

# Peran religious coping dan regulasi emosi terhadap kecemasan kematian pada masa Pandemi COVID-19 = The role of religious coping and emotion regulation on death anxiety during COVID-19 Pandemic

Sarah Najma Fathia Sutanto, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920554889&lokasi=lokal>

---

## Abstrak

Masa pandemi COVID-19 membuat kematian terasa lebih dekat dari sebelumnya dan membuat kecemasan kematian lebih prevalen. Regulasi emosi dan religious coping hadir sebagai pilihan yang dapat digunakan individu untuk menangani kecemasan kematian. Penelitian ini bertujuan untuk melihat peran kemampuan regulasi emosi dan penggunaan religious coping dalam memprediksi tingkat kecemasan kematian pada masa pandemi COVID-19 di Indonesia. Kecemasan kematian diukur menggunakan Death Anxiety Scale (DAS) (Templer, 1970), kemampuan regulasi emosi diukur menggunakan Perth Emotion Regulation Competency Theory (PERCI) (Preece, Becerra, Robinson, dan Dandy, 2018), dan religious coping diukur menggunakan Brief RCOPE (Pargament, Feuille, dan Burdzy, 2011). Partisipan penelitian (n = 384) merupakan orang berusia 18-25 tahun dan sedang tinggal di Indonesia saat pandemi COVID-19. Hasil penelitian ini menunjukkan bahwa regulasi emosi dan religious coping dapat memprediksi tingkat kecemasan kematian, baik secara independen maupun secara bersama-sama.

.....COVID-19 pandemic is making death feel closer and death anxiety more prevalent than ever. Emotion regulation and religious coping are present as choices that can be used to deal with death anxiety. This research aimed to see the role of emotion regulation ability and the use of religious coping in predicting death anxiety level during the COVID-19 pandemic in Indonesia. Death anxiety was measured using Death Anxiety Scale (DAS) (Templer, 1970), emotion regulation ability was measured using Perth Emotion Regulation Competency Theory (PERCI) (Preece, Becerra, Robinson, and Dandy, 2018), and religious coping was measured using Brief RCOPE (Pargament, Feuille, dan Burdzy, 2011). The participants of this study (n = 384) are aged 18-25 years old and lived in Indonesia during the COVID-19 pandemic. The results of this study showed that both emotion regulation and religious coping can predict death anxiety level, both independently and simultaneously.