PERBEDAAN REGULASI EMOSI PADA REMAJADITINJAU DARI FAKTOR USIA DI SEKOLAH YPI SWASTA AMIR HAMZAH MEDAN

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ABSTRAK

Penelitian ini bertujuan untuk melihat perbedaan regulasi emosi pada remaja ditinjau dari faktor usia di sekolah YPI Swasta Amir Hamzah Medan. Subjek penelitian adalah siswa-siswi SD, SMP, dan SMP di sekolah YPI Swasta Amir Hamzah Medan yang berjumlah sebanyak 204 orang. Teknik pengambilan sampel dalam penelitian ini adalah *proportional stratified random sampling*. Metode pengumpulan data menggunakan skala regulasi emosi dan lembar identitas diri responden. Teknik analisis data yang digunakan dalam penelitian ini menggunakan analisis varians 1 jalur dengan F=23.212 dan koefisien Sig. 0.000 < 0.05. Berdasarkan hasil analisis data yang dilakukan, maka diperoleh hasil bahwa terdapat perbedaan. Hasil penelitian menunjukkan bahwa ada perbedaan regulasi emosi pada remaja ditinjau dari faktor usia di sekolah YPI Swasta Amir Hamzah Medan. Remaja akhir diketahui memiliki kemampuan regulasi emosi yang tergolong baik karena nilai mean hipotetiknya (95) < nilai mean empirik (115.45) yang jauh melebihi nilai SD (13.362) daripada remaja madya dan remaja awal. Kemampuan regulasi emosi pada remaja madya tergolong normal karena nilai mean hipotetiknya (95) < nilai mean empiriknya (105.29) yang melebihi nilai SD (8.641) daripada remaja awal yang memiliki kemampuan regulasi emosi dalam golongan sedang sebab nilai mean hipotetik (95) > nilai mean empirik (103.59) hanya sedikit melebihi nilai SD (9.712).

Kata Kunci: *Regulasi Emosi, Remaja*.

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THE DIFFERENCES OF EMOTION REGULATION IN ADOLESCENCES VIEWED FROM AGES FACTOR AT YPI SWASTA AMIR HAMZAH MEDAN SCHOOL

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ABSTRACT

This research was conducted to observe the different emotion regulation in adolescences viewed from ages factor at YPI Swasta Amir Hamzah Medan school. Subject of research is primary school students, junior high school students and senior high school students at YPI Swasta Amir Hamzah Medan school which amounted 204 student. In this research technique for collecting samples used methods of proportional stratified random sampling. Methods of data collection using the scale of emotional regulation and identity sheet of respondents. Data analysis was performed with One Way Anova with F=23.212 and 0.000 < 0.05 as a significant coefficient. Based on the results of data analysis, the results obtained that there are differences in emotional regulation in adolescences in terms of ages factor in YPI Swasta Amir Hamzah Medan school. The late adolescence is known to have a good emotional regulation ability because the hypothetical mean (95) < the empirical mean (115.45) far exceeded the SD value (13.362) more than the middle adolescence and early adolescence. The ability of emotional regulation in the middle adolescence have a normal category because the hypothetical mean (95) < the empirical mean (105.29) exceeded the SD value (8.641) than the early adolescence is to have an emotional regulation in the medium category, because the hypothetical mean (95) > the empirical mean (103.59) more than the SD value (9.712).

Keyword: Emotion Regulation, Adolescence.

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