

Adaptasi dan Analisis Properti Psikometri Skala *Regulatory Emotional Self-Efficacy* (RESE) dalam Bahasa Indonesia

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Abstrak

Penelitian ini bertujuan untuk melakukan adaptasi lintas budaya skala *Regulatory Emotional Self-Efficacy* (RESE) ke dalam Bahasa Indonesia (*Indonesian Regulatory Emotional Self-Efficacy/ I-RESE*) serta menguji properti psikometrinya pada populasi dewasa awal. Penelitian ini menggunakan pendekatan kuantitatif non-eksperimental, data dikumpulkan dari 402 partisipan dewasa awal berusia 18-25 tahun (60.4% perempuan dan 39.6% laki-laki). Pengujian *Confirmatory Factor Analysis* (CFA) menunjukkan bahwa *six-correlated factor model* menghasilkan indeks kecocokan yang paling optimal (CFI = 0.964, TLI = 0.955, RMSEA = 0.056, SRMR = 0.040), meskipun model hierarkis tetap relevan secara teoritis. Estimasi reliabilitas internal menunjukkan nilai yang baik dengan *Omega total* sebesar 0.924 dan *Alpha Cronbach* total sebesar 0.897. Uji invariansi pengukuran multi-kelompok terpenuhi secara konsisten mulai tingkat *configural* hingga *strict invariance*. Selain itu, bukti validitas berdasarkan variabel lain didukung oleh korelasi positif yang signifikan antara skor total I-RESE dengan *Emotion Regulation Questionnaire* (ERQ) versi Indonesia ($r = 0.343$), sementara nilai AVE (> 0.50) dan rasio HTMT (< 0.85) mengonfirmasi validitas konvergen dan diskriminan yang memadai pada tiap dimensi. Secara keseluruhan, skala I-RESE terbukti memiliki properti psikometri yang baik dan adil untuk mengukur keyakinan akan kemampuan dalam regulasi emosi pada dewasa awal di Indonesia.

Kata Kunci: *Dewasa Awal, Invariansi Pengukuran, Properti Psikometri, Regulatory Emotional Self-Efficacy, Skala I-RESE.*

Abstract

This study aimed to adapt the Regulatory Emotional Self-Efficacy (RESE) scale into the Indonesian language (Indonesian Regulatory Emotional Self-Efficacy, or I-RESE) and analyze the psychometric properties among early adulthood. Employing a non-experimental quantitative approach, data were collected from 402 young adults (60.4% female and 39.6% male). Confirmatory factor analysis (CFA) indicated that a six-correlated-factor model yielded the most optimal fit indices (CFI = 0.964, TLI = 0.955, RMSEA = 0.056, SRMR = 0.040), although the hierarchical model remained theoretically relevant. Overall, the scale showed good reliability with a total McDonald's Omega of 0.924 and a total Cronbach's Alpha of 0.897. Multi-group measurement invariance was consistently established up to the strict invariance level. Furthermore, validity evidence based on relations to other variables was supported by a significant positive correlation between the I-RESE total score and the Indonesian version of the Emotion Regulation Questionnaire (ERQ) ($r = 0.343$). Meanwhile, the Average Variance Extracted ($AVE > 0.50$) and Heterotrait-Monotrait ratio of correlations ($HTMT < 0.85$) confirmed adequate convergent and discriminant validity across all dimensions. Overall, the I-RESE scale has been shown to have good and equivalence instrument for assessing regulatory emotional self-efficacy in Indonesia.

Keywords: *Early Adulthood, I-RESE Scale, Measurement Invariance, Psychometric Properties, Regulatory Emotional Self-Efficacy.*