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The Effect of Psychotherapy on Emotional Regulation (*Move on*) in Men and Women Who Experience Heartbreak Due to Failed Love

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ABSTRACT

The feeling of love has a very important role in human life, because love is the foundation of marriage, forming a family and also raising children. Love is present in close relationships in social life and intimate human relationships. All forms of feelings of love are expressed in the form of relationship behavior colored with love. The Big Indonesian Dictionary defines a love relationship as two young men and women who are adults who have a relationship based on love. Then tied with an inner relationship, to become a fiancé or lover. Based on compassion and true love. In almost all places, regions and every time there is a love relationship. Psychotherapy is the application of special methods or techniques for healing mental illness in daily adjustment difficulties. The purpose of this research was to knowing the difference in the level of emotional regulation (moving on) in men and women who have experienced heartbreak due to love failure after being given psychotherapy. This study used a pre-experimental design, namely conducting treatment in one group without control. differences in the level of emotional regulation between before and after psychotherapy. The emotional regulation score level of respondents who experienced heartbreak due to love failure before being given psychotherapy averaged 75.21 ± 7.72 . After being given psychotherapy the average was 49.99 ± 7.12 . As conclusion, the provision of psychotherapy can improve the emotional regulation of respondents in responding to heartbreak due to failed love.

Keywords: psychotherapy; emotion regulation; broken heart

INTRODUCTION

The developmental stage of adulthood, individuals have developmental tasks that are different from adolescence which is only passed with love relationships or known as courtship. Build intimate relationships with the opposite sex. which is useful for forming relationships in adulthood, and marital relations in the future. When someone already has a partner or what is commonly called a girlfriend, the hope to continue to make love is very large. However, if the expected things fail or break up, then what happens makes a young man or girl feel down, especially women who usually find it difficult to move on and are always carried away by ongoing feelings. Something that was coveted was destroyed just like that. Women who are abandoned for reasons that are not clear will affect their emotions, thoughts and energy.⁽¹⁾

Each person has different views and assumptions about the love relationship, there are those who think that love relationships are done just for fun and solely to provide satisfaction. But there are also people who think that love relationships are something beautiful, full of love and attention from the opposite sex. In general, love relationships have an impact on the person who does it, sometimes people are happy because of love, but on the other hand, love becomes a happy relationship. Someone who is disappointed or even frustrated by the breakup of a love relationship.⁽¹⁾

Relvic and Shatte say that the emotions commonly experienced by individuals with the end of a relationship lead to sadness and depression. Feelings of guilt, anger, anxiety, frequent strong mood swings, irritability,

loneliness, experiencing problems with sleep and appetite, feeling hopeless and confused.⁽¹⁾ As a result of breaking up with loved ones can evoke emotions such as sadness, disappointment and even anger that causes anger at oneself.⁽²⁾

There are also those who find it difficult to forget someone, so that their thoughts and behavior are out of control, for example, they always lock themselves in their room or do not want to go to school/college/work, because their mind and heart feel messy, so that their rights and obligations cannot be fulfilled and lived up to, even though actually in religion reminds us not to love something excessively because it can become something we love and has the potential to become something we hate.⁽³⁾

Almost everyone has felt the pain of a broken heart, the same as the fact that almost everyone feels the beauty of falling in love. A broken heart can be interpreted as the worst possibility that a person must prepare for when he is in love. Sometimes individuals feel that the person they meet is the right person, so that within them there are always expectations and demands on the person they love. When we love someone, at the same time we feel we own that person, feel we have the right to demand, and feel we have the right to be happy. It is these feelings and hopes that make love often fail, because it is difficult to unite the expectations of different people, who must have different expectations about love. When we feel that our hopes and demands are not being met, that feeling of love often disappears, so breaking up is the 'best' way to go.⁽⁴⁾

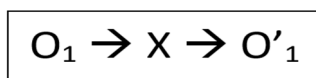
Improving emotional regulation (moving on) in someone who has experienced a broken heart due to failed love, can be done by giving psychotherapy. This is supported by Smith and Glass (2017) of nearly 400 clients who concluded that someone who received psychotherapy treatment was better than 75% of individuals who were not treated.⁽⁵⁾

Psychotherapy has the following objectives: (1) Providing assistance to someone to be physically and mentally healthy, or physically or mentally healthy (2) Developing individual potential (3) Delivering individuals to construction in personality and work ethic (4) Improving quality faith in everyday life (5) individuals know, love and identity and self-image. Apart from being used to cure mental illness, psychotherapy can also be used to maintain and build the integrity of the soul, so that a person can grow healthily and have the ability to adapt more effectively.⁽⁶⁾

The purpose of this research is to: (1) Knowing the level of emotional regulation (moving on) in men and women who have experienced heartbreak due to failed love before being given psychotherapy; (2) Knowing the level of emotional regulation (moving on) in men and women who have experienced heartbreak due to failed love after being given psychotherapy; (3) Knowing the difference in the level of emotional regulation (*moving on*) in men and women who have experienced heartbreak due to love failure after being given psychotherapy .

METHODS

This type of research was quantitative study using a pre-experimental design, namely conducting treatment in one group pretest and posttest design (Figure 1). The aim of this research was to provide psychotherapy to individuals who had experienced heartbreak due to failed love to improve emotional regulation (move on). The measurement of the level of emotion regulation (move on) was carried out twice, namely before being given therapy (pre-test), and after being given therapy (post-test).



Information:

O₁ = Pretest, ie measurement prior to therapy

X = Providing psychotherapy

O₁' = Posttest, ie measurement after therapy

Figure 1. Design of research

$$n' = \frac{n}{1 - f}$$

Information:

n' = Sample size after correction

n = Sample size based on previous estimates

f = Prediction of the percentage of the sample dropping out

Figure 2. Formula for calculating sample size

The population in this study were male and female adolescents and adults who had experienced heartbreak due to failure in love, selected using purposive sampling technique, with the consideration: (1) age between 15 to 40 years, (2) not currently experiencing major depression. The sample size was 16 people, calculated using the Federer formula. To anticipate the occurrence of sample drop out in research, sample size was calculated based on the following formula⁽⁷⁾ (Figure 2). In this study, researchers predict that the sample drop out was 10%, so the sample size:

$$n' = \frac{16}{1 - 0.1}$$

$$n' = \frac{16}{0.9} = 17.7 = 18 \text{ people}$$

Based on the calculation above, the minimum sample size was 18 people.

The instruments used in this study was questionnaire for emotional regulation measurement. Data were presented descriptively in the form of mean and standard deviation, then analyzed using Wilcoxon test, because the results of the data normality test (Shapiro-Wilk) stated that the data was not normally distributed .

RESULTS

Based on research results data obtained that the level of emotional regulation of respondents before and after being given psychotherapy as presented in Table 3. The mean score of emotion regulation levels before given psychotherapy was 75.21; while after given psychotherapy was 49.99. Thus, providing psychotherapy can improve the emotional regulation of respondents in responding to heartbreak due to failed love.

Table 3. Level of respondents' emotion regulation before and after given psychotherapy (n=18)

	n	Minimum	Maximum	Mean	Standard deviation	Shapiro-Wilk (p)	Wilcoxon (p)
Before treatment	18	61.54	84.62	75.21	7.72	0.025	0.000
After treatment	18	38.46	61.54	49.99	7.12	0.024	

The results of the Wilcoxon test obtained a z-value of -3.753 and p-value of 0.000 (less than 0.05). Thus, statistically there was differences in the level of emotional regulation of the respondents before and after being given psychotherapy. So there was an effect of giving psychotherapy to the level of emotional regulation of respondents who experience heartbreak due to love failure.

DISCUSSION

Based on the results of the study, it is known that there was an effect of giving psychotherapy on the level of emotional regulation of respondents who experience heartbreak due to failed love. After being given psychotherapy there is a tendency for the level of emotional regulation to gradually increase, and respondents tend to move on to other people more, and are not shackled by the shadow of their ex-girlfriend.

The results of this study support the research conducted by Bercheid & Fei which concluded that it was found in psychological factors, especially that failure in love is one of the causes for someone to experience depression compared to problems with friends. Almost all of us may also have felt hurt because of failed love or unrequited love. Failing in love certainly affects a person's daily life, even some studies say that failing in love can damage an individual's function in social life. Heartache is the cause of depression. If feelings of worthlessness or depression overwhelm a person for weeks, months, or years, they may be suffering from clinical depression. Characteristics such as changes in appetite or weight, lack of energy, disturbed sleep patterns, unable to enjoy daily activities, feeling helpless or hopeless. These symptoms occur every time.⁽⁸⁻¹⁶⁾

Breakup is the event of ending a love relationship that has been forged with a partner. Someone who still loves their partner and then experiences a breakup will generally display a loss reaction, especially at the beginning of a breakup.⁽¹⁷⁾ Linda, argues that a breakup is the end of a relationship that has been fostered for a certain amount of time and can cause grief and a period of mourning.⁽¹⁸⁾ To improve emotional regulation (move on) for someone who has experienced a broken heart due to failed love, psychotherapy can be done. This is supported by the results of Smith and Glass's research on nearly 400 clients who concluded that clients who received therapy were better than 75% of individuals who were not treated.⁽⁵⁾

Psychotherapy is the application of special techniques to the cure of mental illness or to daily adjustment difficulties.⁽¹⁹⁾ Psychotherapy is treatment using psychological tools for problems originating from the emotional life in which a specialist deliberately creates a professional relationship with the patient, which aims to (1) eliminate, change or reduce existing symptoms, (2) mediate (improve) damaged behavior, and promote positive personal growth and development.⁽²⁰⁾ The goals of psychotherapy are: 1) To provide assistance to each individual to be physically and mentally healthy, or mentally and spiritually and morally healthy, or mentally and physically healthy; (2) Exploring and developing the essential potential of human resources; (3) Delivering individuals to changes in the construction of personality and work ethic; (4) Improving the quality of faith, Islam, sincerity and monotheism in everyday and real life; and⁽⁵⁾ Delivering individuals to know, love and meet the essence of self, or identity and self-image. Apart from being used to cure mental illness, psychotherapy can also be used to assist, maintain and build the integrity of the soul, so that a person can grow healthily and have the ability to adapt more effectively to his environment.⁽⁶⁾

CONCLUSION

Based on results, there is an effect of giving psychotherapy to the level of emotional regulation of respondents who experience heartbreak due to love failure. That is, after being given psychotherapy there is a tendency for the level of emotional regulation to gradually increase, and respondents tend to move on to other people more, and are not shackled by the shadow of their former lover.

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