

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan stres pada calon siswa TNI yang pernah gagal seleksi. Hipotesis yang diajukan dalam penelitian ini adalah ada hubungan negatif antara regulasi emosi dengan stres pada calon siswa TNI yang pernah gagal. Subjek pada penelitian ini berjumlah 112 orang yang memiliki karakteristik yakni berstatus WNI, pendidikan terakhir saat mendaftar yakni SMA/SMK/Sederajat (bukan lulusan pondok pesantren), sudah pernah gagal seleksi dalam seleksi penerimaan TNI (AD,AU,AL,Akmil, AAU, AAL), berusia 17 – 22 tahun saat menjadi calon siswa dan dinyatakan gagal seleksi. Penelitian ini menggunakan skala regulasi emosi dan DASS (*Depresi Anxiety Stress Scales*) pada bagian stres. Data dianalisis menggunakan analisis korelasi *product moment*. Berdasarkan hasil analisis diperoleh koefisien (r_{xy}) = - 0, 470 dan taraf signifikansi 0, 000 ($p < 0,01$). Hal ini menunjukkan bahwa hipotesis dalam penelitian ini diterima dan terbukti bahwa ada hubungan negatif antara regulasi emosi dengan stres pada calon siswa TNI yang gagal seleksi. Nilai koefisien determinasi (R^2) sebesar 0, 221 yang menunjukkan bahwa variabel regulasi emosi berkontribusi sebesar 22, 1% terhadap tidak terjadinya stres.

Kata kunci : Regulasi Emosi, Stres, Calon Siswa TNI, Gagal seleksi

ABSTRACT

This study aims to determine the relationship between emotional regulation and stress in prospective TNI students who have failed a selection. The hypothesis put forward in this study is that there is a negative relationship between emotional regulation and stress in prospective TNI students who have failed. The subjects in this study totaled 112 people who had the characteristics of being Indonesian citizens, their last education when registering was high school/vocational school/equivalent (not graduates of Islamic boarding schools), had fallen in the selection for TNI admission (AD, AU, AL, Akmil, AAU, AAL).), aged 17 – 22 years when he became a prospective student and was declared disqualified. This study used the emotion regulation scale and the DASS (Depression Anxiety Stress Scales) on the stress section. Data were analyzed using product moment correlation analysis. Based on the results of the analysis, the coefficient (r_{xy}) = - 0.470 and a significance level of 0.000 ($p < 0.01$). This shows that the hypothesis in this study is accepted and it is proven that there is a negative relationship between emotional regulation and stress in prospective TNI students who fail the selection. The coefficient of determination (R^2) is 0.221 which indicates that the emotion regulation variable contributes 22.1% to the absence of stress.

Keywords: *Emotion Regulation, Stress, Indonesian National Army Candidates, Selection Failure, Failed Selection*