai-ini-kirim-karangan-bunga-dengan-pesan-menohok>
- Mariana, D., Tambunan, E.M., Salim, S., Sirait, B.P.R., Mirza, R & Susanti, M. (2022). Gambaran Regulasi Emosi Pada Ibu Single Parent. *Jurnal Penelitian Pendidikan, Psikologi dan Kesehatan (J-P3K)*, 3(3) 194-203.
- Marsha, N. A., & Indrijati, H. (2022). Pengaruh Gaya Kelekatan Dewasa terhadap Kepuasan Hubungan Dewasa Awal yang Menjalani Pacaran Jarak Jauh. *Artikel Ilmiah Thesis. Fakultas Psikologi. Surabaya: Universitas Airlangga.*
- Mirza, R., Sitorus, T. Y., Sitorus, R. A., Retta, C. T., Tarigan, N. Br., & Nurhayani, N. (2022). Bagaimana Gambaran Proses Regulasi Emosi Pada Anak Yatim. *Psikostudia Jurnal Psikologi*, 11(4), 647-657.
- Moller, N. P., & Vossler, A. (2015). Defining Infidelity in Research and Couple Counseling: A Qualitative Study. *National Library of Medicine*, 41(5), 487-497.
- Nabilah. S. M., & Hadiyati. F. N. R. (2021). Hubungan Antara Kelekatan Pada Ibu dan Regulasi Emosi Remaja Pada Siswa Kelas X dan XI SMA Boarding School. *Jurnal Empati*, 10 (5).
- Nur. A. F. C., Murdiana. S., & Ridfah. A. (2022). EXPRESSIVE WRITING DAN KEMAMPUAN REGULASI EMOSI NARAPIDANA REMAJA DI LEMBAGA PEMBINAAN KHUSUS ANAK. *JIVA: Journal of Behavior and Mental Health*, 3 (2).
- Nurikhyana. D., Daud. M., & Rifani. R. (2022). Kelekatan dan Keterbukaan Diri Remaja di Kota Makassar pada Situasi Pandemi Covid-19. *Jurnal Psikologi Talenta Mahasiswa*, 2 (1).
- Purba, A. T. D. B., & Kusumawati, R. Y. E. (2019). Hubungan Antara Kecerdasan Emosi Dengan Forgiveness Pada Remaja Yang Putus Cinta Akibat Perselingkuhan. *Jurnal Psikologi Konseling*, 14 (1), 330-339.
- Putri, A. F. (2019). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*, 3(2), 35-40.
- Ramba. L. G., Daud. M., & Hamid. H. (2022). Gambaran Gaya Kelekatan di Masa Dewasa pada Individu yang Pernah Mengalami Kekerasan Emosional dari Primary Caregiver. *Jurnal Psikologi Talenta Mahasiswa*, 1 (4).
- Rizkiana. L., & Indrawati. E. S. (2019). Hubungan Antara Dukungan Sosial Orangtua Dengan Regulasi Emosi Pada Siswa Kelas VII MTSN Bawu Jepara. *Jurnal Empati*, 8 (1).
- Rokach, A., Chan, S.H. (2023). Love and Infidelity: Causes and Consequences. *Int. J. Environ. Res. Public Health*, 20 (5). Retrieved from <https://doi.org/10.3390/ijerph20053904>
- Sahir, S. H. (2021). *Metodologi Penelitian*. Medan: KBM Indonesia.
- Salsabila. C. N., & Fitriani. Y. (2023). Regulasi Emosi Ditinjau Dari Dukungan Sosial Teman Sebaya Pada Siswa SMP. *Jurnal Bimbingan dan Konseling Ar-Rahman*, 9 (2).
- Setiani. A. P., & Hidayah. L. N. (2024). Dampak Sistem Patriarki Terhadap Kehidupan Keluarga dan Anak. *Triwikrama: Jurnal Ilmu Sosial*, 6 (5).
- Siregar. H. W. O., Marpaung. W., & Mirza. R. (2019). Kepercayaan Diri Ditinjau Dari Dukungan Sosial Pada Penyandang Tuna Netra. *Psycho Idea*, 17 (2).