

ABSTRAK

Amelia, Isabelle. (2025). Hubungan regulasi emosi dan perilaku agresif dalam relasi berpacaran pada remaja laki-laki. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dan perilaku agresif dalam relasi berpacaran pada remaja laki-laki. Subjek penelitian ini adalah 206 remaja laki-laki berusia 12-18 tahun yang sedang menjalin relasi berpacaran. Penelitian ini menggunakan metode kuantitatif dengan teknik *sampling* menggunakan *convenience sampling*. Alat ukur yang digunakan dalam penelitian ini adalah dua buah skala adaptasi, yaitu skala *Emotion Regulation Questionnaire for Children and Adolescents* (ERQ-CA) dengan koefisien reliabilitas 0.858 untuk dimensi *cognitive reappraisal* dan 0.697 untuk dimensi *expressive suppression* dan skala *Aggression Questionnaire* (AQ) dengan koefisien reliabilitas sebesar 0.916. Analisis data dalam penelitian ini menggunakan analisis statistik non-parametrik *Spearman's Rho* karena data tidak berdistribusi secara normal. Hasil uji hipotesis menunjukkan bahwa terdapat hubungan negatif sebesar -0.369 antara *cognitive reappraisal* dan perilaku agresif serta terdapat hubungan positif sebesar 0.458 antara *expressive suppression* dan perilaku agresif.

Kata kunci: regulasi emosi, perilaku agresif, remaja laki-laki, relasi berpacaran

ABSTRACT

Amelia, Isabelle. (2025). The relationship between emotion regulation and aggressive behavior in adolescent boys in dating relationships. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to determine the relationship between emotion regulation and aggressive behavior in adolescent boys in dating relationships. The subjects of this study were 206 male adolescents aged 12-18 years old in dating relationships. This study uses quantitative research method with convenience sampling for sampling technique. The measuring instruments used in this study were adapted scales, namely the Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA) with Cronbach's Alpha coefficients of 0.858 for cognitive reappraisal dimension and 0.697 for expressive suppression dimension and Aggression Questionnaire (AQ) with Cronbach's Alpha coefficients of 0.916. Data analysis was conducted using Spearman's Rho non-parametric statistical method due to the non-normal distribution of the data. The result of the study indicated that there is a negative relationship of -0.369 between the cognitive reappraisal dimension and aggressive behavior and a positive relationship of 0.458 between the expressive suppression and aggressive behavior.

Keywords: *emotion regulation, aggressive behavior, male adolescents, dating relationships*