

FOR THE BETTER OR THE WORSE? EXPLORING EMERGING ADULTS' EXPERIENCES IN DEALING WITH FRIENDSHIP BREAKUP

Fadia Khanza Arinda¹, Wenty Marina Minza²

^{1,2}Faculty of Psychology, Universitas Gadjah Mada, Indonesia

email: fadia.khanza0604@mail.ugm.ac.id, wminza@ugm.ac.id

Abstract. Friendship is an essential component of an individual's life, with its profound role in providing support for health, happiness, and well-being. Nevertheless, situational changes and friendship challenges posit the risk of prolonged relational strain, contributing to the dissolution of friendship. This study aims to explore the process in which friendship dissolve during emerging adulthood, a life stage where multiple life transitions commonly occur. In carrying out this study, a qualitative descriptive approach was employed. Data was collected through in-depth interviews involving 5 female emerging adults in Indonesia within the age of 18 to 25 years old. Data was further analyzed with thematic analysis. Results suggested friendship breakup as a gradual loss of relational closeness leading to an emerging relational ambiguity. Unresolved relational tension through recurrent violation of valued friendship components prompted behavioral actions indicative of friendship breakup. Emerging adults reported the use of effective coping strategies to attain relief from the emotional distress post-dissolution. This study underscores the multifaceted aspect of friendship breakup, where multiple factors contribute to the decision of terminating friendships and despite the ensuing distress, friendship breakup also fosters coping, relief, and greater clarity regarding desired qualities and approaches in future friendships.

Keywords: *emerging adults, friendship, friendship dissolution*

Abstrak. Pertemanan merupakan bagian penting dalam kehidupan individu karena berperan dalam mendukung kesehatan, kebahagiaan, dan kesejahteraan. Namun, perubahan situasi dan berbagai tantangan dapat menimbulkan ketegangan yang berujung pada disolusi pertemanan. Penelitian ini bertujuan memahami proses terjadinya disolusi pertemanan pada masa dewasa awal, rentang waktu yang identik dengan banyak transisi kehidupan. Studi kualitatif dengan pendekatan deskriptif dilakukan melalui wawancara mendalam dengan lima partisipan berusia 18-25 tahun di Indonesia, yang kemudian dianalisis menggunakan analisis tematik. Hasil penelitian menunjukkan bahwa disolusi pertemanan dipahami sebagai hilangnya kedekatan secara bertahap yang memunculkan ambiguitas hubungan. Ketegangan yang tidak terselesaikan akibat tidak terpenuhinya kualitas dalam pertemanan secara berulang kali mendorong keputusan mengakhiri pertemanan. Meskipun menimbulkan distress emosional, partisipan mampu menggunakan strategi koping yang efektif serta memperoleh pemahaman lebih jelas mengenai kualitas yang diinginkan dan pendekatan yang akan digunakan untuk pertemanan ke depannya.

Keywords: *disolusi pertemanan, dewasa muda, pertemanan*