

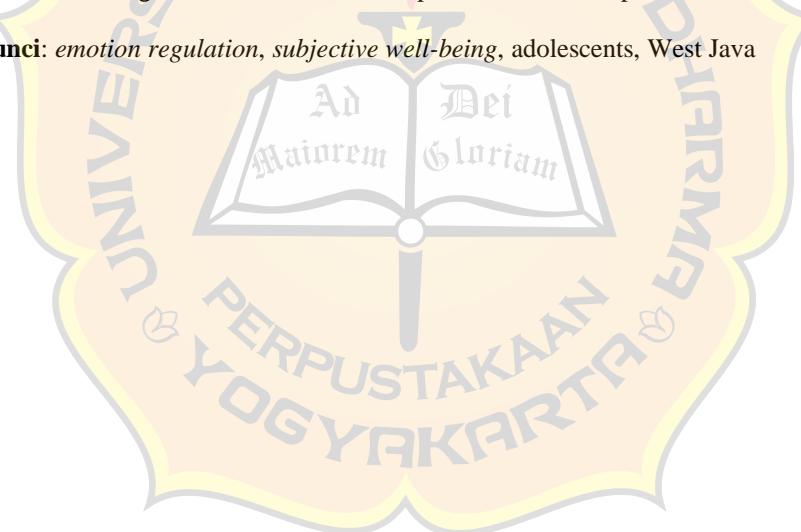
THE CORRELATION BETWEEN EMOTION REGULATION AND SUBJECTIVE WELL-BEING (SWB) IN ADOLESCENTS OF WEST JAVA

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ABSTRACT

This study aims to determine the relationship between emotional regulation and subjective well-being (SWB) in adolescents of West Java. The hypothesis in this study is that there is a positive relationship between emotional regulation and subjective well-being (SWB) in adolescents in West Java. The subjects in the study were 349 teenage boys and girls aged 15-18 years who live in West Java. This study uses an online survey using the Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA) measuring instrument with a reliability coefficient of 0,784 on emotion regulation, Scale of Positive and Negative Experience (SPANE) with a reliability coefficient of 0,781 in the positive affective aspect and 0,774 in the negative affective aspect, and Satisfaction with Life Scale (SWLS) with a reliability coefficient of 0,774. The data analysis technique used is the Pearson *Product-Moment* correlation test. The test results show that emotion regulation and SWB have a positive relationship.

Kata kunci: *emotion regulation, subjective well-being, adolescents, West Java*



HUBUNGAN REGULASI EMOSI DAN *SUBJECTIVE WELL-BEING* (SWB) PADA REMAJA DI JAWA BARAT

Anastasya Dewinta Maharani

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dan *subjective well-being* (SWB) pada remaja di Jawa Barat. Hipotesis pada penelitian ini adalah terdapat hubungan yang positif antara regulasi emosi dan *subjective well-being* (SWB) pada remaja di Jawa Barat. Partisipan pada penelitian sejumlah 349 remaja laki-laki dan perempuan berusia 15-18 tahun yang berdomisili di Jawa Barat. Penelitian ini menggunakan survei *online* dengan menggunakan alat ukur *Emotion Regulation Questionnaire for Children and Adolescents* (ERQ-CA) dengan koefisien reliabilitas sebesar 0,784 pada regulasi emosi, *Scale of Positive and Negative Experience* (SPANE) dengan koefisien reliabilitas sebesar 0,781 pada aspek afeksi positif dan sebesar 0,774 pada aspek afeksi negatif, serta *Satisfaction with Life Scale* (SWLS) dengan koefisien reliabilitas sebesar 0,774. Teknik analisis data yang digunakan adalah uji korelasi *Pearson Product-Moment*. Hasil uji menunjukkan bahwa regulasi emosi dan SWB memiliki hubungan yang positif.

Kata kunci: regulasi emosi, *subjective well-being*, remaja, Jawa Barat