

PERBEDAAN REGULASI EMOSI ISTRI USIA REMAJA DAN ISTRI USIA DEWASA AWAL PADA USIA PERKAWINAN KURANG DARI LIMA TAHUN

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Abstrak

Penelitian ini bertujuan untuk mengetahui perbedaan regulasi emosi antara istri usia remaja dan istri usia dewasa awal pada usia pernikahan kurang dari lima tahun. Regulasi emosi terdiri atas berbagai aspek yang mengacu pada proses, yakni aspek pemilihan situasi, modifikasi situasi, pengarahan perhatian, perubahan kognitif dan modulasi respon. Subjek dalam penelitian ini berjumlah 80 subjek, yang terdiri dari 40 subjek istri usia remaja dan 40 subjek istri usia dewasa awal. Pengumpulan data dilakukan dengan skala regulasi emosi. Reliabilitas skala penelitian menghasilkan koefisien reliabilitas 0,933. Data penelitian dianalisis menggunakan teknik *Independent Sample T-Test*. Hasil uji hipotesis adalah H_0 ditolak, dengan probabilitas 0,028 ($p < 0,05$). Hal ini berarti ada perbedaan regulasi emosi antara istri usia remaja dan istri usia dewasa awal. Perbedaan terletak pada aspek modulasi respon, dimana hasil uji *Independent Sample T-Test* pada aspek regulasi emosi mendapat nilai probabilitas 0,003 ($p < 0,05$). Hasil pembahasan menyimpulkan bahwa usia kronologis mempengaruhi kemampuan regulasi emosi dalam menghadapi masa-masa pernikahan kurang dari lima tahun.

Kata kunci: Regulasi emosi, Istri, Remaja, Dewasa awal, Usia pernikahan kurang dari lima tahun

**THE DIFFERENCES OF EMOTION REGULATION OF THE
ADOLESCENT AND EARLY ADULTHOOD MARRIED WOMAN AT THE
AGE OF LESS THAN FIVE YEARS OF MARRIAGE**

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Abstract

This study aims to determine the difference between the emotion regulation of the adolescent and early adulthood married woman at less than five years the age of marriage. Emotion regulation has various aspects which refers to the process, those are the situation selection, situation modification, attentional deployment, cognitive change and response modulation. The subjects of this study are 80 subjects with 40 subjects are the wife in the adolescent age and 40 subjects are the wife in the age of early adulthood. Data were collected by using the scale of emotion regulation. The reliability coefficient based on the scale research is 0,933. Data were analyzed by using a technique of independent sample T-Test. The results of hypothesis testing is null hypothesis to be rejected, with the 0.028 probability ($p<0,05$). This means that there is a difference between the emotion regulation of the adolescent and early adulthood married woman, with the result of the Independent Sample T-Test of the emotion regulation is 0,003 probability ($p<0,05$). The result of the discussion concluded that chronological age affects the ability of emotion regulation in less than five years of marriage life.

Key words: Emotion regulation, Wife, Adolescent, Early adulthood, Less than five years the age of marriage