

# Peran Self-compassion Terhadap Regulasi Emosi pada Dewasa Muda dalam Situasi Pandemi Covid-19 = The Role of Self-compassion on Emotion Regulation in Young Adults During Covid-19 Pandemic Situation

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## Abstrak

Penelitian ini dilakukan untuk mengetahui gambaran terkait peran self-compassion terhadap regulasi emosi pada dewasa muda dalam situasi pandemi Covid-19. Penelitian ini merupakan penelitian kuantitatif yang melibatkan 138 partisipan dengan kriteria berusia 18-40 tahun dan berdomisili di Indonesia. Pengukuran regulasi emosi menggunakan alat ukur Emotion Regulation Questionnaire (ERQ) (Gross dan John, 2003) dan pengukuran self-compassion menggunakan alat ukur Self-Compassion Scale (Neff, 2003b). Hasil penelitian ini menunjukkan self-compassion secara umum ditemukan dapat memprediksi regulasi emosi secara signifikan ( $F(1,136) = 5.776, p < 0.05, R^2 = 0.041$ ). Dari hasil tersebut dapat disimpulkan bahwa semakin tinggi self-compassion yang dimiliki individu, akan semakin tinggi pula kemungkinan individu tersebut memiliki kemampuan regulasi emosi yang baik.

.....This study was conducted to describe the role of self-compassion on emotion regulation in young adults in the Covid-19 pandemic situation. This study is a quantitative study involving 138 participants with criteria aged 18-40 years and domiciled in Indonesia. The measurement of emotion regulation uses the Emotion Regulation Questionnaire (ERQ) (Gross and John, 2003) and self-compassion measurement using the Self-Compassion Scale (Neff, 2003b). The results of this study indicate that self-compassion is generally found to be able to significantly predict emotion regulation ( $F(1.136) = 5.776, p < 0.05, R^2 = 0.041$ ). From these results, it can be concluded that the higher the individual's self-compassion, the higher the possibility that the individual has good emotional regulation abilities.