

## **COMING-OUT : SELF-DISCLOSURE PADA GAY SEJAK USIA REMAJA**

### **ABSTRAK**

Rahmatika Septina Chairunnisa (1204471). “*Coming-Out : Self-Disclosure* pada Gay Sejak Usia Remaja”. Skripsi pada Departemen Psikologi UPI. Bandung (2016).

Penelitian dengan pendekatan kualitatif dan desain fenomenologi ini bertujuan untuk mengeksplorasi proses *coming-out* gay melalui *self-disclosure* yang dilakukan sejak remaja. Responden dalam penelitian ini adalah dua orang gay yang telah melakukan *coming-out* sejak usia remaja yang didapatkan secara *purposive sampling*. Pengumpulan data dalam penelitian ini dilakukan melalui teknik *in-depth interview* dan *anecdotal record* yang dianalisis dari sebuah hasil pencatatan *open axial selective coding*. Hasil penelitian menunjukkan bahwa proses *coming-out* YO dilakukan melalui *self-disclosure* kepada kedua orang tuanya dan dilanjutkan kepada kedua orang teman dekatnya sebagai *self-disclosure* yang dirasa paling sulit. *Self-disclosure* berlanjut kepada teman-temannya yang lain ketika YO telah mampu menerima dirinya sebagai seorang gay. *Self-disclosure* yang YO lakukan selalu menimbulkan respon positif disebabkan oleh kedekatan hubungan YO dengan lawan komunikasinya dan cara YO dalam melakukan *self-disclosure* kepada lawan komunikasi yang berbeda agar tidak menyebabkan mereka merespon dengan terkejut. YO memutuskan untuk melakukan *self-disclosure* kepada orang karena ia merasa lebih berdaya dan lebih baik setelahnya. Sedangkan proses *coming-out* NA dilakukan melalui *self-disclosure* kepada teman dekatnya ketika ia telah mampu menerima dirinya sebagai seorang gay. NA melakukan *self-disclosure* kepada teman-temannya yang telah ia anggap sangat dekat dan peduli pada NA sehingga NA menganggap bahwa ia akan diterima oleh teman-temannya tersebut. NA melakukan *self-disclosure* hanya kepada beberapa orang tertentu untuk menghindari penolakan dari lingkungannya juga untuk menempatkan diri pada lingkungan sosialnya agar tidak mendapatkan dampak negatif pada dirinya. Setelah melakukan *self-disclosure*, NA merasa lega dan nyaman karena tidak perlu menyembunyikan orientasi seksualnya dan mengalami perubahan mental yang kuat untuk menghadapi permasalahan yang ada.

Kata Kunci : *Coming-out, self-disclosure, gay remaja*

## COMING-OUT : GAY'S SELF DISCLOSURE SINCE TEENAGERS

### ABSTRACT

Rahmatika Septina Chairunnisa (1204471). "Coming-Out : Gay's Self Disclosure Since Teenagers". Final Paper to Psychology Department UPI. Bandung (2016).

This qualitative research using a phenomenology design is intended to explore gay coming-out process which has been done since teenagers through self-disclosure. The respondents of the research are two gays who have been done the coming-out process since teenagers, who were collected by using a purposive sampling method. The collecting data is conducted by using in-depth interview technique and anecdotal record which has been analyzed from an open axial selective coding recording result. The result of the research shows that coming-out process has been done by YO through self-disclosure to his parents and continues to his bestfriends as the hardest part that he has been through. The self-disclosure continues to his other friends when YO has accepted himself as a gay. The self-disclosure which has been done by YO always get a positive respond because of the closeness of YO's relationship with his partner and the different approach when YO does the self-disclosure to his partner to avoid their shock respond. YO decides to do the self-disclosure to people because he feels more powerful and better afterwards. On the other hand, the coming-out process has been done by NA through self-disclosure to his close friend after he has accepted himself as a gay. NA does the self-disclosure to his friends that he has been thought to have the closeness and care to him so NA thinks that he will be accepted by his friends. NA does the self-disclosure only to certain people to avoid the rejection from his environment in order to avoid negative effect that happens to him. After he has done the self-disclosure, NA feels free and comfortable because he does not need to hide his sexual orientation and experience a strong mental change to face the current problem.

Keywords: *Coming-out, self-disclosure, teenager gay*