

REGULASI EMOSI DITINJAU DARI *SIBLING RIVALRY* PADA REMAJA

Elpida Ramayani Habeahan¹, Erika Guspita Windari Bangun²,

Loide Ibrena Theresia Bangun³

Fakultas Psikologi, Universitas Prima Indonesia

INTISARI

Penelitian ini difokuskan untuk mengidentifikasi apakah terdapat keterkaitan mengenai *sibling rivalry* dan regulasi emosi pada remaja, dengan Hipotesis penelitian yaitu “ditemukan korelasi negatif antara *sibling rivalry* dan regulasi emosi”. Penelitian menggunakan metode kuantitatif yang dilaksanakan di Sekolah Menengah Atas swasta Panca Budi Medan dengan sampel 105 remaja yang diambil dari kelas X dan XI, melalui pendekatan *purposive sampling*. Data dikumpulkan melalui instrumen pengukuran regulasi emosi serta *sibling rivalry*. Analisis pengolahan data melalui beberapa tahapan yakni pengujian normalitas dan linearitas, dilanjutkan analisis hubungan antar variabel melalui pendekatan korelasi *Pearson Product Moment* menggunakan perangkat lunak *IBM SPSS Statistics* versi 27. Dari proses analisis data, diketahui koefisien korelasi sebesar $r = -0.788$ dan $p < 0.001$ ($p < 0.05$). Temuan ini mengindikasikan adanya keterkaitan negatif yang signifikan antara *sibling rivalry* dan regulasi emosi terhadap remaja, yang berarti semakin meningkat *sibling rivalry*, maka semakin menurun kemampuan remaja dalam mengatur emosinya. Sebaliknya, semakin menurun *sibling rivalry*, kemampuan regulasi emosi semakin meningkat.

Kata kunci: Regulasi Emosi, *Sibling Rivalry*, Remaja

EMOTION REGULATION IN TERMS OF SIBLING RIVALRY IN ADOLESCENTS

**Elpida Ramayani Habeahan¹, Erika Guspita Windari Bangun²,
Loide Ibrena Theresia Bangun³**

Faculty of Psychology, Prima University of Indonesia

ABSTRACT

This research is focused on identifying whether there is a relationship between sibling rivalry and emotional regulation in adolescents, with the research hypothesis being "a negative correlation was found between sibling rivalry and emotional regulation". The research used quantitative methods which were carried out at the Panca Budi private high school in Medan with a sample of 105 teenagers taken from classes X and XI, using a purposive sampling approach. Data was collected through instruments measuring emotional regulation and sibling rivalry. Data processing analysis went through several stages, namely normality and linearity testing, followed by analysis of relationships between variables using the Pearson Product Moment correlation approach using IBM SPSS Statistics version 27 software. From the data analysis process, it was discovered that the correlation coefficient was $r = -0.788$ and $p < 0.001$ ($p < 0.05$). These findings indicate that there is a significant negative relationship between sibling rivalry and emotional regulation in adolescents, which means that the more sibling rivalry increases, the lower the ability of adolescents to regulate their emotions. Conversely, as sibling rivalry decreases, the ability to regulate emotions increases.

Keywords: Emotion Regulation, Sibling Rivalry, Adolescents