

HUBUNGAN ANTARA *SELF-CONCEPT* DAN *EMOTION REGULATION*
REMAJA AKHIR YANG PERNAH MENGALAMI *BULLYING*

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ABSTRAK

Bullying merupakan permasalahan sosial yang masih banyak dialami oleh remaja dan dapat menimbulkan dampak psikologis bagi korbannya. Salah satu dampaknya berupa perubahan *self-concept* serta kemampuan regulasi emosi. *Self-concept* berperan dalam membentuk cara individu memandang dan menilai dirinya, sementara regulasi emosi menentukan bagaimana individu mengelola emosi yang muncul akibat pengalaman negatif. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-concept* dan regulasi emosi pada remaja akhir yang pernah mengalami *bullying*. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei. Subjek penelitian ini berjumlah 101 mahasiswa S1 Universitas Surabaya (UBAYA) berusia 18-22 tahun yang memiliki pengalaman *bullying* secara verbal, dengan teknik *convenience sampling*. Data dikumpulkan dengan menggunakan instrumen *Personal Self-Concept (PSC) Questionnaire* dan *Interpersonal Emotion Regulation Questionnaire (IERQ)*, kemudian dianalisis menggunakan uji korelasi *Spearman*. Hasil analisis menunjukkan adanya hubungan negatif yang signifikan antara *self-concept* dan regulasi emosi ($r = -0.190$; $p < 0.05$). Temuan ini mengindikasikan bahwa hubungan antara *self-concept* dan regulasi emosi pada remaja akhir korban *bullying* bersifat kompleks dan dipengaruhi oleh berbagai faktor psikologis lainnya.

Kata kunci: konsep diri, regulasi emosi, *bullying*, remaja akhir

THE RELATIONSHIP BETWEEN SELF-CONCEPT AND EMOTION
REGULATION IN LATE ADOLESCENTS WHO HAVE EXPERIENCED
BULLYING

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ABSTRACT

Bullying is a social problem that is still frequently experienced by adolescents and can lead to psychological consequences for its victims. One of these impacts includes changes in self-concept and emotion regulation abilities. Self-concept plays an important role in shaping how individuals perceive and evaluate themselves, while emotion regulation determines how individuals manage emotions that arise from negative experiences. This study aims to examine the relationship between self-concept and emotion regulation in late adolescents who have experienced bullying. This study employed a quantitative approach using a survey method. The participants consisted of 101 undergraduate students of University of Surabaya (UBAYA) aged 18-22 years who had experienced verbal bullying, selected using convenience sampling technique. Data were collected using the Personal Self-Concept (PSC) Questionnaire and Interpersonal Emotion Regulation Questionnaire (IERQ), and analyzed using Spearman correlation analysis. The results indicated a significant negative relationship between self-concept and emotion regulation ($r = -0.190$; $p < 0.05$). These findings suggest that the relationship between self-concept and emotion regulation in late adolescent victims of bullying is complex and influenced by various other psychological factors.

Keywords: self-concept, emotion regulation, bullying, late adolescence