

Gizela Anatasia (2016). The Establishment of *Emotional Loneliness Module on Long Distance Relationship (LDR)*, Magister of Professional Psychology. Surabaya: Faculty of Psychology University of Surabaya.

ABSTRACT

The focus issue on this research is *emotional loneliness*. *Emotional loneliness* on this research occurred caused by internal factors (internal problems such as the dependent personality and another characteristics of the subject) and external factors (the environment around the subject such as family condition and seperately pair distant from the boyfriend).

The purpose of this research is to find out the happening conflict on LDR, to know the cognitive processes that occur at the time of LDR, determine the factors that led to the emergence of emotional loneliness when undergoing LDR, determine the effect dependent personality against the emotional loneliness , and know the process of settlement of emotional loneliness that has been done while undergoing LDR. This research used *research and development* approach. The assessment process conducted using depth interviews, questionnaires (SP, SELSA-Short Form and questionnaire Keakraban). In addition to the assessment process also uses several psychological tests such as the graphics tests (DAP, BAUM and HTP) and also projections test (TAT)

Assessment result showed the problems that occurs more directed at the internal aspect such as has a dependent personality , lack of attachment , do not have close friends as a place to share joy and grief, needed to know and understand others, has limited social environment, feeling rejected, ignored and not understood by others, lack of social support, especially in terms of motivation and problem solving .

Based on the problems that exist on the subject then drafted a content module with a long distance relationship (LDR), emotional loneliness, and self therapy: writing. Intervention methods that exist on the module using the writing paradigm by Pannebaker and writing stages by Dowrick as one of the ways that can be done to minimize the emotional loneliness.

This *Self Therapy*: Writting module result was quite interesting in overall either in terms of layout, content, and also exercises that considered appropriate with subject condition. This module received positive feedbacks as subject could benefit from the materials presented in the module.

Keywords: *long distance relationship, LDR, and emotional loneliness.*