

## Regulasi emosi sebagai moderator antara stres dan kesejahteraan psikologis pada mahasiswa baru Universitas Indonesia selama pandemi covid-19 = Emotion regulation as moderator between stress and psychological well-being in first year student of Universitas Indonesia during covid-19 pandemic.

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### Abstrak

Stres merupakan salah satu reaksi psikologis yang menyertai mahasiswa selama pandemic COVID-19. Tingkat stres dapat mempengaruhi kesejahteraan psikologis mahasiswa. Terdapat penelitian-penelitian sebelumnya yang menemukan hubungan antara regulasi emosi dengan stres maupun kesejahteraan psikologis, dimana tingkat stress yang tinggi akan menurunkan kesejahteraan psikologis dan regulasi emosi mampu mengurangi stress serta menjaga kesejahteraan psikologis individu. Strategi regulasi emosi expressive suppression dan cognitive reappraisal diartikan sebagai cara individu dalam mempengaruhi, merasakan, serta mengekspresikan emosi yang dimiliki. Penelitian ini bertujuan untuk menguji efek strategi regulasi emosi expressive suppression dan cognitive reappraisal sebagai moderator antara stres dan kesejahteraan psikologis. Sebanyak 119 mahasiswa baru Universitas Indonesia 2020 terlibat dalam penelitian ini. Stres diukur menggunakan Perceived Stress Scale-10 for COVID-19 (PSS-10-C); strategi regulasi emosi diukur menggunakan Emotion Regulation Questionnaire (ERQ); dan kesejahteraan psikologis diukur menggunakan Ryff's Scales of Psychological Well-being (RPWB). Hasil penelitian menunjukkan bahwa (1) stres dapat menjadi prediktor kesejahteraan psikologis secara signifikan; (2) strategi regulasi emosi expressive suppression signifikan dalam memperkuat hubungan negatif antara stres dan kesejahteraan psikologis; (3) strategi regulasi emosi cognitive reappraisal signifikan dalam memperlemah hubungan negatif antara stres dan kesejahteraan psikologis.

.....Stress is one of psychological reactions that has been experienced by college students during the COVID-19 pandemic. The level of stress can be affecting their psychological well-being. Previous studies show there is a significant relationship between emotional regulation and stress, also psychological well-being. A high level of stress will be declining psychological well-being. On the other hand, emotional regulation has proven to be reducing stress level as well as maintaining the condition of psychological well-being. Emotional regulation strategies are defined as the way individuals influence, feel, and express their emotions. The strategies divided into two which are cognitive reappraisal and expressive suppression. This study aims to examine the effects of expressive suppression and cognitive reappraisal regulatory strategies as a moderator between stress and psychological well-being. A total of 119 first-year students of Universitas Indonesia in 2020 were involved in this research. Stress was measured using the Perceived Stress Scale-10 for COVID-19 (PSS-10-C); Emotion regulation strategies were measured using the Emotion Regulation Questionnaire (ERQ); and psychological well-being was measured using Ryff's Scales of Psychological Well-being (RPWB). The results showed that (1) stress can be a significant predictor of psychological well-being; (2) expressive suppression as an emotional regulatory strategy is significant in strengthening the negative relationship between stress and psychological well-being; (3) on the other side, cognitive reappraisal strategy is significant in weakening the negative relationship between stress and psychological

well-being.