

PERBEDAAN TINGKAT PENGENDALIAN EMOSI ANTARA REMAJA YANG TINGGAL DI DESA DAN DI KOTA

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ABSTRAK

Penelitian kuantitatif komparatif ini bertujuan untuk mengetahui perbedaan tingkat pengendalian emosi antara remaja yang tinggal di desa dan di kota. Hipotesis adalah bahwa ada perbedaan tingkat pengendalian emosi antara remaja yang tinggal di desa dan di kota. Subjek pada penelitian ini adalah 211 remaja yang terdiri dari 105 remaja desa dan 106 remaja kota. Subjek dipilih dengan menggunakan teknik *convenience*. Data penelitian diperoleh dengan menggunakan skala pengendalian emosi dalam bentuk skala *Likert* yang telah dikembangkan oleh peneliti. Reliabilitas yang diperoleh berdasarkan teknik *Cronbach's Alpha* dalam skala pengendalian emosi yaitu $\alpha = 0,828$ dengan 22 aitem. Data penelitian dianalisis menggunakan pengujian *Independent Sample t-test* dan diperoleh nilai signifikansi sebesar 0,568 ($p > 0,05$). Hipotesis penelitian ditolak, yaitu tidak ditemukan perbedaan yang signifikan tingkat pengendalian antara emosi remaja yang tinggal di desa ($n = 105$; $M = 68,88$; $SD = 5,865$) dan remaja di kota ($n = 106$; $M = 68,35$; $SD = 7,414$).

Kata kunci: pengendalian emosi, remaja, desa, kota

EMOTIONAL CONTROL LEVEL DIFFERENCES BETWEEN ADOLESCENT WHO LIVE IN VILLAGE AND CITY

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ABSTRACT

This quantitative comparative study aimed to determine emotional control level differences between adolescents who live in the village and who live in the city. The proposed hypothesis was that there is difference emotional control level between adolescents who live in the village and who live in the city. Subjects were 211 adolescents consisting of 105 adolescents who lived in the village and 106 adolescents who lived in the city. Subjects were chosen by convenience technique. Data were gathered using emotional control scale through Likert's scale who was developed by researcher. The reliability based on Cronbach's Alpha technique for emotional control level scale, was $\alpha = 0,828$ with 22 items. The data of this research were analyzed by using Independent sample t-test and it obtained a significance value 0,568 ($p > 0,05$). The hypothesis was rejected, so that there was no emotional control level difference between adolescents who live in the village ($n = 105$; $M = 68,88$; $SD = 5,865$) and in the city ($n = 106$; $M = 68,35$; $SD = 7,414$).

Key words: emotional control, adolescents, village, city