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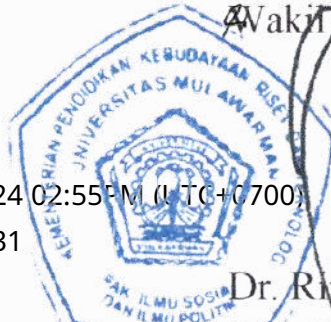
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HUBUNGAN ANTARA KELEKATAN ORANG TUA DENGAN REGULASI EMOSI PADA USIA REMAJA DI KOTA SAMARINDA

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Abstract
The teenage phase is marked by various changes, both physical and psychological, which can cause certain problems or problems for teenagers. Adolescence has unique characteristics, including being associated with a period of change where changes in attitudes and emotional changes increase more rapidly. This research aims to determine the correlation between parental attachment and emotional regulation in adolescents in the city of Samarinda. This study uses a quantitative approach. The subjects of this research were 100 subjects using simple random sampling technique. The data collection methods used were the emotional regulation scale and the parental attachment scale. The research results show that the data obtained was analyzed using the Pearson Product Moment analysis test. The results of this study show that there is a positive relationship between parental attachment and emotional regulation, namely $r = 0.456$ and $p = 0.000$ ($p < 0.05$). This means that the higher the parental attachment, the higher the positive emotional regulation experienced.

Keywords: Parental Attachment, Emotional Regulation, Adolescents

ABSTRAK
Fase remaja dengan ditandai perubahan yang beberapa terjadi, dengan secara psikis maupun fisik hal ini menimbulkan masalah atau permasalahan pada remaja. Masa remaja memiliki karakteristik yang khas, diantaranya terkait dengan masa perubahan dimana perubahan sikap dan perubahan emosi yang meningkat, lebih cepat. Penelitian ini bertujuan untuk mengetahui hubungan antara kelekatan orang tua dengan regulasi emosi pada usia remaja di kota Samarinda. Penelitian ini memakai metode kuantitatif. Subjek dalam penelitian ini berjumlah 100 orang dengan teknik simple random sampling. Pengumpulan data dengan skala regulasi emosi dan skala kelekatan orang tua. Hasil penelitian menunjukkan yang diperoleh data penelitian di uji memakai uji analisis Pearson Product Moment. Hasil penelitian ini diperoleh hubungan positif antara kelekatan orang tua dengan regulasi emosi yaitu diperoleh nilai $r = 0,456$ dan $p = 0,000$ ($p < 0,05$). Artinya semakin tinggi kelekatan orang tua maka semakin tinggi regulasi emosi positif yang dialami.

Kata Kunci: Kelekatan orang tua, Regulasi Emosi, Remaja

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