

PENGARUH KELEKATAN ORANG TUA DAN KELEKATAN TEMAN SEBAYA TERHADAP REGULASI EMOSI SISWA DI SMAIT INSAN HARAPAN KARAWANG

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh kelekatan orang tua terhadap regulasi emosi siswa di SMAIT Insan Harapan Karawang, pengaruh kelekatan teman sebaya terhadap regulasi emosi siswa di SMAIT Insan Harapan Karawang, dan pengaruh kelekatan orang tua dan kelekatan teman sebaya terhadap regulasi emosi siswa di SMAIT Insan Harapan Karawang. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian kausalitas. Metode pengambilan sampel yang digunakan adalah *non-probability sampling* dengan teknik sampel total sehingga 142 populasi siswa yang terdiri dari siswa kelas X, XI, dan XII menjadi subjek penelitian. Penelitian ini menggunakan skala regulasi emosi (ERQ-CA) dan skala kelekatan (IPPA). Hasil penelitian menunjukkan nilai signifikan dari variabel kelekatan orang tua sebesar $0,000 < 0,05$, yang berarti ada pengaruh kelekatan orang tua terhadap regulasi emosi siswa. Nilai signifikan dari variabel kelekatan teman sebaya terhadap regulasi emosi siswa sebesar $0,008 < 0,05$, yang berarti ada pengaruh kelekatan teman sebaya terhadap regulasi emosi siswa. Sedangkan secara simultan nilai signifikan sebesar $0,000 < 0,05$, yang berarti ada pengaruh kelekatan orang tua dan kelekatan teman sebaya terhadap regulasi emosi siswa. Kesimpulan dari penelitian ini adalah ada pengaruh kelekatan orang tua dan kelekatan teman sebaya terhadap regulasi emosi siswa di SMAIT Insan Harapan Karawang. Besaran pengaruh kelekatan orang tua dan kelekatan teman sebaya terhadap regulasi emosi siswa di SMAIT Insan Harapan Karawang secara bersama-sama sebesar 28,7%, dengan besaran pengaruh kelekatan orang tua sebesar 17,65% dan besaran pengaruh kelekatan teman sebaya sebesar 11,06%.

Kata kunci: Kelekatan Orang Tua, Kelekatan Teman Sebaya, Regulasi Emosi, *Boarding School*

**THE INFLUENCE OF PARENTAL ATTACHMENT AND PEER
ATTACHMENT ON STUDENT EMOTIONAL REGULATION AT SMAIT
INSAN HARAPAN KARAWANG**

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ABSTRACT

This study aims to determine the effect of parental attachment on student emotional regulation at SMAIT Insan Harapan Karawang, the effect of peer attachment on student emotional regulation at SMAIT Insan Harapan Karawang, and the effect of parental attachment and peer attachment on student emotional regulation at SMAIT Insan Harapan Karawang. This study uses a quantitative approach with a causality research design. The sampling method used was non-probability sampling with a total sample technique so that the 142 student population consisting of students in grades X, XI, and XII became research subjects. This study used the emotion regulation scale (ERQ-CA) and attachment scale (IPPA). The results showed that the significant value of the parental attachment variable was $0.000 < 0.05$, which means that there was an influence of parental attachment on students' emotional regulation. The significant value of the peer attachment variable on student emotional regulation is $0.008 < 0.05$, which means that there is an influence of peer attachment on student emotional regulation. While simultaneously a significant value of $0.000 < 0.05$, which means there is an influence of parental attachment and peer attachment to student emotional regulation. The conclusion of this study is that there is an influence of parental attachment and peer attachment to the emotional regulation of students at SMAIT Insan Harapan Karawang. The magnitude of the influence of parental attachment and peer attachment on student emotional regulation at SMAIT Insan Harapan Karawang together is 28.7%, with the magnitude of the influence of parental attachment of 17.65% and the magnitude of the influence of peer attachment of 11.06% .

Keywords: Parental Attachment, Peer Attachment, Emotion Regulation, SMAIT Insan Harapan Karawang