

PERAN RELASI ANTAR SAUDARA KANDUNG DAN KEPRIBADIAN EKSTRAVERSI TERHADAP STRATEGI REGULASI EMOSI PADA SISWA SMK 'X' YOGYAKARTA

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INTISARI

Remaja adalah masa transisi dari kanak-kanak menuju dewasa. Kondisi emosi remaja sering berubah sehingga mereka perlu belajar menerapkan strategi regulasi emosi. Relasi antar saudara dan kepribadian ekstraversi adalah dua faktor yang dapat memprediksi strategi regulasi emosi. Ada dua strategi regulasi emosi: *cognitive reappraisal* dan *expressive suppression*. Penelitian ini bertujuan menginvestigasi peran relasi antar saudara dan kepribadian ekstraversi terhadap strategi regulasi emosi pada remaja. Sebanyak 101 siswa SMK 'X' Yogyakarta berpartisipasi dalam studi ini. Hipotesis penelitian adalah relasi antar saudara yang positif dan kepribadian ekstraversi yang tinggi memprediksi strategi regulasi emosi *cognitive reappraisal*, dan relasi antar saudara kandung yang negatif dan kepribadian ekstraversi yang rendah memprediksi strategi regulasi emosi *expressive suppression*. Pengumpulan data menggunakan Kuesioner Regulasi Emosi, Kuesioner Relasi Antar Saudara, dan NEO-PI-R. Dengan menggunakan analisis regresi berganda, studi ini mengindikasikan bahwa relasi antar saudara dan kepribadian ekstraversi memprediksi strategi regulasi emosi *cognitive reappraisal* dengan $R^2=0,059$; $F=3,906$; dan $p=0,50$. Studi ini juga mengindikasikan bahwa relasi antar saudara dan kepribadian ekstraversi tidak memprediksi strategi regulasi emosi *expressive suppression* dengan $R^2=0,044$; $F=2,280$; dan $p=0,108$.

Kata kunci: strategi regulasi emosi, relasi antar saudara, kepribadian ekstraversi

**THE ROLE OF SIBLING RELATIONSHIPS AND TRAIT EXTRAVERSION
TOWARD EMOTION REGULATION STRATEGIES AMONG STUDENTS IN
SMK 'X' YOGYAKARTA**

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ABSTRACT

Adolescence was transition period from childhood to adulthood. Adolescent emotional state often change, so that they should learn how to regulate their emotion. Sibling relationships and trait extraversion were two factors that has role towards emotion regulation strategies. There were two emotion regulation strategies: cognitive reappraisal and expressive suppression. The purpose of this study was to investigate the role of sibling relationships and trait extraversion towards emotion regulation strategies in SMK students. 101 students in SMK 'X' Yogyakarta were participating in this study. The hypotesis was that positive sibling relationships and trait extraversion played role towards cognitive reappraisal, and negative sibling relationships and trait extraversion played role towards expressive suppression. The data collected using Emotion Regulation Questionnaire, Sibling Relationships Questionnaire, and NEO-PI-R. Using multiple regression analyses, the study indicated that sibling relationships and trait extraversion were jointly predicting cognitive reappraisal with $R^2=0,059$; $F=3,096$; and $p=0,50$. The result also indicated that sibling relationships and trait extraversion couldn't perdict expressive suppression with $R^2=0,044$; $F=2,280$; and $p=0,108$.

Keywords: emotion regulation strategies, sibling relationships, trait extraversion