

ABSTRACT

Nahdiaty Zuraidha, Vierdha. 2012. Regulation Emotion and Happiness in Class X Student Regular Programs and Acceleration Program Senior High School 3 Malang. Fakultas Psikologi Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Supervisor: Ali Ridho, M.Si

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A private school student are forming to achieving an academic high score in school and also they get together with friends who have similar academic abilities. So how does student maintain their achievements at school. Such condition arises problems that impact on students. The hypothesis proposed in this study include: (1) there are differences in emotion regulation of class X and a regular program SMAN 3 Malang acceleration (2) there are differences in class X happiness regular program and SMAN 3 Malang acceleration, and (3) there is a relationship between emotion regulation and class X happiness regular program and accelerate SMA Negeri 3 Malang.

This Research use quantitative metods. Population as many 292 students. Sample of this study are 32 students from regular program and 18 students from accelerated program. Through random Cluster Sampling Technique. Data collection with scale consist of: (1) emotion regulation scale with reliability coefficient of 0,7641 and Item Validity between 0,334 to 0,660 (2) happiness scale with reliability coefficient of 0,8380 and Item Validity between 0,207 to 0,705. As well as the normal distribution of the sample using the Kolmogorov-Smirnov technique, the level of emotion regulation with a p-value = 0,909 > 0,05 and the level of happiness with a p-value = 0,933 > 0,05.

The first hypothesis anlyze using Independent Sample t-test and showed the value of $p = 0,008$ ($p < 0,05$) means that there is a difference between emotion regulation class X and a regular program SMAN 3 Malang acceleration. The second hypothesis test using the test Independent Sample t-test and showed p-value = 0,024 ($p < 0,05$) means that there is a difference between class X Happiness regular program and SMAN 3 Malang acceleration. The third hypothesis testing using the product moment correlation technique for $r_{xy} = 0,360$. Which means there is a positive correlation between the regulation of emotion and happiness. Significance and value of 0,010 ($p < 0,05$) showed a significant relationship between the regulation of emotion and happiness.