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Peran Dukungan Sosial terhadap *Flourishing* dengan Regulasi Emosi *Cognitive Reappraisal* sebagai Mediator pada *Emerging Adult*

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Abstract. *Individuals who are able to navigate the unique challenges of emerging adulthood tend to experience flourishing, or optimal well-being. Social support has been shown to contribute to flourishing; however, the underlying mechanism of this relationship remains not fully understood. This study aims to examine emotion regulation through cognitive reappraisal as a mediator in the relationship between social support and flourishing. A survey was conducted among 575 participants aged 18–29 years. The instruments used included the PERMA Profiler to measure flourishing, the Multidimensional Scale of Perceived Social Support (MSPSS) to assess social support, and the Emotion Regulation Questionnaire (ERQ) to measure emotion regulation via cognitive reappraisal. Mediation analysis revealed that social support significantly predicted flourishing, both directly and indirectly through cognitive reappraisal. The mediating pathway accounted for 11.9% of the total effect ($\beta = 0.136$, $p < .001$). These findings suggest that enhancing flourishing can be achieved by strengthening social support and promoting the consistent use of cognitive reappraisal as an adaptive emotion regulation strategy.*

Keywords: *flourishing, social support, cognitive reappraisal, emerging adult*

Abstrak. Individu yang mampu menghadapi tantangan unik pada masa *emerging adult* akan mengalami *flourishing*, yaitu kesejahteraan yang optimal. Dukungan sosial diketahui berperan terhadap *flourishing,* namun mekanisme hubungan belum dipahami sepenuhnya. Penelitian ini bertujuan untuk menguji regulasi emosi *cognitive reappraisal* sebagai mediator pada hubungan antara dukungan sosial terhadap *flourishing*. Survei dilakukan terhadap 575 partisipan berusia 18-29 tahun. Instrumen yang digunakan diantaranya The PERMA Profiler untuk mengukur *flourishing*, The Multidimensional Scale of Perceived Social Support (MSPSS) untuk mengukur dukungan sosial, dan Emotion Regulation Questionnaire (ERQ) untuk mengukur regulasi emosi *cognitive reappraisal*. Hasil analisis mediasi menunjukkan dukungan sosial berperan signifikan terhadap *flourishing*, baik secara langsung maupun tidak langsung melalui regulasi emosi *cognitive reappraisal.* Jalur mediasi memberikan kontribusi sebesar 11,9% dari total efek ($\beta = 0{,}136$, $p < 0{,}001$). Berdasarkan hasil penelitian ini, peningkatan *flourishing* dapat dilakukan melalui penguatan dukungan sosial dan penggunaan regulasi emosi *cognitive reappraisal* yang konsisten.

Keywords: *flourishing, dukungan sosial, cognitive reappraisal, emerging adult*