ABSTRAK

TRI RIZKY RAMADHANI. Analisis Tingkat Kemampuan Regulasi Emosi Siswa Sebagai Landasan Pengembangan Program Bimbingan dan Konseling Di SMA Negeri 1 Percut Sei Tuan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk menganalisis tingkat kemampuan regulasi emosi siswa sebagai landasan pengembangan program Bimbingan dan Konseling (BK) di SMA Negeri 1 Percut Sei Tuan. Penelitian ini menggunakan metode deskriptif dengan pendekatan kuantitatif. Sampel penelitian berjumlah 92 siswa, dengan instrumen berupa angket regulasi emosi yang disusun berdasarkan teori regulasi emosi James J. Gross (2014) meliputi empat aspek, yaitu *strategies to emotion regulation, engaging in goal directed behavior, control emotional responses, dan acceptance of emotional responses*. Instrumen diuji coba kepada 35 siswa, menghasilkan 70 item valid dari 80 item dengan dilakukan revisi atau dipertimbangkan kembali sesuai kebutuhan penelitian. Maka, r hitung > 0,334, serta reliabilitas Cronbach's Alpha sebesar 0,918 yang menunjukkan kategori sangat reliabel. Analisis data dilakukan dengan teknik persentase untuk mengkategorikan tingkat regulasi emosi ke dalam kategori tinggi, sedang, dan rendah. Hasil penelitian menunjukkan bahwa secara keseluruhan rata-rata 76% siswa berada pada kategori sedang, 15% pada kategori tinggi, dan 9% pada kategori rendah. Berdasarkan jenis kelamin, siswa laki-laki didominasi kategori sedang (70%) tanpa kategori rendah, sedangkan siswa perempuan didominasi kategori sedang (80%) dengan 13% berada pada kategori rendah. Temuan ini menunjukkan bahwa kemampuan regulasi emosi siswa berada pada tingkat cukup baik namun masih memerlukan penguatan melalui layanan BK yang bersifat preventif, pengembangan, serta intervensi khusus bagi siswa pada setiap kategori.

Kata Kunci: Regulasi Emosi, Bimbingan dan Konseling

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ABSTRACT

TRI RIZKY RAMADHANI. Analysis of the Level of Students' Emotional Regulation Ability as the Foundation for the Development of Guidance and Counseling Programs at SMA Negeri 1 Percut Sei Tuan. Skripsi. Medan: Faculty of Education, State University of Medan 2026.

This study aims to analyze the level of students' emotional regulation ability as the basis for the development of the Guidance and Counseling (BK) program at SMA Negeri 1 Percut Sei Tuan. This study uses a descriptive method with a quantitative approach. The research sample amounted to 92 students, with an instrument in the form of an emotion regulation questionnaire prepared based on James J. Gross's (2014) emotion regulation theory covering four aspects, namely strategies to emotion regulation, engaging in goal directed behavior, control emotional responses, and acceptance of emotional responses. The instrument was tested on 35 students, resulting in 70 valid items out of 80 items by being revised or reconsidered according to research needs. So, r calculates > 0.334, and Cronbach's Alpha reliability is 0.918 which shows that the category is very reliable. Data analysis was carried out using a percentage technique to categorize the level of emotion regulation into high, medium, and low categories. The results showed that overall an average of 76% of students were in the medium category, 15% in the high category, and 9% in the low category. Based on gender, male students are dominated in the medium category (70%) without a low category, while female students are dominated in the medium category (80%) with 13% in the low category. These findings show that students' emotional regulation skills are at a fairly good level but still need to be strengthened through preventive BK services, development, and special interventions for students in each category.

Keywords: Emotion Regulation, Guidance and Counseling

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