

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan perilaku *self-injury* pada perempuan dewasa awal. *Self-injury* adalah perilaku melukai diri sendiri secara sengaja tanpa tujuan untuk bunuh diri, dan seringkali digunakan sebagai mekanisme koping terhadap tekanan emosional. Regulasi emosi merupakan kemampuan individu dalam mengenali, mengevaluasi, dan mengelola emosi secara adaptif. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan partisipan sebanyak 86 perempuan dewasa awal berusia 18–40 tahun yang pernah melakukan *self-injury*. Data dikumpulkan melalui skala regulasi emosi dan skala *self-injury* yang telah diuji validitas dan reliabilitasnya. Hasil analisis korelasi Spearman's rho menunjukkan adanya hubungan negatif yang signifikan antara regulasi emosi dan perilaku *self-injury* ($r = -0,626$, $p < 0,05$). Artinya, semakin tinggi kemampuan regulasi emosi individu, semakin rendah kecenderungan mereka melakukan *self-injury*. Regulasi emosi memberikan kontribusi sebesar 39,2% terhadap perilaku *self-injury*, sementara 60,8% dipengaruhi oleh faktor lain. Temuan ini menekankan pentingnya penguatan regulasi emosi dalam pencegahan perilaku *self-injury* pada perempuan dewasa awal.

Kata kunci: regulasi emosi, *self-injury*, perempuan dewasa awal

ABSTRACT

This study aims to examine the relationship between emotion regulation and self-injury behavior in early adult women. Self-injury is a knowingly self-harming act with no suicidal intention and is often used as a coping mechanism of emotional distress. Emotion regulation refers to an individual's ability to recognize, evaluate, and manage emotions adaptively. This quantitative correlational study involved 86 early adult women aged 18–40 who had engaged in self-injury. Data were collected using valid and reliable scales of emotion regulation and self-injury. The Spearman's rho correlation analysis revealed a significant negative relationship between emotion regulation and self-injury behavior ($r = -0.626$, $p < 0.05$). This indicates that higher levels of emotion regulation are associated with lower tendencies of self-injury. Emotion regulation contributes 39.2% to self-injury behavior, while the remaining 60.8% result is influenced by other factors. These findings highlight the importance of enhancing emotion regulation skills in preventing self-injury among early adult women.

Keywords: *emotion regulation, self-injury, early adult women*