

ABSTRAK

HUBUNGAN *PEER ATTACHMENT* DENGAN REGULASI EMOSI PADA SISWA KELAS VII DI SMP SANTO YUSUP PACET MOJOKERTO

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Remaja mengalami peningkatan emosi karena tekanan sosial dan melewati situasi baru dan kurang mempersiapkan diri untuk menghadapi situasi seperti itu saat masih kanak-kanak sehingga menghasilkan ketegangan dalam mengelola emosi. Remaja yang tidak dapat mengendalikan emosi secara efektif berdampak pada pengalaman emosional sepanjang hidup mereka. Tujuan penelitian ini adalah untuk mengetahui Hubungan *peer attachment* dengan regulasi emosi siswa SMP Santo Yusup Pacet Mojokerto. Desain penelitian korelasi dengan pendekatan *cross sectional*, populasi sebanyak 76 responden Teknik pengambilan sampel *Non probability sampling tipe total sampling*. Instrumen yang digunakan adalah *Skala inventory of parent and peer attachment* dan *Skala Emotion regulation questionnaire for children and adolescents (ERQ-CA)*. Pengolahan data dilakukan dengan *editing, coding, scoring, tabulating* dan dilakukan uji statistik menggunakan Uji *Cross-tabulation*. Hasil penelitian diperoleh *Peer Attachment* baik memiliki regulasi baik sebanyak 65 responden (85,5%), *Peer Attachment* cukup dengan regulasi cukup sebanyak 2 responden dan *peer attachment* kurang dengan regulasi emosi cukup sebanyak 3 responden (6,6%) dan *peer attachment* kurang dengan regulasi kurang sebanyak 6 responden (7,9%). Sehingga disimpulkan terdapat hubungan antara *peer attachment* dengan regulasi emosi siswa SMP Santo Yusup Pacet Mojokerto. *Peer attachment* dapat dipengaruhi oleh beberapa faktor salah satunya adalah hubungan dekat dengan orang tua dimana dapat menciptakan komunikasi yang baik sehingga dapat meningkatkan *peer attachment* yang baik serta mempunyai regulasi yang baik.

Kata Kunci : *Peer Attachment*, Regulasi emosi, Siswa SMP

ABSTRACT

THE RELATIONSHIP BETWEEN PEER ATTACHMENT AND EMOTION REGULATION IN GRADE VII STUDENTS AT SMP SANTO YUSUP PACET MOJOKERTO

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Adolescents experience increased emotions due to social pressures go through new situations and are less prepared to deal with such situations as a child resulting in tension in managing emotions. Adolescents who cannot control emotions effectively impact emotional experiences throughout their lives. This study aimed to determine the relationship between peer attachment and emotional regulation of junior high school students of Santo Yusup Pacet Mojokerto. Correlation research design with a cross-sectional approach, a population of 76 respondents Non probability sampling technique type total sampling. The instruments used are the parent and peer attachment scale inventory and the Emotion regulation questionnaire scale for children and adolescents (ERQ-CA). Data processing is done by editing, coding, scoring, tabulating, and statistical testing using the cross-tabulation test. The results showed that good peer attachment had good regulation as many as 65 respondents (85.5%), sufficient peer attachment with sufficient regulation as many as 2 respondents, and less peer attachment with sufficient emotional regulation as many as 3 respondents (6.6%) in and less peer attachment with less regulation as many as 6 respondents (7.9%). So that there is a relationship between peer attachment and emotional regulation of junior high school students of Santo Yusup Pacet Mojokerto. Peer attachment can be influenced by several factors, one of which is a close relationship with parents which can create good communication so that it can increase peer attachment.

Keywords: Peer Attachment, Emotion Regulation, Junior High School Students