

ABSTRAK

Gaslighting merupakan fenomena dalam hubungan antarpribadi termasuk dalam hubungan suami istri. *Gaslighting* dapat menyebabkan terjadinya konflik yang berakibat buruk. Konflik ini dapat mengarah kepada amarah, luka batin, gangguan psikologis, bahkan luka fisik. Hal ini membuat mereka yang terlibat di dalamnya kesulitan untuk menjalani kehidupan. Penelitian ini bertujuan untuk memahami lebih dalam mengenai motivasi, pengalaman dan makna *gaslighting* bagi pasangan suami istri di Banyumas. Metode penelitian ini adalah kualitatif dengan menggunakan studi fenomenologi oleh Alfred Schutz. Subjek pada penelitian ini berjumlah delapan orang. Teknik pengumpulan data yang digunakan yaitu wawancara mendalam, observasi, serta studi dokumentasi. Hasil penelitian menunjukkan bahwa motivasi seseorang melakukan *gaslighting* cenderung untuk mempertahankan kendali dalam hubungan dan mempertahankan hubungan, sementara itu pengalaman korban *gaslighting* berdampak negatif pada korban dan pelaku, termasuk menurunnya kepercayaan diri dan meningkatnya tekanan psikologis serta sanksi sosial yang diterima pelaku. Makna *gaslighting* mengarah kepada hal negatif dalam suatu hubungan yang merugikan kedua belah pihak.

Kata kunci: *Gaslighting*, hubungan suami istri, manipulasi psikologis, suami istri, komunikasi *interpersonal*.

ABSTRACT

Gaslighting is a phenomenon in interpersonal relationships including in husband and wife relationships. Gaslighting can cause conflicts that have bad consequences. This conflict can lead to anger, inner wounds, psychological disorders, and even physical injuries. This makes it difficult for those who are involved in it to live their lives. This research aims to understand more deeply about the motivation, experience and meaning of gaslighting for married couples in Banyumas. This research method is qualitative using phenomenological studies by Alfred Schutz. The subjects in this study were eight people. The data collection techniques used are in-depth interviews, observations, and documentation studies. Research results show that a person's motivation to do gaslighting tends to maintain control in relationships and maintain relationships, while the experience of gaslighting victims has a negative impact on the victim and the perpetrator, including decreased self-confidence and increased psychological pressure as well as social sanctions received by the perpetrator. The meaning of gaslighting leads to negative things in a relationship that harms both parties.

Keywords: Gaslighting, husband and wife relationship, psychological manipulation, husband and wife, interpersonal communication.