

ABSTRAK

Desi Putri Wulandari. 150541100032. Regulasi Emosi Pada Mahasiswa Yatim Piatu. Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunojoyo Madura. 2021

Penelitian ini bertujuan untuk mengetahui regulasi emosi pada mahasiswa yatim piatu. Penelitian ini menggunakan metode penelitian kualitatif dengan 2 subssssjek mahasiswa perempuan dengan teknik *purposive sampling*. Pengumpulan data menggunakan wawancara, dengan model semi terstruktur dengan menggunakan *guide* regulasi emosi yang menurut Gross (2007) membagi aspek regulasi emosi menjadi empat, yaitu : *Strategies to emotion regulation (strategies)*, *Engaging in goal directed behavior (goals)*, *Control emotional responses (impulse)*, *Acceptance of emotional response (acceptance)*. Hasil penelitian ini bahwa aspek *Strategies to emotion regulation (strategies)* yang digunakan oleh kedua subjek dalam penelitian ini tidak cukup efektif karena mereka belum sepenuhnya bisa menerima kematian kedua orangtua. Akan tetapi dari kedua subjek dalam penelitian ini cenderung memiliki kesamaan ketika menggunakan aspek *Engaging in goal directed behavior (goals)*, *Control emotional responses (impulse)*, *Acceptance of emotional response (acceptance)*. Kedua mahasiswa yatim piatu mempunyai cara yang berbeda dalam meregulasi emosinya yang dirasa kurang berhasil diselesaikan dengan aspek sebelumnya, pola asuh, dan frekuensi individu dalam melakukan regulasi emosi (*strategies*) berpengaruh terhadap regulasi emosi yang sedang dilakukan oleh mahasiswa yatim piatu.

Kata kunci: Regulasi Emosi, Mahasiswa, Yatim Piatu

ABSTRACT

Desi Putri Wulandari. 150541100032. *Regulation of Emotions in Orphaned Students. Thesis. Psychology Study Program, Faculty of Social and Cultural Sciences. Trunojoyo University, Madura. 2021*

This study aims to determine the regulation of emotions in orphaned students. This study uses a qualitative research method with 2 female student subjects with purposive sampling technique. Collecting data using interviews, with a semi-structured model using an emotion regulation guide which according to Gross (2007) divides aspects of emotion regulation into four. namely: Strategies to emotion regulation (strategies), Engaging in goal directed behavior (goals), Control emotional responses (impulse), and Acceptance of emotional response (acceptance). The results of this study indicate that the strategies to emotion regulation (strategies) used by the two subjects in this study were not effective enough because they had not fully accepted the death of both parents. However, the two subjects in this study tend to have similarities when using aspects of Engaging in goal directed behavior (goals), Control emotional responses (impulse), and Acceptance of emotional response (acceptance). The two orphaned students have different ways of regulating their emotions which they feel have not been successfully resolved with the previous aspect., parenting, and individual frequency factors in emotional regulation (strategies) have an effect on emotional regulation being carried out by orphaned students.

Keywords: Emotion Regulation, Students, Orphans