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"Exploration of Asian Indigenous Perspective:
Communalities and Differences"

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International Conference of Revisited Asian Society Proceeding
“Exploration of Asian Indigenous Perspective:
Communalities and Differences”

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Foreword

"Exploration of Asian Indigenous Perspective: Communalities and Differences"

Humanities and social sciences are characterized by the indigenous nature of research objects when compared with natural sciences in which universal facts are pursued. The indigenous nature is also reflected in research stance in which concepts and theories that are never free from cultural and historical constraints should be emphasized. However, major portion of study in humanities and social sciences has been affected by the concepts, theories and methodologies that were originally developed by Western researchers. Learning from the West was certainly required in the past, but it is time now when we, Asian researchers, should remind ourselves of the undeniable fact that we live in Asia, an area that consists of many countries which share historical and cultural background. It is time for us to start exploring our own studies intensively based on our own concepts, theories and methodologies.

In exploring our own way to go, we have to be careful not to exclude Western researches. Actually, a few Western researchers are already convinced that their academic activities have been bounded by their own historical and cultural background and thus it is simplistic to see phenomena in other areas of the world from their own perspective. Moreover, they are keenly interested in what and how new researches can emerge among those who have different historical and cultural heritage. It is productive to invite such Western researchers to join our challenge to explore our own way of studies.

Needless to say, many countries in Asia are different from each other historically and culturally while they have communalities. Here, differences and communalities should be examined simultaneously, that is, difference can be illuminated on the basis of communality while communality can be discovered in the investigation of differences. We should remember it without repeating the failure that was once made by Western researchers who were fascinated by Orientalism.

The need to develop Asian local-based knowledge has become an increasing necessity. The global financial crisis in the United States and Western Europe, triggered by the bankruptcy of Lehman Brothers in the U.S, indirectly raised anticipation amongst the world’s citizens for the resurgence of Asia to accelerate the world’s economic recovery. This time
is the momentum of Asian social scientists to revive something that has existed in the long history of Asian’s civilization. The effort to produce the Asian knowledge is important because as it had been predicted by some experts, within the next few years, Asia will be the determinant of the direction of world.

The forum has become possible by academic international challenges that have been attempted by three groups of researchers. First, more than twenty researchers participated in an international conference named the ‘Revisited Asian Society’ from Indonesia, Malaysia and Japan in 2009. The conference was organized by researchers in Sanata Dharma University, Indonesia, who were specialized in sociology, social psychology, anthropology, economics and historical/cultural studies. Dr. Christina Siwi Handayani (Dean of Faculty of Psychology, Sanata Dharma University) played leadership in organizing the conference. The second symposium was held in 2010 with the increased number of participants and the more enriched contents of presentations and discussions. Exploration of possibilities of Asian studies from Asian perspective was consistently a major focus in the two conferences above.

Second, more than ten sociologists, anthropologists and social psychologists gathered together at Hong Kong University from China, Taiwan and Japan in 2008. It was the first workshop named the ‘Critical Asian Studies Forum.’ Dr. Hongguang Luo, Chinese Academy of Social Sciences, initiated the Forum. The second and the third Forums were held in Taiwan in 2009 and in Japan in 2010, respectively, while persistently keeping both the overcoming traditional dependence on Western studies and the creation of indigenous Asian studies to be a common major focus.

Third, researchers in four continents, North and South American, European and Asian Continents, jointly published a book that consisted of many excellent papers. The book titled ‘Meaning in Action’ was published from Springer by three editors, Toshio Sugimana (Kyoto University, Japan), Kenneth Gergen (Swarthmore College, USA) and Wolfgang Wagner (University of Linz, Austria). The three editors as well as all contributors shared a research stance in which indigenous aspects should be respected.

The project is located at a junction of the three streams of academic challenge above. Specifically, we have three purposes in the project. First, we aim at facilitating sharing concrete studies carried out in different areas or countries in Asia. Basically, the studies presented in the proposed symposium are not laboratory studies in an abstract situation but field studies that focus on a concrete phenomenon in a real concrete situation.
Only such reality-based studies can bring mutual understanding of both communalities and differences among different societies in Asia to people whose historical and cultural backgrounds differ from each other.

Second, we emphasize not only descriptive approach but also practical approach. In humanities and social sciences, it is impossible for a researcher to be neutral or independent from the phenomenon he/she observes. Interaction is inevitable between a researcher and a research object regardless of whether or not he/she wants because the object, or a part of the object, is a human being. If so, more active interaction can be assumed between the both so that collaborative practice by the both is accepted or even appreciated. Action-research that is implemented to resolve practical problems is emphasized in our symposium.

Third, possibilities of new theoretical perspective are discussed. Western perspective has been characterized by the reduction of phenomena into elements and the attempt to reproduce the phenomena by synthesizing knowledge of the elements. Even most system theories are not exceptional for this. But, more holistic perspective might be possible. For example, it might be possible to assume that an individual person is not a fundamental element of a group or society but is crystallized as something like a point that is characterized by multiple belongingness to a unique set of groups, organizations and communities.

The conference invite multi-disciplines perspectives and methodology of social and humanities disciplines including economic, politic, sociology, anthropology, history, psychology and etc. And the list keynote speakers are:

**Japanese Professors:**
- Prof. Toshio Sugiman (Graduate School of Human and Environmental Studies, Kyoto University, Japan)
- Prof. Akiko Rakugi (Okayama Perfecture University, Japan)
- Prof. Masahiro Tsujimoto (Department of Psychology, Faculty of Arts and Letters, Tohoku University)

**Indonesian Professors:**
- Prof. Hamdi Muluk (University of Indonesia, Faculty of Psychology, Jakarta)
- Dr. Nani Nurachman (Atmajaya University of Jakarta, Faculty of Psychology, Jakarta, Indonesia)
- Prof. Suryanto (Airlangga University, Faculty of Psychology, Surabaya, Indonesia)
The conference discusses how best to work together to contribute to the Asian knowledge production that is responsive to social changes and problems in Asian society. More precisely, the activities are to be held for four following targets: (a) First, we aim at facilitating sharing concrete studies carried out in different areas or countries in Asia. Only such reality-based studies can bring mutual understanding of both communalities and differences among different societies in Asia to people whose historical and cultural backgrounds differ from each other; (b) Second, exploring a new theoretical perspective are discussed. Western perspective has been characterized by the reduction of phenomena into elements and the attempt to reproduce the phenomena by synthesizing knowledge of the elements. Even most system theories are not exceptional for this. But, more holistic perspective might be possible; (c) Third, exploring a new way of academic activities are discussed. We emphasize not only descriptive approach but also practical approach. Action-research that is implemented to resolve practical problems is emphasized in our symposium; (d) Fourth, developing a network of Asian researchers who share the goals with us.

The anticipated results of the conference are: (a) The networking to encourage the Asian scientists to produce the Asian knowledge that responsive to social change and problems in Asian society; (b) The establishing an academic association on Asian Studies to implement the missions of Asian knowledge production in face-to-face trust relationships.
at once to preserve diversity and cultural heritage in the context globalized society in this region.

Yogyakarta, June 30, 2011

Christina Siwi Handayani
Toshio Sugiman
Hamdi Muluk
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Zoophobia Behavior in Middle Adult Woman

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Abstract: This research background is to see how zoophobia behavior in middle adult women in their childhood and the events that made the subject of phobic subjects to middle adulthood, with the aim is to study the behavior of individual middle women zoophobia and to provide additional knowledge about the zoophobia behavior of the middle adult woman, the types of qualitative research is case of study type. By using the method of observation and interview, the subjects of this study is a woman aged 40-60 years, phobic's caterpillars since childhood and have a family. After a research note that the results of research shows the illustration of zoophobia behavior in middle adult women corresponding to the dimensions phobia is the fear that is very strong in the subject, how the subject expresses their fear by shouting, screaming, throwing stuff, and there are people who beat other people whom happened to be around the subject and excessive to efforts in conducting the avoidance of caterpillars, with the factors that let to the formation of the phobia in a subject that is with the trauma in the days of small subjects, and events similar to the days of minor trauma to the subject.

Keywords: Phobia, zoophobia, and middle adult woman

Introduction

Generally regarded as the mid adult between the ages of 40 to 60 years of this period was marked by changes in physical and mental. This period is the most difficult period in the life span of how well individuals are trying to adjust the results will depend on the basics that were implanted in the early stages of life, particularly expectations about self-adjustment of roles and social expectations of adult society. In general, adult women entering middle (center) will experience many changes physically and psychologically. Naturally women entering middle adulthood is a time of transition from childhood into adolescence and later adult women in terms of adjustment in daily life or social (Monks, Knoers & Haditono, 1982).
However, if the adult women do not associate the maximum in the transition because it is formed by the frightening experience of the past resulted in settling specific phobia since childhood, then the adjustment to the environment and everyday behavior will encounter many obstacles. Mid adult women have a greater level of anxiety in older people. There is some evidence that emotional tension is more common during middle adulthood than later. This can be explained by the fact that during the age of forties there is a change in lifestyle, changes in roles and changes in self-concept by changes in role and physical changes abruptly. Especially if there is a fear of situations or objects that cause phobias it will stimulate the emotions that interfere with the tension (Monks, Knoers & Haditono, 1982).

Phobia is an intense fear reaction (abnormal) of typical situations or objects. Usually people experience fear only if they are in special situations or when seeing objects that are special. However, sometimes it is linked to phobic obsession, in such events, people react to the obsessive thoughts as well as against the actual situation. In other words, people who have a phobia disorder know that the basis of the fear that in reality does not exist. But even so one can not stop from his fears. Knowledge of the reality of the situation is very important to distinguish between people who have phobias with delusions. In phobic disorders people see an inappropriate separation between aspects of cognitive and emotional aspects of psychological aspects (Semiun, 2006). No one is totally free from fear. Probably most people have fears that special. fears that particular thing worrying only if it is so strong that it interferes with normal activities of individuals and affect mental health (Simian, 2006).

Phobia is a feeling of fear created by situations that do not show the true threat to their survival. The response was probably something that tends to bounce, resulting in a confused mind, inability to remember facts easy to remember though, and mostly a sensation of blind panic. Perhaps as well as physical reactions that lead to a crippling symptom facts, such as stomach ache, nausea, dry vomiting, sweating, trembling, palpitations and irregular breathing (Lewis, 1991). Every person has a natural fear but when anxiety or fear without a clear basis is something that is not common among the community which is known as a phobia, phobias Basically anyone can occur due to various factors. But many people with phobias assume that it is an important problem in his life for patients able to cope. As in a study conducted by Rahayuningsih (2009) that is systematic in vivo desentisation therapy is more effective than an imaginary therapy to deal
with specific phobia is a phobia in animals. Phobia is an intense fear reaction to specific situations or objects, even if the person realizes that the actual danger is not really there, but still feels afraid. People who have phobic disorders to know that the essence of his fears do not exist, but nevertheless they can not stop from fear.

Drever (1988) defines a phobia as "fear of an object or situation that can not be controlled, which is usually accompanied by pain that need to be treated". Another opinion says phobia as a "pain to things that are considered threatened." Zoophobia certain sense of fear in animals (Riyanti & Prabowo, 1998; Caplin, 2006). With our own fear, we will protect ourselves from dangers such, everyone was afraid of venomous snakes. This fear is normal and makes sense because people can die if the taxable venomous snake but when the man panicked when he saw the snake is not poisonous or viewing pictures of snakes, then this person has a phobia about snakes. Specific phobia is the range which occurs in adult women in adulthood is every woman has a role in life more. Basically, women are more likely to experience specific phobias than men about it because of cultural factors in which women have always depended on men to ask for protection from the threat of a situation or object that is in the surrounding environment (APA, 1994). Specific phobia is an anxiety that the disease is most common and highly prevalent in women or men. About 6 percent of people with specific phobias women have higher levels of 8% compared to 3.4% of men experience specific phobias (Meyers et al, 1984) this is probably because women have a greater willingness to admit his fears than men. Phobia is considered as a special form of fear. In phobic anxiety experienced when a person faces the feared object or situation, or in anticipation of the confrontation. Women have about 2 times the likelihood for the development of phobias more specific than in males. Because women are not able to control emotions within him and weak to cope with situations or objects that cause the emergence of a phobia, so she always asked for protection in men (APA, 2000). Basically every human being has the level of anxiety is different, however in phobic’s specific anxiety level in women was higher than in men so that women can not control his anxiety in daily life (Kessler et al., 1994; Robin & Regier, 1991). However, if the adult individuals who suffer from specific phobias they will be unable to perform social roles and expectations well. In general, as well as adults, a sense of phobia reported more common in girls than boys (Lichenstein and Annas, 2000). About 10 to 15 percent of children and adolescents suffering from phobic disorders, making some of the most
common disorders childhood (Cohen et al, 1993), but most adults who experience anxiety problems can be traced backwards to a child because of childhood fear experienced by developing faster and if no treatment earlier then that fear will continue to stay on her until adulthood and is more difficult to handle. Specific Phobias mostly arise in the early childhood and not until past puberty or adulthood. In longitudinal studies are important, Agran, Chapin and Oliveau (1972) using samples of 10 children and 20 adults who have phobias during the period of 5 years (Ollendick, 1985; Silverman & Nelles, 1990), they argue that 100% of children have increased, while only 43% of adults who experienced an increase of 20% unchanged and 33% became worse off.

Ollendick (1979) showed that although all children have increased only 40% which is completely free from symptoms of phobia. A small number of samples of phobias that begin experienced in the last year children are likely to continue into adulthood, even without knowing the reason why it can happen. Phobias are rare in adulthood and even if there is usually a direct result of traumatic experience. Phobias can be formed if not reduced, continues to happen for years though has taken various medications. Phobias in general occurs in childhood that may occur in girls or boys, fear is lost on boys in adulthood but not in girls who tend to continue into adulthood and therefore a phobia in adult women can be seen to have continuation of fear in the earlier period of childhood (Stirling, 1999). Instead a small number of samples experienced phobias begin in childhood tend to continue until adulthood. In a study conducted in America much fear that is in fact an adult is associated with childhood, or has been there since childhood and never go away (McNeil, 1990). Fear of snakes is the phobia is often associated with women because the fear it’s self usually started from childhood. Caterpillars easily found and therefore a theoretical explanation about the reactions ranged from phobic result of learning the wrong reaction to the symbolic meanings (Allan, 2000).

People who have specific phobias tend to exaggerate the possibility of danger or threat. Anxiety that has been previously thought occurs when a person is forced to involved in situations of a simple phobias. This situation triggered avoidance behavior of people who suffer from phobias such as caterpillars will dodge out of the house for fear of meeting with a snake (Decerg, 1994). Many fear that is not cause enough pain to force individuals to seek help handling, for example if someone who has a huge fear of caterpillars found in metropolitan areas, are less likely individuals having direct contact with the feared object, so that one can not believe that
there is something wrong with them (Davidson, 2004). Previous description concluded that zoophobia is to settle until middle adulthood, and is more common in women. Women who experience zoophobia since childhood to middle adulthood will affect their behavior in the achievement of daily role in her life.

According to Melville (1977), there are 4 dimensions in phobia, namely:

1. Appreciation and subjective experience in nature
2. How to express that fear
3. Efforts to avoid or escape for certain situations

In this study, using the dimensions according to Melville (1977) because it is more appropriate for the subjects used in this study. Phobias By Kartono (1978) the causes of phobias are:

1. Ever have a great fear
2. Original experience is accompanied by shame and guilt, then all suppressed (repressed) to forget those events
3. If you're having a similar stimulus, there will be a conditional fear response back, even though the events of the original experience has been forgotten.

Great fear responses always arise again, even though there were attempt to suppress and eliminate such responses. Etiology of Phobias by Theory of Psychoanalysis Sigmund Freud, the phobia is a defense against anxiety caused by impulses id is pressed. Anxiety is diverted from the dreaded impulse id and moved a little market to object or situation that has a symbolic connection with him. By avoiding one can avoid the conflicts that pressed. phobia is the way the ego to avoid confrontation with the real problem. Phobia appears to the surface in the early of adulthood, a person experiencing some form of stress. Freud was the first to systematically try to explain phobic behavior development. According to Freud, the phobia is a defense against anxiety caused by impulses id which is pressed. Based on the theories of other phobias of psychoanalytic, filed by Arieti (1979) describes a situation that is pressed is the internal problems of certain childhood and not impulses id. Arieti (1979) theorized that in childhood, people who initially underwent phobia of without sin period in which they believe others around them to protect them from danger. Then they became afraid to adult people, especially parents are not reliable, they can not live with the absence of such fear, or fear to others, to be able to trust others,
they changed unconsciously fear the other person becomes fear of an object or situation that is not comfortable.

Methods

In this study, researchers used a technique that conventional informal interview. The reason researchers use these techniques is with a question that will be given and answered spontaneously by the subject, the investigator will obtain much more data from the subject. In this research method, researchers used a qualitative research method with type research of case studies. Qualitative research by Sukmadinata (2005) is a study that aimed to describe and analyze the phenomenon of events, social activities, attitude confidence, perception, thinking people, individually and in groups. Likewise said by Danin (2002), that qualitative research is systematic study and the object that is used to describe the experience of life and give it meaning. Subjects in this study are married women aged 40-60 years belonging to middle adulthood (Haditono, 2001) which has undergone zoophobia for 35 years since the age of 10 years. In this study, researchers used a technique that conventional informal interview. The reason researchers use these techniques is with a question that will be given and answered spontaneously by the subject, the investigator will obtain much more data from the subject.

Result

Subjects had a phobia of caterpillars, which initially occurred when the subject was a child, when the subject of elementary school in the area of residence subject Rawamangun small time when the subject was playing last caterpillar is attached at the foot of the subject when the subject was standing incident was made the subject continues to feel haunted, as if caterpillars are always attached to your body wherever the subject is the subject and upon seeing these caterpillars. The action is in accordance with the subject raised in Dimensions phobias by Melville (1977) that is the subject of the appreciation and experience nature. If the subject met with caterpillars then subject to spontaneous beat people around him, screaming with hysteria, screaming, asking for help with other people, jumping, scratching his own subject entity, and subject always to see the area a lot of trees or grass, and if you're watching TV the caterpillars then immediately change the subject of a TV station and get out of there and avoid the subject of pictures of caterpillars. The behavior is in accordance with the characteristics of phobias in accordance with the dimensions set out in
phobias by Melville (1977) is a way to express that fear. Subjects try to avoid places that will cause fear in caterpillars and when the subject is in place there is a caterpillar, then immediately turn away and leave, subject feel this kind of the place is very disturbing and everyday in subject's life when praying and knows that there are caterpillars near by, subject immediately avoid going to these places, when she was at her family's home, which trees or grass are around the house, then the subject did not want to go there and the subject does not maintaining the trees or grass in the neighborhood of the subject. When the subject is doing the pray activity and saw a caterpillar, the subject will lose concentration and going away from the area. This kind of behavior is mentioned and presented in phobic dimensions by Melville (1977) which attempts to avoid or escape from certain situations. When the subject was a child the subject had a traumatic experience events caused by caterpillars and remain until now, that is when the subject was playing caterpillars suddenly stuck at the foot of the subject, and the subject feel very afraid and since then, when the subject saw caterpillars, subjects felt that the caterpillars is attached to her body once again, it is in accordance with that proposed by Kartono (1987) that the factors that phobia affect is ever experienced in such great fear. Subjects attempted to cover up the incident from another person because the subject does not want anyone to feel "happy" to scare the subject, the subject is not trying to cure the phobia for the subject feels when treated for the healing of the subject will be given forcibly caterpillars.

Behavior in accordance with the proposed by Kartono (1987) that the factors that cause a phobia of the original experience is followed by shame and guilt, then all suppressed (repressed) to forget those events. Subjects had experienced an event that is the same as what was once the subject had experienced, that is when the subject is praying in the mosques, suddenly there is a caterpillars attached on subject's head hooded which is very frightening incident for the subject, the subject felt that such incidents happen again like before with the same sense of fear. The behavior is in accordance with what was raised by Kartono (1987) that the factors that lead to a phobia is if you have a similar stimulus, there will be a conditional fear response back, even though the events of the original experience has been forgotten. Great fear responses always arise again, even though there were attempts to suppress and eliminate these responses. Subjects felt that the phobia of the subject because of the trauma experienced in childhood continue to disrupt the event, everyday in subject's life, the subjects tried to suppress the incident by not telling
Based on the results of research, the subject's behavior in accordance with the dimensions of phobias by Melville (1977), i.e., appreciation and subjective experience on the subject of nature to show that when the subject is still in the little experience that makes the subject feel the trauma will be the subject of caterpillars and will issue a strong fear reaction and subject to anticipate the absence of trees the subject of living environment. The way to express that fear is to show that when the subject met with the subject caterpillars screaming hysterically and get out of the situation screaming, jumping around and hit people and immediately asked for help of other people. Efforts to avoid or escape from certain situations is that the subjects tried to avoid the existence of caterpillars leave and leave soon and that the subject tried to weeks to avoid places that allow the caterpillars.

Based on the theory Kartono (1987) is a biological factor that causes the phobia on the subject because it had experienced a great fear that the subject had experienced minor trauma while playing at a time when all of a sudden caterpillars sticking it at the foot of the subject makes self-trauma in the subject since the fear of caterpillars. This experience is accompanied by shame and guilt, and they were all suppressed (repressed) to forget about these events is that the subject did not inform anyone about his fears for the fear and the subject to ignore the opinions of others (cool) with fear so that the subject is not want to cure her fear with therapy. Subjects experienced a similar stimulus, there will be a conditional fear response back, even though the events of the original experience has been forgotten. Great fear responses always arise again, even though there were attempts to suppress and eliminate these responses is that subjects had experienced similar events with the first incident when the subject is praying, caterpillars clinging in the hooded subject to make the subject feel the fear.

Theory Etiology Davidson (2004) based on the theory of psychoanalysis, which shows the etiology of phobias that have frightened the days of his little subject is inherent in the subject until today, when the subject met with the caterpillars are then the subject will again feel the fear the days of childhood.
References
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