

Abstrak

Masa remaja ditandai dengan ketidakstabilan emosi sehingga regulasi emosi menjadi keterampilan penting. Penelitian ini bertujuan menguji pengaruh kelekatan orang tua terhadap regulasi emosi pada remaja. Sampel penelitian berjumlah 180 siswa SMP X Kota Bandung yang dipilih dengan purposive sampling. Instrumen yang digunakan adalah IPPA (Armsden & Greenberg, 1987) versi orang tua dan DERS-SF (Kaufman dkk., 2016). Hasil analisis menunjukkan mayoritas responden memiliki kelekatan orang tua (55%) dan regulasi emosi (51,1%) pada kategori tinggi. Uji regresi linier sederhana ($Y = 17,330 + 0,515X$) menunjukkan pengaruh signifikan kelekatan orang tua terhadap regulasi emosi ($p < 0,05$). Temuan ini menegaskan pentingnya kualitas hubungan orang tua–anak dalam mendukung perkembangan regulasi emosi remaja.

Kata kunci: kelekatan orang tua, regulasi emosi, remaja



Abstract

Adolescence is characterized by emotional instability, making emotional regulation an important skill. This study aims to examine the influence of parental attachment on emotional regulation in adolescents. The sample consisted of 180 junior high school students from SMP X in Bandung, selected using purposive sampling. The instruments used were the IPPA (Armsden & Greenberg, 1987) parent version and the DERS-SF (Kaufman et al., 2016). The analysis results showed that the majority of respondents had high levels of parental attachment (55%) and emotional regulation (51.1%). A simple linear regression test ($Y = 17.330 + 0.515X$) showed a significant influence of parental attachment on emotional regulation ($p < 0.05$). These findings emphasize the importance of the quality of parent-child relationships in supporting the development of emotional regulation in adolescents.

Keywords: *parental attachment, emotional regulation, adolescent.*

