

ABSTRAK

Tujuan penelitian ini untuk mengetahui hubungan antara regulasi emosi dengan perilaku *cyberbullying* pada remaja di SMK N 1 Sedayu. Hipotesis dalam penelitian ini adalah terdapat hubungan negatif antara regulasi emosi dengan perilaku *cyberbullying* pada remaja. Penelitian ini dilakukan pada 70 siswa SMK N 1 Sedayu, yang berusia 15-18 tahun dan aktif menggunakan media sosial. Alat ukur yang digunakan dalam penelitian ini adalah skala perilaku *cyberbullying* dan skala regulasi emosi. Hasil penelitian dianalisis dengan teknik korelasi *product moment*. Hasil koefisien korelasi ($r_{xy} = - 0,550$) ($p \leq 0,050$). Hasil tersebut menunjukkan bahwa ada hubungan negatif antara regulasi emosi dengan perilaku *cyberbullying* pada remaja. Berdasarkan hasil penelitian ini diketahui bahwa kontribusi regulasi emosi terhadap perilaku *cyberbullying* pada remaja memiliki sumbangan efektif sebesar 30,2% terhadap rendahnya perilaku *cyberbullying* pada remaja.

Kata Kunci : *cyberbullying*, regulasi emosi, remaja.

ABSTRACT

The purpose of this study was to determine the relationship between emotional regulation and cyberbullying behavior in adolescents at SMK N 1 Sedayu. The hypothesis in this study is that there is a negative relationship between emotional regulation and cyberbullying behavior in adolescents. This research was conducted on 70 students of Sedayu Vocational High School 1, aged 15-18 years and actively using social media. Measuring instruments used in this research are cyberbullying behavior scale and emotion regulation scale. The results of the study were analyzed with the product moment correlation technique. The results of the correlation coefficient (r_{xy}) = - 0.550 ($p \leq 0,050$). These results indicate that there is a negative relationship between emotional regulation with cyberbullying behavior in adolescents. Based on the results of this study note that the contribution of emotional regulation to cyberbullying behavior in adolescents has an effective contribution of 30.2% to cyberbullying behavior in adolescents.

Keywords: *cyberbullying, emotional regulation, adolescents.*