

Peran Konflik dalam Pertemanan terhadap *Distress Psikologis* pada *Emerging Adults: Positive Reappraisal* sebagai Moderator

Winova Marsha Nashwa¹, Haidar Buldan Thontowi²

^{1,2}Fakultas Psikologi, Universitas Gadjah Mada

e-mail: ¹winova.marsha1404@mail.ugm.ac.id, ²haidar.buldan@ugm.ac.id

Abstrak

Konflik pertemanan berpotensi menjadi eksternal *stressor* bagi individu *emerging adults* yang dapat memicu tingkat *distress* psikologis dan diperlukan strategi *coping* yang efektif untuk mengatasinya. Penelitian ini bertujuan untuk mengetahui peran konflik pertemanan terhadap *distress* psikologis individu *emerging adults* serta mengkaji *positive reappraisal* sebagai moderator peran tersebut. Penelitian ini menggunakan tiga skala untuk mengukur masing-masing variabel, yaitu skala K10, subskala *conflict friendship* pada Network of Relationships Inventory, dan subskala *positive reappraisal* pada CERQ-short. Metode penelitian yang digunakan adalah survei kuantitatif secara daring yang melibatkan 183 individu berusia 18-25 tahun yang telah menjalin hubungan pertemanan. Data dianalisis menggunakan analisis regresi moderasi. Hasil menunjukkan bahwa konflik pertemanan berperan positif terhadap *distress* psikologis individu *emerging adults* ($\beta = 5,57$; $R^2 = 0,461$; $p < 0,01$), namun *positive reappraisal* tidak terbukti memoderatori peran tersebut ($\beta = 0,0266$; $p > 0,05$).

Kata kunci: *distress psikologis, konflik pertemanan, positive reappraisal, emerging adults*

Abstract

Friendship conflict has the potential to serve as an external stressor for individuals in emerging adults, triggering psychological distress and necessitating effective coping strategies to address it. This study aims to examine the role of friendship conflict in psychological distress among individuals in emerging adults and to assess positive reappraisal as a moderator of this relationship. The study employed three scales to measure each variable: the K10 scale, the friendship conflict subscale of the Network of Relationships Inventory, and the positive reappraisal subscale of the CERQ-short. A quantitative online survey method was used, involving 183 individuals aged 18–25 years who had established friendships. Data were analyzed using regression moderation analysis. The results showed that friendship conflict positively contributes to psychological distress among emerging adults ($\beta = 5,57$; $R^2 = 0,461$; $p < 0,01$); however, positive reappraisal was not found to moderate this relationship ($\beta = 0,0266$; $p > 0,05$).

Keywords: *psychological distress, friendship conflict, positive reappraisal, emerging adults*