

ABSTRACT

Fitroh, Uswatun. 2012. The Influence of Emotion Regulations Toward Teenagers Social Adjustment (in Al Kamal Compacted a Relegious Boarding Cottage Kunir Wonodadi Blitar), Thesis, Faculty of Psychology, State Islamic University of Malang Maulana Malik Ibrahim.

Advisor: Aris Yuana Yusuf, Lc.MA

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Emotion regulation is series of processes that has automatic or controlled characteristic, which occurred before or after the emotion activity and available to increase strength, maintain or reduce its intensity. The aspects of emotion regulation include: sensitivity, recovery and impairment which are developed by Prince-Embury in The Emotional Reactivity scale. Emotion regulation is an important factor in determining a person's success in the process of social adjustment to the environment. Social adjustment is someone's success to adjust to another person or group of individuals where they are existed. Aspects of social adjustment is a real appearance, adjustment to the group, social attitudes and personal satisfaction.

The Purpose of this study are to determine the level of teenagers emotion regulation, level of social adjustment for teenagers, and to know whether there is the influence of emotion regulation on social adjustment or not.

This research uses quantitative methods. The data collection includes questionnaire, sample who consists of 51 respondents coming from female's students in X grade aged 13-17 years old in the early stages of teenagers who live in Compacted Islamic Boarding house who stay in firqoh al munawaroh. The analysis in this study use correlation of Product moment and then it is analyzed using simple linear regression analysis (ANOVA) to find the influence of free and bound variables.

From the results of analysis, it is obtained that the level of regulation of teenagers on a high level of 12% as many as six students, while 61% as many as 31 students and 27% lower emotion regulation as many as 14 students. For the social adjustment of 69% are at a high level of customization as many as 35 students, the medium level was 31% as many as 16 students and low categories of 0% or no. There is a significant positive effect with correlation coefficient of 0,297 with probability (sign) of 0.034 with 51 respondents. This value is greater than r table ($0.297 > 0.243$), and the probability is smaller than 0.050 ($0.034 < 0.050$). Regression analysis, it was obtained the value of $F = 4.743$, p (sig) = 0.034, while $R = 0.297$ where the significance level is 0.050. $0.034 < 0.050$ for 5% significance level there is a positive influence on the regulation of emotion on social adjustment, the contribution of the effect of 0.297. Or emotion regulation influence 29.7% of social adjustment. Based on the results of hypothesis test showed that there are significant positive effect between emotion regulations with teenagers' social adjustment in the Compacted Islamic Boarding House al kamal. It means that the higher level of emotion regulation of class X students of Al Kamal Compacted a Relegious Boarding Cottage is the higher level of social adjustment.