

ABSTRACT

Syifa, Itsna Duroti Layyinat. 2014. The Correlation Between Quality Attachment with Emotion Regulation in Adolescent at Yayasan High School Pandaan. Thesis. Islamic State University Maulana Malik Ibrahim of Malang. Advisor: Dr. H. M. Lutfi Mustofa, M.Ag

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Juvenile delinquency is one individual in the form of lack of ability to regulate emotions. It belongs to the category of emotional disturbance in adolescence. Because, when a person has failed to achieve its goals, it will experience psychological distress and will select the appropriate emotional reaction to these conditions by internal/external aggression. Thus, the ability to regulate emotions need to be done, especially for adolescents. Emotion regulation consists of the extrinsic and intrinsic processes responsible for monitoring, evaluating, and modifying emotional reactions, especially their intensive and temporal features, to accomplish one's goals (Thompson, 1994:27-28). Attachment is one of the factors that affect of emotion regulation, because the attachment was built by adolescent to figure intently (mother, father & peers), which would affect the development of an individual's life, it should be afforded attention.

Furthermore, the research will give comprehension to know about analyze the level of quality of adolescent attachment to mother, father & peers with the level of emotion regulation. This study is expected to provide an understanding of the quality of the attachment relationship with emotion regulation in adolescent at Yayasan High School Pandaan.

The study is a quantitative correlation of the research. The subjects are all students of Yayasan High School Pandaan for 2013-2014. The sampling technique uses purposive sampling method by the result 50% of 92 students. The scale of this study adapted by Gross & John (2003) as author of the ERQ (Emotional Regulation Questionnaire). The theory includes 10 item of pronouncement with reliability of $\alpha=0.642$ to measure emotion regulation. Whereas, to measure of the quality of attachment, the scale used IPPA revised-version (Armsden & Greenberg, 2009) which adapted by Sakdiyah (2014). The level of reliability of adolescent attachment to mother (10item) is $\alpha=0.826$, to father (12 item) is $\alpha=0.824$, and to peers (11 item) is $\alpha=0.820$. The analysis technique is multiple linear regression analysis. Based on the results of the study found the value of R Square 0.124 that means, when the variable quality of the attachment correlated with the dependent variabel (emotion regulation) would result a correlation or an impact of 12.4% with $F = 4.148$ significancy $p = 0.008$.

The result show the higher of adolescent attachment to the father, the higher emotion regulation. While turns the adolescent attachment to mother and peers, the higher the quality, the lower the viscosity of emotion regulation. Thus, it is important for adolescents to improve the quality of attachment (mother, father & peers) in order to improve the ability of emotion regulation.