

ABSTRAK

Aulia Khusnul Maulut Dina. 220541100179. “Pengaruh Regulasi Emosi dan *Self Efficacy* terhadap Regulasi Emosi Pada Pendaki Pemula Di Jawa Timur.” Skripsi. Program Studi Psikologi. Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunojoyo Madura. 2026

Resiliensi merupakan kemampuan seseorang untuk bertahan, menyesuaikan diri, dan bangkit kembali ketika menghadapi tekanan atau kesulitan. Pada aktivitas pendakian gunung, khususnya bagi pendaki pemula, kemampuan resiliensi sangat dibutuhkan untuk menghadapi berbagai tantangan fisik maupun psikologis selama pendakian. Resiliensi dipengaruhi oleh berbagai faktor, di antaranya regulasi emosi dan *self-efficacy*. Tujuan penelitian ini adalah untuk mengetahui pengaruh regulasi emosi dan *self-efficacy* terhadap resiliensi pada pendaki pemula di Jawa Timur. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Sampel penelitian berjumlah 97 pendaki pemula di Jawa Timur yang diperoleh menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan skala regulasi emosi berdasarkan teori Gross (2014), skala *self-efficacy* berdasarkan teori Bandura (1997), dan skala resiliensi berdasarkan teori Connor dan Davidson (2003). Analisis data dilakukan menggunakan uji regresi linear berganda dengan bantuan software IBM SPSS 25 for Windows. Berdasarkan hasil analisis diperoleh nilai F hitung sebesar 28,838 dengan nilai signifikansi 0,000. Karena nilai signifikansi lebih kecil dari 0,05 ($0,000 < 0,05$), maka hipotesis diterima. Hasil penelitian menunjukkan bahwa regulasi emosi dan *self-efficacy* secara simultan berpengaruh positif dan signifikan terhadap resiliensi pada pendaki pemula di Jawa Timur. Nilai R Square sebesar 0,380 menunjukkan bahwa regulasi emosi dan *self-efficacy* memberikan kontribusi sebesar 38,0% terhadap resiliensi, sedangkan 62,0% dipengaruhi oleh faktor lain di luar penelitian. Dapat diartikan bahwa semakin tinggi regulasi emosi dan *self-efficacy* yang dimiliki pendaki pemula, maka semakin tinggi pula tingkat resiliensi yang dimilikinya.

Kata kunci : regulasi emosi, *self-efficacy*, resiliensi, pendaki pemula

ABSTRACT

Aulia Khusnul Maulut Dina. 220541100179. "The Influence of Emotional Regulation and Self-Efficacy on Emotional Regulation Among Beginner Hikers in East Java." Thesis. Psychology Program. Faculty of Social and Cultural Sciences. Trunojoyo University of Madura. 2026

Resilience is a person's ability to persevere, adapt, and bounce back when facing stress or difficulties. In mountain climbing, particularly for beginner climbers, resilience is essential for overcoming various physical and psychological challenges during the climb. Resilience is influenced by various factors, including emotion regulation and self-efficacy. The purpose of this study is to determine the influence of emotional regulation and self-efficacy on resilience among beginner hikers in East Java. This study employs a quantitative approach using a correlational method. The sample consisted of 97 beginner hikers in East Java, selected using purposive sampling. The research instruments included an emotional regulation scale based on Gross's (2014) theory, a self-efficacy scale based on Bandura's (1997) theory, and a resilience scale based on Connor and Davidson's (2003) theory. Data analysis was conducted using multiple linear regression with IBM SPSS 25 for Windows software. Based on the analysis results, the calculated F-value was 28.838 with a significance level of 0.000. Since the significance level is less than 0.05 ($0.000 < 0.05$), the hypothesis is accepted. The results indicate that emotional regulation and self-efficacy simultaneously have a positive and significant effect on resilience among beginner hikers in East Java. The R-square value of 0.380 indicates that emotional regulation and self-efficacy account for 38.0% of the variance in resilience, while 62.0% is influenced by other factors outside the scope of this study. This implies that the higher the levels of emotional regulation and self-efficacy among beginner hikers, the higher their level of resilience.

Keywords: *emotional regulation, self-efficacy, resilience, beginner hikers*