ABSTRAK

Tujuan penelitian untuk mengetahui hubungan antara empati dan regulasi emosi dengan perilaku prososial pada Anggota Polri yang bekerja di Unit BINMAS Polres Bantul. Hipotesis dalam penelitian ini yaitu ada hubungan empati dengan perilaku prososial, ada hubungan regulasi emosi dengan perilaku prososial, ada hubungan empati dan regulasi emosi dengan perilaku prososial. Subjek penelitian ini yaitu anggota Unit BINMAS Polres Bantul sebanyak 35 responden. Alat pengumpulan data menggunakan skala perilaku prososial yang diambil dari penelitian Utami (2019), skala empati yang diambil dari penelitian Widiastuti (2018) dan skala regulasi emosi yang diambil dari penelitian Astrawindya (2019). Teknik Analisis Data menggunakan analisis regresi linier berganda dan korelasi *product moment*. Hasil penelitian menunjukkan bahwa hasil korelasi dengan *product moment* nilai r 0,938 ($p<0.050$) maka hipotesis terbukti yaitu ada hubungan empati dengan perilaku prososial, hasil korelasi dengan *product moment* nilai r 0,981 ($p<0.050$) maka hipotesis terbukti yaitu ada hubungan regulasi emosi dengan perilaku prososial, hasil regresi linier berganda dengan nilai F = 604,162 ($p<0.050$) maka hipotesis terbukti yaitu ada hubungan empati dan regulasi emosi dengan perilaku prososial. Nilai R (koefisien korelasi) empati sebesar 0,938, regulasi emosi sbesar 0,981, dan perilaku prososial sebesar 0,987, nilai korelasi hubungan variabel empati (X_1), regulasi emosi (X_2) terhadap variabel perilaku prososial (Y) termasuk dalam kategori kuat karena berada pada sangat kuat 0,8-1.000.
Kata Kunci: Empati, Regulasi Emosi, Perilaku Prososial

ABSTRACT

The research objective was to determine the relationship between empathy, emotional regulation and prosocial behavior in Polri members who work at the BINMAS Unit of the Bantul Police. The hypothesis in this study is that there is a relationship between empathy and prosocial behavior, there is a relationship between emotional regulation and prosocial behavior, there is a relationship between empathy and emotional regulation with prosocial behavior. The subjects of this study were 35 members of the BINMAS Bantul Police Unit. Data collection tools use a scale of prosocial behavior taken from Utami's research (2019), an empathy scale taken from Widiastuti's research (2018) and a scale of emotional regulation taken from Astrawindya's research (2019). Data analysis techniques using multiple linear regression analysis and product moment correlation. The results showed that the results of the correlation with the product moment a value of r 0,938 ($p<0.050$), the hypothesis is proven that there is a relationship between empathy and prosocial behavior, the results of the correlation with the product moment value r 0,981 ($p<0.050$), the hypothesis is proven that there is a relationship between emotional regulation and prosocial behavior, the results of multiple linear regression with a value of F = 604,162 ($p<0.050$), the hypothesis is proven that there is a relationship between empathy and emotion regulation with prosocial behavior. The R value (correlation coefficient) of empathy is 0.938, emotional regulation is 0.981, and prosocial behavior is 0.987, the correlation value of the empathy variable relationship ($X1$), emotional regulation ($X2$) to the prosocial behavior variable (Y) is included in the strong category because it is very strong. strong 0.8-1000.

Keywords: Empathy, Emotion Regulation, Prosocial Behavior