

**PERSEPSI RELASI REMAJA DENGAN ORANG TUA DAN REGULASI EMOSI  
DALAM MEMPREDIKSI KECENDERUNGAN MELAKUKAN  
CYBERBULLYING**

**Intisari**

Pesatnya perkembangan teknologi dan penggunaan jaringan internet diikuti dengan meningkatnya prevalensi dan dampak negatif *cyberbullying* pada remaja. Penelitian ini bertujuan mengkaji persepsi kualitas relasi remaja dengan orang tua dan regulasi emosi dalam memprediksi kecenderungan remaja melakukan *cyberbullying*. Pengumpulan data menggunakan skala Kecenderungan Melakukan *Cyberbullying*, skala Persepsi Kualitas Relasi Remaja dengan Orang tua, dan skala Regulasi Emosi. Subjek penelitian adalah 417 remaja usia 12 -18 tahun di Kecamatan Muntilan. Hasil analisis regresi menunjukkan bahwa persepsi kualitas relasi remaja dengan orang tua berperan pada kecenderungan melakukan *cyberbullying* dengan dimediasi regulasi emosi dimana terdapat hubungan langsung persepsi kualitas relasi remaja dengan orang tua terhadap kecenderungan melakukan *cyberbullying* maupun hubungan tidak langsung melalui regulasi emosi. Persepsi kualitas relasi remaja dengan orang tua dimediasi regulasi emosi berperan negatif terhadap kecenderungan remaja melakukan *cyberbullying* sebesar 5,4%. Semakin berkualitas relasi remaja dengan orang tua diikuti dengan meningkatnya regulasi emosi menghindarkan remaja dari kerentanan melakukan *cyberbullying*.

Kata kunci : *cyberbullying*, relasi remaja dengan orang tua, regulasi emosi

***Perception of Parent-Adolescent Relationship and Emotion Regulation to  
predict the Cyberbullying Tendencies among Adolescents***

*Abstract*

*The rapid growth of technologies and internet usage followed by the increasing number of cyberbullying and its negative impacts among adolescents. This study aimed to examine how perception of parent-adolescent relationship quality and emotion regulation contribute to the cyberbullying tendencies among adolescents. Cyberbullying Tendencies Scale, Parent-Adolescent Relationship Quality Scale, and Emotion Regulation Scale were used as data collection. Participants of this study were 417 adolescents whose age range from 12 - 18 years old and live in Muntilan District. Result of regression analysis showed that perception of parent-adolescent relationship quality and cyberbullying tendencies among adolescents was mediated by emotion regulation. This means that perception of parent-adolescent relationship quality has both direct effect on the cyberbullying tendencies among adolescents and indirect effect through the emotion regulation as a mediator. The effective contribution of perception of parent-adolescent relationship quality and emotion regulation to cyberbullying tendencies among adolescents was 5,4%. Thus, perception of parent-adolescent relationship quality mediated by emotion regulation could be protective factor to prevent the increasing number of cyberbullying tendencies among adolescents.*

*Key words: cyberbullying, parent-adolescent relationship, emotion regulation*