

THE CORRELATION BETWEEN EMOTION REGULATION AND FRIENDSHIP QUALITY IN UNDERGRADUATE STUDENTS FROM OUTSIDE YOGYAKARTA

ABSTRACT

This study is aimed to seek the correlation between emotion regulation and friendship quality in undergraduate students from outside Yogyakarta. This study had 160 undergraduate students from outside Yogyakarta, aged 18 - 23 as the participant. The hypothesis was that there was positive relationship between emotion regulation and friendship quality in undergraduate students from outside Yogyakarta. Purposive sampling method was used in this study. Data collection was accomplished with Emotion Regulation Scale and Friendship Quality Scale. The reliability coefficient of emotion regulation scale was $\alpha = 0,842$, and the reliability coefficient of friendship quality scale was $\alpha = 0,938$. The data itself was correlated with Spearman's rho correlation test. The results showed 0,173 correlation and significancy 0,014 ($p < 0,05$). This data means that there is a positive correlation between emotion regulation and friendship quality in undergraduate students from outside Yogyakarta. It means the higher level of emotion regulation, the higher level of friendship quality in undergraduate students from outside Yogyakarta.

Keywords: emotion regulation, friendship quality, student

HUBUNGAN ANTARA REGULASI EMOSI DAN KUALITAS PERSAHABATAN PADA MAHASISWA PERANTAU

ABSTRAK

Penelitian ini berusaha melihat hubungan antara regulasi emosi dengan kualitas persahabatan pada mahasiswa perantau. Hipotesis penelitian ini adalah terdapat hubungan yang positif antara regulasi emosi dan kualitas persahabatan mahasiswa perantau di Yogyakarta. Penelitian ini dilakukan kepada 160 mahasiswa perantau di Yogyakarta, dengan usia 18-23 tahun. Pemilihan partisipan dilakukan dengan metode *purposive sampling*. Pengumpulan data dilakukan dengan menggunakan dua buah skala, yaitu skala Regulasi Emosi dengan koefisien reliabilitas 0,842 dan skala Kualitas Persahabatan dengan koefisien reliabilitas 0,938. Data yang didapat kemudian dikorelasikan dengan uji korelasi *Spearman's rho*. Hasil penelitian menunjukkan nilai korelasi sebesar 0,173 dan nilai signifikansi sebesar 0,014 ($p < 0,05$). Hasil ini menunjukkan bahwa ada hubungan positif di antara regulasi emosi dan kualitas persahabatan pada mahasiswa perantau. Hal tersebut berarti semakin tinggi regulasi emosi maka semakin tinggi kualitas persahabatan mahasiswa perantau. Sebaliknya, semakin rendah regulasi emosi maka semakin rendah kualitas persahabatan mahasiswa perantau.

Kata kunci: regulasi emosi, kualitas persahabatan, mahasiswa perantau