

ABSTRAK

Nama: Sar'ah, NIM 133400300, judul skripsi, **“Terapi Rasional Emotif (TRE) dalam Menangani Kecemasan Suami (Studi pada Keluarga TKW di Desa Tembong Kec. Carita Kab. Pandeglang).”** Jurusan Bimbingan dan Konseling Islam Fakultas Ushuluddin Dakwah dan Adab Universitas Islam Negeri “Sultan Maulana Hasanuddin” Banten, tahun 2017 M/1438 H.

Di era modern ini banyak perempuan pergi ke luar negeri untuk mencari uang sehingga terjadi pertukaran peran antara suami dan isteri. Keberangkatan isteri pergi ke luar negeri bertujuan untuk mengubah kondisi sosial ekonomi keluarga. Hal ini menyebabkan para suami mengalami kecemasan akibat rasa jenuh dan rasa khawatir berlebihan ketika isteri tidak memberi kabar, sehingga para suami berpikir dan berperilaku irrasional. Dalam penelitian ini penulis menerapkan terapi rasional emotif dalam membantu mengatasi masalah responden.

Perumusan masalah dalam penelitian ini adalah ; bagaimanakah bentuk gejala kecemasan suami yang ditinggal isteri sebagai tenaga kerja wanita (TKW), dan bagaimanakah penerapan terapi rasional emotif dalam menangani kecemasan suami yang ditinggal isteri sebagai tenaga kerja wanita (TKW).

Penelitian ini bertujuan untuk mengetahui bentuk gejala kecemasan suami yang ditinggal isteri sebagai tenaga kerja wanita (TKW), dan untuk mengetahui bagaimana penerapan terapi rasional emotif serta perubahan suami setelah melakukan konseling terapi rasional emotif dalam menangani kecemasan ketika ditinggal isteri sebagai tenaga kerja wanita.

Penelitian ini menggunakan metode kualitatif dengan format deskriptif analisis, yaitu dengan mendeskripsikan subjek dan objek penelitian berdasarkan fakta yang ada. Sedangkan teknik pengumpulan datanya penulis menggunakan observasi lapangan dan wawancara.

Penelitian ini dapat disimpulkan bahwa pertama, bentuk gejala kecemasan yang dialami para suami yang ditinggal isteri pergi ke luar negeri diantaranya: susah tidur, sering melamun, hilang konsentrasi, dan selalu berpikir sesuatu yang buruk akan terjadi dan lain-lain. Kedua, untuk mengatasi kecemasan tersebut penulis melakukan proses konseling melalui pendekatan terapi rasional emotif dengan *assessment* dan *treatment* melalui 3 tahapan sehingga para suami dapat berpikir rasional meskipun harus menahan rasa jenuh ketika harus menggantikan peran isteri. Para suami yang memiliki gejala kecemasan karena takut istrinya lebih berkuasa jika sudah punya penghasilan sendiri, kini suami dapat mengatasi kecemasan itu dan merasa optimis sesuatu yang baik akan terjadi berdasarkan keyakinannya yang rasional.

ABSTRACT

Name: Sar'ah, Nim: 133400300, Thesis Title "**Rational Emotive Therapy (RET) in Handling Anxiety Husband Study in Tembong Village Carita District Pandeglang Regency**". Department of Guidance and Counseling of Islam Faculty of Ushuluddin Dakwah and Adab State Islamic University "Sultan Maulana Hasanuddin" Banten, Year 2017 M / 1438 H

In this modern era many woman went to the outside country for search th money so that happened the change of wife and husband. The purpose or the goal of the wife went to the outside country for change the social economi condition the family. It is could induce the husbands feel worried cause feel bored and the most confused when the wife dont given the report or the condition of his wife, so husbands would be think and his behaviour irrasional. In this research the writer appllied the theraPHY irasional emotif method to solved the problem.

The formulation of problem in this research is : how the form of worried husband who had leaved his wife as a which working in the outside country (TKW), and how the applying emotif rasional method in solving the feel of worried husband who had leaved his wife to working at the outside country to still keep the healty of the condition the husband.

This research has goal or purposed its to know the type or form worried of the husband who had leaved the wife and to know how the change the husband has done the conseling theraPHY to solving the worried of husband who had leaved of his wife.

This research use kualitatif method and descriptive analysis format, it is description the subject and the object of research based on the facts. Meanwhile the collective technic the writer's data is using the observation and interview method.

This study can be concluded that the first, the form of anxiety symptoms experienced by husbands left by wife to go abroad include: difficulty sleeping, often daydreaming, lost concentration, and always think something bad will happen. Second, to overcome the anxiety the authors conduct the counseling process through the approach of emotional rational therapy with attending stages, assessment and treatment so that husbands can think rationally despite having to hold saturation when it must replace the role of wife. Husbands who have symptoms of anxiety because they fear their wives are more powerful if they already have their own income, now husbands can overcome the anxiety and feel optimistic that something good will happen based on his rational believe.