

## ABSTRAK

**TINGKAT REGULASI EMOSI PADA PENARI TRADISIONAL TARI  
KLASIK GAYA YOGYAKARTA  
(Studi Kasus Pada Mahasiswa Seni Tari Isi Yogyakarta)**

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Penelitian ini bertujuan untuk (1) Menggambarkan tingkat regulasi emosi pada penari tradisional tari klasik gaya Yogyakarta; (2) item pengukuran tingkat regulasi emosi pada penari tradisional tari klasik gaya Yogyakarta mana sajakah yang memiliki capaian skornya rendah yang kemudian akan dijadikan usulan topik bimbingan.

Subjek penelitian adalah seluruh Mahasiswa Seni Tari ISI Yogyakarta. Jenis penelitian ini adalah deskriptif kuantitatif. Pengumpulan data pada penelitian ini menggunakan *google form* regulasi emosi pada penari tradisional tari klasik gaya Yogyakarta yang berisi 74 item. Kuesioner disusun menggunakan aspek-aspek regulasi emosi menurut Thompson dalam Sawitri (2017), reliabilitas instrumen diuji menggunakan pendekatan *Alpha Cronbach*. ( $\alpha$ ) diperoleh dari hasil nilai koefisien sebesar (0,975) dengan jumlah item yang valid sebesar 69 item. Teknik analisis data menggunakan deskriptif statistik dengan kategorisasi sangat tinggi, tinggi, sedang, rendah, sangat rendah.

Hasil penelitian menunjukkan bahwa (1) terdapat 34 mahasiswa (64.2%) yang Tingkat regulasi emosinya termasuk dalam kategorisasi sangat tinggi, 14 mahasiswa (26.4%) masuk dalam kategorisasi tinggi, dan 5 mahasiswa (9.4%) masuk dalam kategorisasi sedang. (2) Pada penelitian ini juga teridentifikasi bahwa, terdapat 51 item (74%) yang masuk dalam kategori sangat tinggi, 7 item (10%) masuk dalam kategori tinggi, 11 item (16%) yang masuk dalam kategorisasi sedang, dan tidak terdapat item (0%) yang masuk dalam kategori rendah dan sangat rendah. Berdasarkan hasil analisis penelitian, di susunlah topik-topik bimbingan belajar yaitu (1) *Emotions Modification*, (2) *Emotions Monitoring*

Kata kunci: Tingkat Regulasi Emosi

**ABSTRACT****EMOTION REGULATION IN TRADITIONAL DANCERS OF YOGYAKARTA STYLE  
CLASSICAL DANCE  
(Case Study on Dance Students of Isi Yogyakarta)**

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*This study aims to (1) Describe the level of emotional regulation in traditional dancers of classical dance Yogyakarta style; (2) which items of measurement of the level of emotional regulation in traditional dancers of classical dance Yogyakarta style have low score achievements which will then be used as a proposal for guidance topics.*

*The research subjects were all Dance Art Students of ISI Yogyakarta. This type of research is descriptive quantitative. Data collection in this study used a google form of emotional regulation in traditional dancers of Yogyakarta style classical dance which contained 74 items. The questionnaire was prepared using aspects of emotional regulation according to Thompson in Sawitri (2017), the reliability of the instrument was tested using the Cronbach Alpha approach. ( $\alpha$ ) obtained from the results of the coefficient value of (0.975) with the number of valid items amounting to 69 items. Data analysis techniques using descriptive statistics with categorisation of very high, high, medium, low, very low.*

*The results showed that (1) there were 34 students (64.2%) whose level of emotional regulation was included in the very high category, 14 students (26.4%) were in the high category, and 5 students (9.4%) were in the medium category. (2) In this study it was also identified that, there were 51 items (74%) that fell into the very high category, 7 items (10%) fell into the high category, 11 items (16%) fell into the medium category, and there were no items (0%) that fell into the low and very low categories. Based on the results of the research analysis, tutoring topics were arranged, namely (1) Emotions Modification, (2) Emotions Monitoring.*

*Keywords: Emotion Regulation Level*