

ABSTRAK

Safira Salsabila. 220541100056. Program Studi Psikologi. Pengaruh Regulasi Emosi Terhadap Kepuasan Pernikahan Jalasenastri yang Menjalani Pernikahan Jarak Jauh di Surabaya.

Pernikahan jarak jauh merupakan kondisi ketika pasangan suami istri menjalani kehidupan terpisah karena tuntutan pekerjaan atau penugasan, sehingga berpotensi menimbulkan berbagai tekanan emosional yang dapat memengaruhi kepuasan pernikahan. Jalasenastri sebagai istri prajurit TNI Angkatan Laut menghadapi tantangan berupa keterbatasan komunikasi, kesepian, peningkatan tanggung jawab keluarga, serta kekhawatiran terhadap keselamatan suami selama bertugas. Kemampuan regulasi emosi diperlukan untuk membantu individu mengelola berbagai tekanan tersebut dan mempertahankan kualitas hubungan pernikahan. Penelitian ini bertujuan untuk mengetahui pengaruh regulasi emosi terhadap kepuasan pernikahan Jalasenastri yang menjalani pernikahan jarak jauh di Surabaya. Penelitian ini menggunakan pendekatan kuantitatif dengan sampel sebanyak 103 Jalasenastri yang dipilih menggunakan teknik *purposive sampling*. Penelitian ini menggunakan dua skala, yaitu skala regulasi emosi dan kepuasan pernikahan. Analisis data meliputi uji validitas, uji reliabilitas, uji asumsi, uji deskriptif, dan uji hipotesis dengan bantuan IBM SPSS 25. Uji hipotesis menggunakan analisis regresi linear sederhana yang menunjukkan bahwa hipotesis penelitian diterima. Hasil penelitian menunjukkan terdapat pengaruh positif dan signifikan regulasi emosi terhadap kepuasan pernikahan. Regulasi emosi memberikan kontribusi sebesar 40,4% terhadap kepuasan pernikahan, sedangkan 59,6% dipengaruhi oleh faktor lain di luar penelitian. Sebagian besar responden memiliki regulasi emosi kategori sedang (55,34%) dan kepuasan pernikahan kategori sedang (68,93%). Hasil ini menunjukkan pentingnya regulasi emosi dalam membantu Jalasenastri mengelola berbagai tekanan emosional selama menjalani pernikahan jarak jauh, sehingga dapat mempertahankan dan meningkatkan kepuasan pernikahan.

Kata Kunci: Regulasi Emosi, Kepuasan Pernikahan, Jalasenastri, Pernikahan Jarak Jauh, Surabaya.

ABSTRACT

Safira Salsabila. 220541100056. Psychology Study Program. The Effect of Emotion Regulation on Marital Satisfaction among Jalasenastri Experiencing Long Distance Marriage in Surabaya.

Long distance marriage is a condition in which married couples live separately due to work demands or official assignments, potentially creating various emotional pressures that may affect marital satisfaction. Jalasenastri, as the wives of Indonesian Navy personnel, face challenges such as limited communication, loneliness, increased family responsibilities, and concerns about their husbands' safety during deployment. Emotion regulation is an important ability that helps individuals manage these pressures and maintain the quality of their marital relationship. This study aimed to examine the effect of emotion regulation on marital satisfaction among Jalasenastri experiencing long-distance marriage in Surabaya. This study employed a quantitative approach involving 103 Jalasenastri selected through purposive sampling. Two research instruments were used, namely the Emotion Regulation Scale and the Marital Satisfaction Scale. Data analysis included validity testing, reliability testing, assumption testing, descriptive analysis, and hypothesis testing using IBM SPSS 25. The hypothesis was tested using simple linear regression analysis, and the results indicated that the research hypothesis was accepted. The findings showed that emotion regulation had a positive and significant effect on marital satisfaction. Emotion regulation contributed 40.4% to marital satisfaction, while the remaining 59.6% was influenced by other factors beyond the scope of this study. Most respondents demonstrated a moderate level of emotion regulation (55.34%) and a moderate level of marital satisfaction (68.93%). These findings highlight the importance of emotion regulation in helping Jalasenastri manage emotional challenges during long-distance marriage, thereby maintaining and enhancing marital satisfaction.

Keywords: *Emotion Regulation, Marital Satisfaction, Long Distance Marriage, Jalasenastri, Surabaya.*