

# HUBUNGAN ANTARA REGULASI EMOSI DENGAN PERILAKU CYBERBULLYING PADA REMAJA

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## Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan perilaku *cyberbullying* pada remaja.. Hipotesis yang diajukan pada penelitian ini adalah ada hubungan negatif antara regulasi emosi dengan perilaku *cyberbullying*. Metode pengumpulan data menggunakan Skala regulasi emosi dan Skala perilaku *cyberbullying*. Penelitian ini menggunakan teknik analisis korelasi *Product Moment* dari Karl Pearson. Berdasarkan hasil analisis data menghasilkan nilai korelasi sebesar  $(r) = -0.247$  ( $p < 0,027$ ). Hal ini menunjukkan bahwa adanya hubungan negatif antara regulasi emosi dengan perilaku *cyberbullying*. Besarnya koefisien determinasi ( $R^2$ ) yaitu 0,061, hal tersebut menunjukkan bahwa variabel regulasi emosi memiliki kontribusi 6,1% terhadap perilaku *cyberbullying*. Dalam penelitian ini dapat disimpulkan bahwa hipotesis yang diajukan peneliti diterima.

**Kata Kunci:** regulasi emosi, perilaku *cyberbullying*

## **RELATIONSHIP BETWEEN EMOTIONAL REGULATION AND CYBERBULLYING BEHAVIOR IN ADOLESCENTS**

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### ***Abstract***

*This study aims to see the relationship between emotional regulation and cyberbullying behavior in adolescents. The hypothesis proposed in this study is that there is a negative relationship between emotional regulation and cyberbullying behavior. The method used the data using the scale of emotional regulation and the scale of cyberbullying behavior. This study uses a product moment storage analysis technique from Karl Pearson. Based on the results of data analysis, the value is  $(r) = -0,247$  ( $p < 0,027$ ). This shows that there is a negative relationship between emotional regulation and cyberbullying behavior. The coefficient of determination ( $R^2$ ) is 0,061, this shows that the emotional regulation variable has a 6,1% contribution to cyberbullying behavior. In this study it can be concluded that the hypothesis proposed by the researcher is accepted.*

***Keywords:*** emotion regulation, cyberbullying behavior