

## THE IMPLEMENTATION OF EXISTENTIAL THERAPY IN IMPROVING EMOTION REGULATION ON THE BENEFICIARIES AT *PANTI SOSIAL KARYA WANITA MULYA JAYA (PSKWMJ)* OF EAST JAKARTA

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### ABSTRACT

The Karya Wanita Mulya Jaya Social is an effort by the Indonesian Ministry of Social Affairs through the Directorate of Social Rehabilitation in dealing with prostitution cases in Indonesia, whose objective is that the prostitutes can return to normal life and leave their previous immoral practices. During their time living in the institution, the beneficiaries could not accept the situation and felt compelled to participate in the activities that had been scheduled. There was a sense of boredom, irritable, apathetic such as unwilling to participate in activities, involved in quarrel, being rude to others. This research sought to examine the effectiveness of humanistic existential therapy in improving emotion regulation on the beneficiaries at PSKWMJ. The proposed hypothesis was “Humanistic existential therapy can improve emotion regulation on the beneficiaries at PSKWMJ”. The research involved five people subjected to pre-experimental design method with one group pre-test and post-test design, thus, the experimental group received treatment in the form of humanistic existential therapy. The emotion regulation level scale was used to reveal whether the subjects experienced low emotion regulation or not. After receiving humanistic existential therapy, the research result revealed that the emotion regulation level increased with an average post-test result of 213 in the moderate category, compared to before receiving therapy with an average pre-test result of 142 in the low category.

**Keywords:** Emotion Regulation, Humanistic Existential Therapy.