

**Hubungan antara Regulasi Emosi dan Kecenderungan Perilaku *Cyber Aggression* pada Remaja di Yogyakarta**  
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**RINGKASAN**

**Latar Belakang:** Fenomena cyber aggression di kalangan remaja semakin meningkat seiring dengan pesatnya perkembangan teknologi digital dan tingginya intensitas penggunaan media sosial. Salah satu faktor psikologis yang diyakini berperan dalam perilaku ini adalah regulasi emosi.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dan kecenderungan perilaku cyber aggression pada remaja di Yogyakarta.

**Metode Penelitian:** Metode yang digunakan dalam penelitian ini adalah kuantitatif korelasional. Subjek penelitian berjumlah 204 remaja berusia 12–18 tahun. Instrumen yang digunakan adalah *Cyber Aggression Scale for Adolescent* (CYBA) dan skala regulasi emosi berdasarkan teori Gross (2014). Uji validitas menunjukkan bahwa seluruh item memiliki korelasi item-total signifikan ( $r > 0,30$ ), dan uji reliabilitas menunjukkan nilai *Cronbach's Alpha* sebesar 0,874 (regulasi emosi) dan 0,902 (kecenderungan *cyber aggression*). Data tidak berdistribusi normal  $p = 0,000$  ( $p < 0,05$ ), sehingga analisis menggunakan metode non-parametrik. Uji linearitas menunjukkan hubungan linear yang signifikan antara kedua variabel  $p = 0,000$  ( $p < 0,05$ ).

**Hasil:** Hasil uji *Spearman Rho* menunjukkan adanya hubungan negatif yang signifikan antara regulasi emosi dan *cyber aggression* ( $r = -0,622$ ;  $p = 0,000$ ).

**Kesimpulan:** Hipotesis diterima dengan hubungan yang kuat dan arah hubungan negatif. Semakin tinggi kemampuan regulasi emosi, semakin rendah kecenderungan remaja untuk terlibat dalam perilaku agresif di dunia maya.

**Kata Kunci:** Kecenderungan *Cyber aggression*, Regulasi emosi, Remaja, Yogyakarta

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***The Relationship Between Emotion Regulation and the Tendency of Cyber Aggression Behavior Among Adolescents in Yogyakarta***

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**ABSTRACT**

**Latar Belakang:** *The phenomenon of cyber aggression among adolescents has been on the rise, in line with the rapid advancement of digital technology and the increasing intensity of social media usage. One psychological factor believed to play a role in this behavior is emotion regulation.*

**Tujuan:** *This study aims to examine the relationship between emotion regulation and the tendency toward cyber aggression among adolescents in Yogyakarta.*

**Metode:** *A correlational quantitative method was employed, involving 204 adolescents aged 12–18 years as research participants. The instruments used were the Cyber Aggression Scale for Adolescents (CYBA) and an emotion regulation scale based on Gross's (2014) theory. Validity testing showed that all items had significant item-total correlations ( $r > 0.30$ ), and reliability testing indicated Cronbach's Alpha values of 0.874 for emotion regulation and 0.902 for cyber aggression tendencies. Since the data were not normally distributed ( $p = 0.000$ ,  $p < 0.05$ ), non-parametric analysis methods were applied. The linearity test revealed a significant linear relationship between the two variables ( $p = 0.000$ ,  $p < 0.05$ ).*

**Hasil:** *The results of the Spearman Rho test indicated a significant negative correlation between emotion regulation and cyber aggression ( $r = -0.622$ ;  $p = 0.000$ ).*

**Kesimpulan:** *The hypothesis was supported, demonstrating a strong and negative relationship. The higher the adolescents' ability to regulate their emotions, the lower their tendency to engage in aggressive behavior in online environments.*

**Keywords:** *Cyber aggression tendency, Emotion regulation, Adolescents, Yogyakarta*

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