

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh *parent attachment* dan *Big Five Personality* terhadap regulasi emosi pada siswa SMAN 1 PANGGARANGAN. Penelitian ini dilatarbelakangi oleh adanya tantangan regulasi emosi pada siswa, seperti kecenderungan memendam emosi, kesulitan mengekspresikan perasaan, konflik dengan teman sebaya, serta tekanan akademik dan keluarga. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional prediktif. Responden penelitian berjumlah 162 siswa yang dipilih menggunakan teknik *accidental sampling*. Instrumen yang digunakan dalam penelitian ini adalah *Inventory of Parent and Peer Attachment-Revised* (IPPA-R), *Big Five Inventory-2 Short Form* (BFI-2S), dan *Emotion Regulation Questionnaire* (ERQ). Data dianalisis menggunakan regresi linier berganda. Hasil penelitian menunjukkan bahwa secara simultan *parent attachment* dan *Big Five Personality* berpengaruh signifikan terhadap regulasi emosi dengan kontribusi sebesar 12,1%. Secara parsial, *attachment* ayah, *attachment* ibu, *extraversion*, *conscientiousness*, dan *open mindedness* tidak berpengaruh signifikan terhadap regulasi emosi. Sementara itu, *agreeableness* dan *negative emotionality* berpengaruh signifikan terhadap regulasi emosi dengan arah negatif. Temuan ini menunjukkan bahwa regulasi emosi siswa tidak hanya berkaitan dengan kelekatan orang tua dan kepribadian, tetapi juga dipengaruhi oleh faktor lain di luar penelitian ini.

Kata kunci: *Parent Attachment, Big Five Personality, regulasi emosi, siswa SMA, extraversion, agreeableness, conscientiousness, negative emotionality, open mindedness.*

Abstract

This study aims to examine the influence of parental attachment and the Big Five Personality traits on emotional regulation among students at SMAN 1 PANGGARANGAN. The study was motivated by the challenges students face in regulating their emotions, such as a tendency to suppress emotions, difficulty expressing feelings, conflicts with peers, and academic and family pressures. This study employed a quantitative approach with a predictive correlational design. The study sample consisted of 162 students selected using accidental sampling. The instruments used in this study were the Inventory of Parent and Peer Attachment-Revised (IPPA-R), the Big Five Inventory-2 Short Form (BFI-2S), and the Emotion Regulation Questionnaire (ERQ). Data were analyzed using multiple linear regression. The results indicate that, simultaneously, parental attachment and the Big Five Personality traits have a significant effect on emotion regulation, contributing 12.1%. Partially, father attachment, mother attachment, extraversion, conscientiousness, and openness did not have a significant effect on emotion regulation. Meanwhile, agreeableness and negative emotionality had a significant negative effect on emotion regulation. These findings indicate that students' emotion regulation is not only related to parental attachment and personality but is also influenced by other factors beyond the scope of this study.

Keyword: *Parent Attachment, Big Five Personality, emotional regulation, high school students, extraversion, agreeableness, conscientiousness, negative emotionality, open mindedness.*