

HUBUNGAN ANTARA KELEKATAN AMAN ANAK-ORANGTUA DENGAN REGULASI EMOSI ANAK USIA 9-11 TAHUN

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ABSTRAK

Penelitian ini bertujuan untuk menguji hubungan antara kelekatan aman anak-orangtua dan regulasi emosi anak usia 9-11 tahun. Hipotesis dalam penelitian ini adalah adanya hubungan yang positif antara kelekatan aman anak-orangtua dan regulasi emosi anak usia 9-11 tahun. Subjek dalam penelitian ini adalah 143 anak kelas 4 dan 5 sekolah dasar yang berusia 9-11 tahun. Alat ukur yang digunakan dalam penelitian ini adalah skala kelekatan aman anak-orangtua dan skala regulasi emosi. Koefisien reliabilitas skala kelekatan aman anak-orangtua sebesar 0,809, sedangkan koefisien reliabilitas skala regulasi emosi sebesar 0,792. Hasil uji korelasi *Pearson* menunjukkan koefisien korelasi sebesar 0,286 dengan taraf signifikansi sebesar 0,001. Hasil tersebut menunjukkan bahwa ada hubungan yang positif dan signifikan antara kelekatan aman anak-orangtua dan regulasi emosi anak usia 9-11 tahun.

Kata kunci : Anak usia 9-11 tahun, kelekatan aman, regulasi emosi



RELATIONSHIP BETWEEN CHILDREN-PARENTS SECURE ATTACHMENT AND EMOTION REGULATION AT CHILDREN AGE 9-11 YEARS

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ABSTRACT

This study aimed to examine the relationship between children-parents secure attachment and emotion regulation at children age 9-11 years old. The hypothesis of this study stated that there is a positive and significant relationship between children-parents secure attachment and emotion regulation. The research was a quantitative and using correlational study. Participants in this study were 143 children were at 4-5 grade of elementary school at the age 9-11 years old. The tools used in this study were children-parent secure attachment scale and emotion regulation scale. The reliability coefficient of children-parent secure attachment scale is 0,809 and 0,792 for emotion regulation scale. The result of Pearson Correlation analyzes showed the correlation coefficient is 0,286 with a significant level of 0,001. The result shows that there is a positive and significant relation between children-parent secure attachment and emotion regulation at children age 9-11 years old.

Keywords : children-parent secure attachment, emotion regulation, children aged 9-11 years old

