

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan regulasi emosi dan efikasi diri dengan kenakalan remaja. Hipotesis dalam penelitian ini yaitu, (1) ada hubungan negatif antara regulasi emosi dengan kenakalan remaja; (2) ada hubungan negatif antara efikasi diri dengan kenakalan remaja; dan (3) ada hubungan yang signifikan secara bersama-sama antara regulasi emosi dan efikasi diri dengan kenakalan remaja. Subjek penelitian sebanyak 80 orang. Pengambilan subjek menggunakan teknik *purposive sampling* dengan data yang dikumpulkan menggunakan skala kenakalan remaja, skala regulasi emosi dan skala efikasi diri. Data dianalisis menggunakan analisis regresi ganda dengan bantuan program *SPSS v.26*. Berdasarkan hasil analisis diketahui ada korelasi negatif antara regulasi emosi dengan kenakalan remaja $r_{x_1y} = -0,309$ ($p \leq 0,05$). Selanjutnya juga menunjukkan bahwa ada hubungan negatif antara efikasi diri dengan kenakalan remaja, dengan diperoleh koefisien efikasi diri $r_{x_2y} = -0,331$ ($p \leq 0,05$). Hasil lainnya menunjukkan bahwa ada hubungan yang signifikan antara regulasi emosi dan efikasi diri secara bersama- sama dengan kenakalan remaja, dengan diperoleh $R = 0,368$ ($p \leq 0,050$). Diterimanya hipotesis dalam penelitian ini menunjukkan koefisien determinasi (R^2) sebesar 20,6% (regulasi emosi (9,6%) dan efikasi diri (11%)) terhadap kenakalan remaja usia madya dan sisanya sebesar 70,4% dipengaruhi oleh faktor lain seperti lingkungan, intelegensi, ciri kepribadian, motivasi, internalisasi diri yang keliru dan konflik batin.

Kata Kunci: *Efikasi Diri, Kenakalan Remaja dan Regulasi Emosi,*

ABSTRACT

This study aims to determine the relationship between emotional regulation and self-efficacy with juvenile delinquency. The hypotheses in this study are, (1) there is a negative relationship between emotion regulation and juvenile delinquency; (2) there is a negative relationship between self-efficacy and juvenile delinquency; and (3) there is a jointly significant relationship between emotion regulation and self-efficacy with juvenile delinquency. The research subjects were 80 people. Subjects *purposive sampling technique* were taken using with data collected using juvenile delinquency scale, emotion regulation scale and self-efficacy scale. Data were analyzed using multiple regression analysis with the help of program *SPSS v.26*. Based on the results of the analysis, it is known that there is a negative correlation between emotion regulation and juvenile delinquency $r_{x_1y} = -0.309$ ($p \leq 0.05$). Furthermore, it also shows that there is a negative relationship between self-efficacy and juvenile delinquency, with the self-efficacy coefficient $r_{x_2y} = -0.331$ ($p \leq 0.05$). Other results show that there is a significant relationship between emotional regulation and self-efficacy together with juvenile delinquency, with $R = 0.368$ ($p \leq 0.050$). The acceptance of the hypothesis in this study shows a coefficient of determination (R^2) of 20.6% (emotional regulation (9.6%) and self-efficacy (11%)) against middle-aged juvenile delinquency and the remaining 70.4% is influenced by other factors such as environment, intelligence, personality traits, motivation, wrong self-internalization and inner conflict.

Keywords: Emotion Regulation, Juvenile Delinquency, and Self-Efficacy