

Hubungan Antara Kepribadian Kepribadian *Hardiness* Terhadap Regulasi Emosi Pada Dewasa Awal Yang Mengalami *Broken Home*

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ABSTRAK

Latar Belakang Masalah: Dewasa awal yang berasal dari keluarga broken home sering menghadapi tantangan dalam mengelola emosi akibat tekanan emosional yang dialami. Kepribadian *hardiness* diyakini dapat membantu individu menghadapi stres secara adaptif.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara kepribadian *hardiness* dengan regulasi emosi pada dewasa awal yang mengalami *broken home*. *Hipotesis* yang diajukan adalah terdapat hubungan antara kepribadian *hardiness* dan regulasi emosi.

Metode Penelitian: Variabel dalam penelitian ini adalah kepribadian *hardiness* sebagai variabel bebas dan regulasi emosi sebagai variabel terikat. Penelitian ini menggunakan desain kuantitatif korelasional dengan metode purposive sampling terhadap 150 responden dewasa awal yang mengalami *broken home di DIY*. Pengambilan data dilakukan melalui modifikasi skala kepribadian *hardiness* berdasarkan teori Kobasa dan skala regulasi emosi berdasarkan teori Gross.

Hasil: Analisis dilakukan menggunakan uji korelasi *Pearson Product Moment* dengan signifikansi sebesar 0,000 ($p < 0,05$) dengan koefisien korelasi sebesar 0,743, yang menunjukkan hubungan positif kuat. Analisis tambahan melalui uji beda menunjukkan tidak ada perbedaan signifikan berdasarkan jenis kelamin, domisili, dan kategori *broken home*.

Kesimpulan: Hasil ini menunjukkan terdapat hubungan positif antara kepribadian *hardiness* dengan regulasi emosi, sehingga semakin tinggi kepribadian *hardiness*, maka semakin baik regulasi emosi individu *broken home*.

Kata Kunci: Kepribadian *Hardiness*, Regulasi Emosi, Dewasa Awal, *Broken Home*, Yogyakarta

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***The Relationship Between Personality Hardiness and Emotion Regulation
in Early Adults Who Have Experienced a Broken Home***

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ABSTRACT

Background of the Problem: Early adults who come from broken homes often face challenges in managing emotions due to the emotional stress they experience. Hardiness personality is believed to help individuals cope with stress adaptively.

Research Objectives: This study aims to determine the relationship between personality hardiness and emotion regulation in early adults who experience a broken home. The hypothesis proposed is that there is a relationship between personality hardiness and emotion regulation.

Research Method: The variables in this study are personality hardiness as a free variable and emotion regulation as a bound variable. This study used a correlational quantitative design with a purposive sampling method on 150 early adult respondents who experienced a broken home in Yogyakarta. Data collection was carried out through modification of the hardiness personality scale based on Kobasa's theory and the emotion regulation scale based on Gross's theory.

Results: The analysis was conducted using the Pearson Product Moment correlation test with a significance of 0.000 ($p < 0.05$) with a correlation coefficient of 0.743, which showed a strong positive relationship. Additional analysis through different tests showed no significant differences based on gender, domicile, and broken home category.

Conclusion: These results show that there is a positive relationship between personality hardiness and emotion regulation, so that the higher the personality hardiness, the better the emotional regulation of broken home individuals.

Keywords: Personality Hardiness, Emotional Regulation, Early Adulthood, Broken Home, Yogyakarta

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