

STRATEGI REGULASI EMOSI PADA MAHASISWA YANG SEDANG MENERJAKAN TUGAS AKHIR SAMBIL BEKERJA *PART TIME*

ABSTRAK

Septiara, Rhaisya. 2024. Strategi regulasi emosi pada mahasiswa yang sedang mengerjakan tugas akhir sambil bekerja *part time*. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan mengungkap penerapan strategi regulasi emosi *cognitive reappraisal* dan *expressive suppression* pada mahasiswa yang sedang mengerjakan tugas akhir sambil bekerja *part time*. Dengan desain survei deskriptif yang berfokus pada satu variabel, penelitian ini berusaha memeriksa gejala insidensi, distribusi, dan interelasi khususnya hubungan antara jenis kelamin dan penerapan *cognitive reappraisal* dan *expressive suppression*. Subjek penelitian meliputi 238 mahasiswa yang sedang mengerjakan tugas akhir sambil bekerja *part time*, yang terdiri dari 119 laki-laki dan 119 perempuan. Sampel penelitian dipilih dengan teknik *convenience sampling*. Data dikumpulkan dengan kuesioner hasil adaptasi *Emotion Regulation Questionnaire* (ERQ) yang memiliki 10 item yang terbagi menjadi dua skala yaitu, skala *cognitive reappraisal* ($\alpha = 0,743$; $n = 6$ item) dan skala *expressive suppression* ($\alpha = 0,653$, $n = 4$ item). Hasil penelitian menunjukkan bahwa terkait insidensi mayoritas mahasiswa yang sedang mengerjakan tugas akhir sambil bekerja *part time* menggunakan dua strategi (*cognitive reappraisal* dan *expressive suppression*) pada taraf yang sama kuat. Terkait distribusi, penggunaan kedua strategi regulasi emosi (*cognitive reappraisal* dan *expressive suppression*) pada masing-masing kelompok jenis kelamin tidak menunjukkan perbedaan yang signifikan. Terkait interelasi, penggunaan strategi regulasi emosi *cognitive reappraisal* dan *expressive suppression* antara partisipan laki-laki dan perempuan tidak menunjukkan perbedaan yang signifikan.

Kata kunci: strategi regulasi emosi, mahasiswa tugas akhir, bekerja *part time*, survei deskriptif.

**EMOTION REGULATION STRATEGIES IN STUDENTS WORKING ON
FINAL ASSIGNMENTS WHILE WORKING PART TIME**

ABSTRACT

Septiara, Rhaisya. 2024. *Emotion regulation strategies in students working on final assignments while working part time*. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

The purpose of this study was to reveal the application of cognitive reappraisal and expressive suppression emotion regulation strategies in students who are working on their final assignments while working part-time. With a descriptive survey design that focuses on one variable, this study attempts to examine the symptoms of incidence, distribution, and interrelation, especially the relationship between gender and the application of cognitive reappraisal and expressive suppression. The subjects of the study included 238 students who were working on their final assignments while working part-time, consisting of 119 males and 119 females. The research sample was selected using convenience sampling technique. Data were collected using a questionnaire adapted from the Emotion Regulation Questionnaire (ERQ) which has 10 items divided into two scales, namely, the cognitive reappraisal scale ($\alpha = 0.743$; $n = 6$ items) and the expressive suppression scale ($\alpha = 0.653$, $n = 4$ items). The results showed that related to the incidence, the majority of students who were working on their final assignments while working part-time used two strategies (cognitive reappraisal and expressive suppression) at the same level of strength. Regarding distribution, the use of both emotion regulation strategies (cognitive reappraisal and expressive suppression) in each gender group did not show significant differences. Regarding interrelation, the use of emotion regulation strategies cognitive reappraisal and expressive suppression between male and female participants did not show significant differences.

Keywords: *Emotion regulation strategies, final assignment students, working part time, descriptive survey.*