

ABSTRACT

Al Habsyi, S. Anis. 2015. Emotion Regulation difference between Guard of Quran 1-15 Juz and Guard of Quran 16-30 Juz in Pondok Pesantren Nurul Quran Kraksaan, Probolinggo. Thesis. Faculty of Psychology UIN Maulana Malik Ibrahim Malang.

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Key Words : Emotion Regulation, guard of Quran 1-15 Juz, guard of Quran 16-30 Juz.

Emotion regulation strategies is done consciously or unconsciously to maintain, strengthen or reduce one or more aspects of the emotional response that is the experience of emotion and behavior. Someone who has the emotion regulation can maintain or increase the emotion he felt both positive and negative. Moreover, one can also reduce both positive and negative emotions.

This study aims to determine whether there is a difference between the emotion regulation guard of quran 1-15 juz with guard of quran 16-30 juz. in Pondok Pesantren Nurul Quran Kraksaan, Probolinggo. Quantitative methods used in the study with scale, interviews, and documentation as research data collection techniques. The scale is used to reveal the research variables are arranged Emotion Regulation Scale researchers based theory of emotion regulation (Gross, 2007). Analysis of the data in this study using a test-t. While this hypothesis that "There is a difference between the emotion regulation guard of quran 1-15 juz with guard of quran 16-30 juz ". Population in this research is the students of Pondok Pesantren Nurul Quran with a total sample of 62 people where in taking the sample using purposive sampling technique.

Based on the analysis of data, obtained by $p = 0,865 > 0,05$. This means that there is no difference between the emotion regulation guard of Quran 1-15 Juz and guard of Quran 16-30 Juz. Based on the research results, the hypothesis that there is a difference between the emotion regulation guard of Quran 1-15 Juz and guard of Quran 16-30 Juz is rejected.