

ABSTRAK

Sabrina Dwi Putri Mahfanda. 210541100038. Program Studi Psikologi. “Hubungan Regulasi Emosi Dengan *Self efficacy* Pada Pendaki Perempuan Di Jawa Timur.”

Mendaki gunung merupakan salah satu bentuk aktivitas yang dapat dilakukan sebagai kegiatan rekreasi maupun olahraga berat dan ekstrem. Aktivitas ini tidak hanya menyegarkan pikiran, tetapi juga menjadi hobi bagi banyak individu, termasuk kalangan pendaki perempuan. Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan *self-efficacy* pada pendaki perempuan di Jawa Timur. Menurut Thompson (1997), regulasi emosi terdiri dari tiga aspek utama, yaitu memonitor emosi, mengevaluasi emosi, dan memodifikasi emosi. Sementara itu, Bandura (1997) mengemukakan bahwa *self-efficacy* memiliki tiga dimensi, yaitu tingkat (*level*), kekuatan (*strength*), dan keluasan (*generality*). Subjek dalam penelitian ini adalah pendaki perempuan yang pernah melakukan pendakian gunung di wilayah Jawa Timur, dengan kriteria tertentu yang telah ditentukan. Penelitian ini menggunakan pendekatan penelitian kuantitatif. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*, dengan jumlah responden sebanyak 97 orang. Pengumpulan data dilakukan melalui kuesioner daring (*google form*), sedangkan analisis data dilakukan menggunakan aplikasi *SPSS Statistics for Windows versi 25* dengan metode uji korelasi *pearson product moment*. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara regulasi emosi dengan *self-efficacy* pada pendaki perempuan di Jawa Timur. Artinya, semakin baik kemampuan individu dalam mengatur emosinya, maka semakin tinggi pula keyakinan dirinya dalam menghadapi tantangan saat mendaki.

Kata kunci : regulasi emosi, *self efficacy*, pendaki perempuan

ABSTRACT

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"The Relationship Between Emotion Regulation and Self-efficacy Among
Female Mountain Climbers in East Java."**

Mountain climbing is one form of activity that can serve both as recreation and as a physically demanding extreme sport. This activity not only helps refresh the mind but has also become a hobby for many individuals, including female climbers. This study aims to examine the relationship between emotion regulation and self-efficacy among female mountain climbers in East Java. According to Thompson (1997), emotion regulation consists of three main aspects: monitoring emotions, evaluating emotions, and modifying emotions. Meanwhile, Bandura (1997) proposed that self-efficacy has three dimensions: level, strength, and generality. The subjects in this study were female climbers who had previously hiked mountains in East Java and met specific inclusion criteria. This research used a quantitative approach. The sampling technique used was purposive sampling, with a total of 97 respondents. Data were collected through an online questionnaire (Google Form), and analyzed using SPSS Statistics for Windows version 25, employing the Pearson Product Moment correlation test. The results of this study indicate a positive and significant relationship between emotion regulation and self-efficacy among female climbers in East Java. This implies that the better an individual's ability to regulate their emotions, the higher their confidence in facing the challenges encountered during mountain climbing.

Keywords: *emotion regulation, self-efficacy, female climbers*