

## **ABSTRAK**

### **STUDI KASUS *WOUNDED INNER CHILD* PADA MAHASISWA FKIP UNIVERSITAS LAMPUNG**

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Penelitian ini bertujuan mendeskripsikan hal-hal yang berkaitan dengan indikasi penyebab mahasiswa memiliki *wounded inner child*, Perilaku yang ditampilkan serta dampak dari *wounded inner child*. Metode penelitian yang digunakan adalah deskriptif kualitatif dengan pendekatan studi kasus. Teknik pengumpulan data menggunakan wawancara terbuka tidak terstruktur atau *open ended interview*. Sumber informasi dalam penelitian ini berasal dari 3 orang mahasiswa aktif yang dipilih berdasarkan metode *purposive sampling*. Hasil penelitian menunjukkan indikasi penyebab *wounded inner child* diantaranya luka pengabaian, kekerasan fisik, *over strict parent*, memaksa kehendak anak, kurang apresiasi, perkataan kurang menyenangkan, serta dijauhi teman sebaya. Lalu perilaku-perilaku *wounded inner child* sebagai berikut: (1) Adiksi. (2) Agresivitas. (3) Bermasalah dalam bersosialisasi. (4) Bermasalah dalam relasi keluarga. (5) *Denial*. (6) Gangguan tidur. (7) *Overthinking*. (8) Kecemasan. (9) Konsep diri rendah. (10) Lari dari masalah. (11) Motivasi rendah. (12) Orientasi seksual. (13) Pendendam. (14) Sulit berkonsentrasi. Kemudian dampak yang ditimbulkan *wounded inner child* didasari pada empat respon menanggapi trauma yaitu *fight* (melawan), *flight* (menghindar), *freeze* (pasrah) dan *fawn* (merayu).

Kata kunci : Luka batin masa anak, perilaku, dampak

## **ABSTRACT**

### ***WOUNDED INNER CHILD CASE STUDY*** **FOR LAMPUNG UNIVERSITY FKIP STUDENTS**

**By**

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This research aims to describe things related to indications of the causes of students having *wounded inner children*, the behavior displayed and the impact of *wounded inner children*. The research method used is descriptive qualitative with a case study approach. The data collection technique uses open, unstructured interviews or open ended interviews. The source of information in this research came from 3 active students who were selected based on the purposive sampling method. The research results show indications of the causes of a *wounded inner child* including wounds of neglect, physical violence, over strict parents, forcing the child's will, lack of appreciation, unpleasant words, and being shunned by peers. Then the behaviors of the *wounded inner child* are as follows: (1) Addiction. (2) Aggressiveness. (3) Problems in socializing. (4) Problems in family relationships. (5) Denial. (6) Sleep disorders. (7) Overthinking. (8) Anxiety. (9) Low self-concept. (10) Run away from problems. (11) Low motivation. (12) Sexual orientation. (13) Vengeful. (14) Difficulty concentrating. Then the impact caused by the *wounded inner child* is based on four responses to trauma, namely fight, flight, freeze and fawn.

Key words: *wounded inner child*, behavior, impact