

GAMBARAN REGULASI EMOSI PADA DEWASA AWAL DENGAN ORANG TUA BERCERAI DI KARAWANG

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran regulasi emosi pada dewasa awal dengan orang tua bercerai di karawang. Metode pengumpulan data menggunakan skala regulasi emosi untuk mengukur regulasi emosi terbagi menjadi dua strategi yaitu *cognitive reappraisal* dan *expressive suppression*. Populasi dalam penelitian ini adalah pria dan wanita dengan orang tua bercerai usia 20 hingga 40 tahun jumlah populasi 100 orang. Hasil uji normalitas menunjukkan taraf signifikansi 0,056 dimana lebih besar dari 0,05 yang berarti dapat dikatakan sebaran skala regulasi emosi berdistribusi normal. Hasil uji kategorisasi menunjukkan bahwa kemampuan proses regulasi emosi pada dewasa awal tergambar bahwa mayoritas responden memiliki kemampuan meregulasi emosinya menggunakan strategi *expressive suppression* sebanyak 65%.

Kata kunci: regulasi emosi, dewasa awal, orang tua bercerai

OVERVIEW OF EMOTION REGULATION IN EARLY ADULTS WITH DIVORCE PARENTS IN KARAWANG

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ABSTRACT

This study aims to determine the description of emotional regulation in early adulthood with divorced parents in Karawang. The data collection method uses the emotional regulation scale to measure emotional regulation divided into two strategies, namely cognitive reappraisal and expressive suppression. The population in this study were men and women with divorced parents aged 20 to 40 years with a population of 100 people. The results of the normality test showed a significance level of 0.056 which is greater than 0.05, which means that the distribution of the emotional regulation scale is normally distributed. The results of the categorization test showed that the ability of the emotional regulation process in early adulthood was illustrated that the majority of respondents had the ability to regulate their emotions using the expressive suppression strategy as much as 65%.

Keywords: emotional regulation, early adulthood, divorced parents

