

RESILIENSI DITINJAU DARI REGULASI EMOSI PADA MAHASISWA PERANTAUAN

Mida Uli Hutagalung ⁽¹⁾, Lamtiar Silalahi ⁽²⁾, Welsi Petrisely ⁽³⁾

Jurusan Psikologi

Fakultas Psikologi Universitas Prima Indonesia

INTISARI

Bagi mahasiswa perantauan tingkat satu, tujuan utama penelitian berikut ialah untuk mengidentifikasi hubungan diantara regulasi emosi dan resiliensi. Mahasiswa tingkat 1 di Fakultas Farmasi Universitas Sari Mutiara diuji apakah ada korelasi yang baik antara regulasi emosi dan resiliensi. Dengan memakai pendekatan seleksi acak bertingkat yang tidak proporsional, 161 mahasiswa perantauan tahun pertama dari Fakultas Farmasi Universitas Sari Mutiara berpartisipasi dalam penelitian ini. penelitian ini menghimpun data secara kuantitatif dengan memakai ukuran regulasi emosi dan resiliensi. Data dianalisis memakai korelasi *Pearson Product Moment* dan hitungan dilaksanakan melalui pengujian analisis asumsi yang meliputi menguji normalitas dan menguji linearitas dengan program *IBM SPSS Statistics 23*. Koefisien korelasi $r = 0,281$ serta $p = 0,000$ ($p < 0,05$) ditemukan dalam analisis data, menandakan yakni dengan arti semakin tinggi regulasi emosi yang dimiliki mahasiswa, maka semakin tinggi pula resiliensi dalam diri mahasiswa. Sebaliknya semakin rendah regulasi emosi yang dimiliki mahasiswa, maka semakin rendah pula resiliensi dalam diri mahasiswa.

Kata kunci : regulasi emosi, resiliensi, mahasiswa

**RESILIENCE IN TERMS OF EMOTION REGULATION IN
OVERSEAS STUDENTS**

Mida Uli Hutagalung ⁽¹⁾, Lamtiar Silalahi ⁽²⁾, Welsi Petrisely ⁽³⁾

Faculty of Psychology, Prima University of Indonesia

ABSTRACT

For first-year overseas students, the main purpose of the following study was to identify the relationship between emotion regulation and resilience. First-year students at Sari Mutiara University's Faculty of Pharmacy were tested to see if there was a good correlation between emotion regulation and resilience. Using a disproportionate stratified random selection approach, 161 first-year overseas students from the Faculty of Pharmacy, Sari Mutiara University participated in the study. The study collected quantitative data using measures of emotion regulation and resilience. The data were analysed using Pearson Product Moment correlation and the calculation was carried out through assumption analysis testing which includes testing normality and testing linearity with the IBM SPSS Statistics 23 program. The correlation coefficient $r = 0.281$ and $p = 0.000$ ($p < 0.05$) were found in the data analysis, indicating that the higher the emotion regulation of students, the higher the resilience in students. Conversely, the lower the emotion regulation owned by students, the lower the resilience in students.

Keywords: *Emotion Regulation, Resilience, College Students*