

ABSTRAK

Sumendap, Emeraldal Theodora. 2026. Hubungan Regulasi Emosi dan Kepuasan Hubungan Romantis pada Individu *Emerging Adulthood* yang sedang Berpacaran. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dan kepuasan hubungan romantis pada individu *emerging adulthood* yang sedang berpacaran. Hipotesis yang diajukan adalah: (1) terdapat hubungan positif antara strategi penilaian ulang kognitif dan kepuasan hubungan romantis, serta (2) terdapat hubungan negatif antara strategi penekanan emosi dan kepuasan hubungan romantis. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Responden dalam penelitian ini berjumlah 127 orang dengan kriteria individu berusia 18-25 tahun yang sedang berpacaran, diperoleh melalui teknik *convenience sampling* secara daring. Regulasi emosi diukur menggunakan *Emotion Regulation Questionnaire* (ERQ) oleh Gross & John (2003), yang bersifat multidimensional dengan skala Likert tujuh poin. Kepuasan hubungan romantis diukur menggunakan *Relationship Assessment Scale* (RAS) oleh Hendrick (1988), yang bersifat unidimensional dengan skala Likert lima poin. Validitas isi diperoleh melalui *expert judgment* dan *peer review*. Koefisien reliabilitas ERQ sebesar .754 pada sub skala penilaian ulang kognitif dan .579 pada sub skala penekanan emosi, sedangkan RAS memperoleh koefisien reliabilitas sebesar .679. Data penelitian dianalisis dengan menggunakan teknik *Spearman's Rho* karena kedua variabel tidak berdistribusi secara normal. Hasil analisis menunjukkan arah hubungan positif yang lemah dan signifikan antara penilaian ulang kognitif dan kepuasan hubungan romantis ($r = .195, p = .014$). Sebaliknya, penekanan emosi dan kepuasan hubungan romantis menunjukkan hubungan yang tidak signifikan dengan arah hubungan yang negatif lemah ($r = -.127, p = .077$).

Kata kunci: Regulasi emosi, penilaian ulang kognitif, penekanan emosi, kepuasan hubungan romantis, *emerging adulthood*.

ABSTRACT

Sumendap, Emeraldal Theodora. 2026. Relationship Between Emotion Regulation and Relationship Satisfaction in Emerging Adults Who Are in Romantic Relationship. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the relationship between emotion regulation and romantic relationship satisfaction in emerging adult individuals who are dating. The hypotheses proposed are: (1) there is a positive relationship between cognitive reappraisal strategies and romantic relationship satisfaction, and (2) there is a negative relationship between emotion suppression strategies and romantic relationship satisfaction. This study uses a quantitative approach with a correlational design. The respondents in this study amounted to 127 individuals with the criteria of being 18-25 years old and currently dating, obtained through an online convenience sampling technique. Emotion regulation was measured using the Emotion Regulation Questionnaire (ERQ) by Gross & John (2003), which is multidimensional with a seven-point Likert scale. Romantic relationship satisfaction was measured using the Relationship Assessment Scale (RAS) by Hendrick (1988), which is unidimensional with a five-point Likert scale. Content validity was obtained through expert judgment and peer review. The ERQ reliability coefficient was .754 for the cognitive reappraisal subscale and .579 for the expressive suppression subscale, while the RAS obtained a reliability coefficient of .679. Research data were analyzed using the Spearman's Rho technique because both variables were not normally distributed. The analysis results show a weak but significant positive relationship between cognitive reappraisal and romantic relationship satisfaction ($r = .195$, $p = .014$). On the other hand, emotional suppression and romantic relationship satisfaction show a non-significant relationship with a weak negative trend ($r = -.127$, $p = .077$).

Keywords: *emotion regulation, cognitive reappraisal, expressive suppression, romantic relationship satisfaction, emerging adulthood*