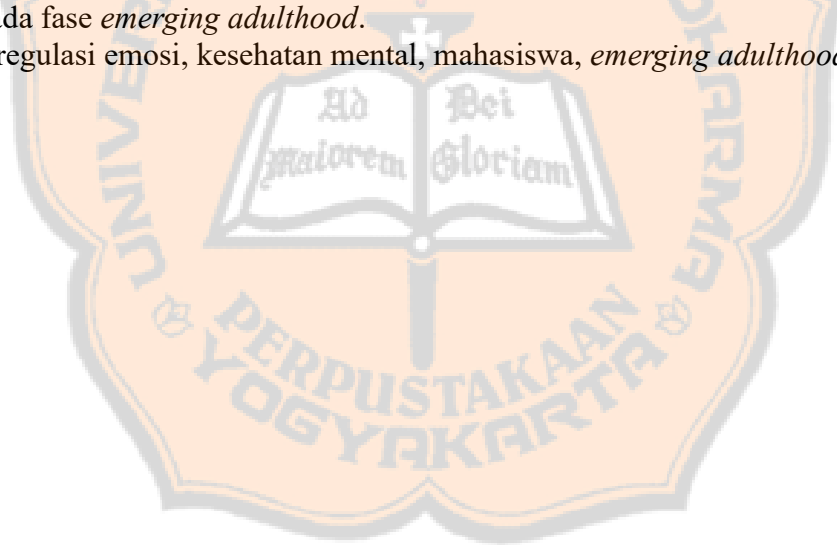


ABSTRAK

Paskah, Greselina Lolita. 2026. Hubungan Antara Regulasi Emosi dan Kesehatan Mental Pada Mahasiswa. *Skripsi*. Yogyakarta; Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Mahasiswa pada fase *emerging adulthood* menghadapi berbagai tuntutan perkembangan yang dapat memengaruhi kesehatan mental. Salah satu faktor yang diduga berperan dalam menjaga kesehatan mental adalah regulasi emosi. Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan kesehatan mental pada mahasiswa. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Partisipan penelitian berjumlah 178 mahasiswa berusia 18–29 tahun yang dipilih menggunakan teknik *convenience sampling*. Data dikumpulkan menggunakan *Emotion Regulation Questionnaire* (ERQ) dan *Mental Health Inventory-18* (MHI-18), kemudian dianalisis menggunakan uji korelasi Spearman's Rho. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara regulasi emosi dan kesehatan mental ($r = 0,496$; $p < 0,001$). Temuan ini menunjukkan bahwa semakin tinggi regulasi emosi yang dimiliki mahasiswa, semakin baik kesehatan mentalnya. Dengan demikian, regulasi emosi berperan sebagai salah satu faktor yang mendukung kesehatan mental mahasiswa pada fase *emerging adulthood*.

Kata kunci: regulasi emosi, kesehatan mental, mahasiswa, *emerging adulthood*.



ABSTRACT

Paskah, Greselina Lolita. 2026. The Relationship Between Emotional Regulation and Mental Health in College Students. Thesis. Yogyakarta; Psychology, Faculty of Psychology, Sanata Dharma University.

University students in the emerging adulthood phase face various developmental challenges that may affect their mental health. One factor that is believed to play an important role in maintaining mental health is emotion regulation. This study aimed to examine the relationship between emotion regulation and mental health among university students. This study employed a quantitative approach with a correlational research design. The participants consisted of 178 university students aged 18–29 years who were selected using a convenience sampling technique. Data were collected using the Emotion Regulation Questionnaire (ERQ) and the Mental Health Inventory-18 (MHI-18) and were analyzed using Spearman's Rho correlation test. The results revealed a significant positive relationship between emotion regulation and mental health ($r = 0.496$; $p < .001$). These findings indicate that higher levels of emotion regulation are associated with better mental health among university students. Therefore, emotion regulation plays an important role as one of the factors supporting the mental health of university students during the emerging adulthood phase.

Keywords: *emotion regulation, mental health, university students, emerging adulthood.*

