

HUBUNGAN REGULASI EMOSI DENGAN *GRIT* PADA MAHASISWA YANG SEDANG MENYELESAIKAN SKRIPSI

Studi Pada Mahasiswa Yang Sedang Menyelesaikan Skripsi
Di Indonesia

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ABSTRAK

Penelitian ini bertujuan untuk menguji hubungan antara regulasi emosi dan *grit* pada mahasiswa yang sedang menyelesaikan skripsi. Partisipan dalam penelitian ini adalah 190 mahasiswa aktif semester 5 hingga 16 di Indonesia yang sedang menyelesaikan skripsi mereka. Peneliti berhipotesis bahwa ada hubungan positif antara regulasi emosi dan *grit* pada mahasiswa yang sedang menyelesaikan skripsi. Penelitian ini merupakan penelitian kuantitatif korelasional dengan teknik *non-probability sampling*. Data penelitian diungkap dengan menggunakan dua skala, yaitu *Emotion Regulation Questionnaire (ERQ)* milik Gross & John (2003) untuk mengukur regulasi emosi dan *12-item Grit Scale* milik Duckworth (2007) untuk mengukur *grit* yang kemudian di adaptasi oleh peneliti. Skala pengukuran regulasi emosi memiliki reliabilitas 0.713 dan skala pengukuran *grit* memiliki reliabilitas 0.782. Analisis data dilakukan dengan menggunakan korelasi *Spearman's Rho* karena data penelitian tidak sepenuhnya memenuhi asumsi normalitas dan linearitas. Hasil penelitian menunjukkan korelasi regulasi emosi dengan *grit* sebesar 0.180, $p = 0.007$ ($p < 0.05$), yang berarti ada hubungan yang positif antara regulasi emosi dan *grit* pada mahasiswa yang sedang menyelesaikan skripsi.

Kata kunci : regulasi emosi, *grit*, mahasiswa, skripsi, *cognitive reappraisal*

**THE RELATIONSHIP BETWEEN EMOTION REGULATION AND GRIT
AMONG UNDERGRADUATE STUDENTS COMPLETING THEIR
THESIS**

A Study of Undergraduate Students in Indonesia
Completing Their Undergraduate Thesis

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ABSTRACT

This study aimed to examine the relationship between emotion regulation and grit among undergraduate students who were completing their undergraduate thesis. The participants were 190 active undergraduate students in Indonesia, ranging from the fifth to sixteenth semester, who were in the process of completing their thesis. It was hypothesized that emotion regulation would be positively associated with grit among undergraduate students completing their thesis. This study employed a quantitative correlational design using a non-probability sampling technique. Data were collected using two instruments: the Emotion Regulation Questionnaire (ERQ; Gross & John, 2003) to assess emotion regulation and the 12-item Grit Scale (Duckworth et al., 2007) to assess grit, both scale of which were adopted into Indonesian by the researcher. The emotion regulation scale demonstrated a reliability coefficient of 0.713, while the grit scale demonstrated a reliability coefficient of 0.782. because the data did not fully satisfy the assumptions of normality and linearity, Spearman's rho correlation analysis was employed. The results revealed a significant positive correlation between emotion regulation and grit ($r = 0.180$, $p = 0.007$), indicating that students with higher levels of emotion regulation tended to report higher levels of grit while completing their undergraduate thesis.

Keywords : emotion regulation, grit, undergraduate students, thesis, cognitive reappraisal