ABSTRAK

**HUBUNGAN REGULASI EMOSI DENGAN KECENDERUNGAN
PERILAKU SELF-INJURY PADA SISWA SMAN 6
PADANG**

Penelitian ini bertujuan untuk mengetahui hubungan regulasi emosi dengan kecenderungan perilaku *self-injury* pada siswa SMA Negeri 6 Padang. Variabel bebas dalam penelitian ini adalah regulasi emosi dan variabel terikat dalam penelitian ini adalah perilaku *self-injury*. Alat ukur yang digunakan dalam penelitian ini adalah skala regulasi emosi dengan perilaku self-injury. Sampel dalam penelitian ini adalah 215 siswa SMA Negeri 6 Padang. Uji validitas dan reabilitas pada penelitian ini menggunakan teknik alpha cronvach. Hasil koefisien validitas pada skala regulasi emosi antara 0,334 sampai dengan 0,689. Hasil koefisien validitas pada skala perilaku self-injury berkisar antara 0,315 sampai dengan 0,789. Dengan koefisien reliabilitas regulasi emosi sebesar 0,889 dan pada skala perilaku *self-injury* sebesar 0,950. Berdasarkan analisis data, diperoleh nilai korelasi regulasi emosi dengan perilaku *self-injury* sebesar r = 0-,537 dengan taraf 0,000 yang berarti hipotesis diterima. Menunjukkan hubungan dengan taraf sedang dan berarah negatif, artinya semakin tinggi regulasi emosi maka semakin rendah *self-injury*. Hal ini menunjukkan bahwa terdapat hubungan yang kuat dan sangat signifikan regulasi emosi dengan perilaku *self-injury* pada siswa kelas X SMA Negeri 6 Padang. Adapun sumbangan efektif dari variabel kecenderungan perilaku *self-injury* yaitu sebesar 53,7%

Kata kunci: regulasi emosi, perilaku *self-injury*, siswa, SMA Negeri 6 Padang.

ABSTRACT

THE RELATIONSHIP OF EMOTIONAL REGULATION WITH SELF-INJURY BEHAVIOR TENDENCIES IN SMAN 6 STUDENTS PADANG

This research aims to determine the relationship between emotional regulation and the tendency towards self-injury behavior in students at SMA Negeri 6 Padang. The independent variable in this research is emotional regulation and the dependent variable in this research is the tendency for self-injury behavior. The measuring tool used in this research is the emotional regulation behavior scale with self-injury. The sample in this research was 215 students of SMA Negeri 6 Padang. Validity and reliability testing in this study used the Cronvach alpha technique. The results of the validity coefficient on the emotional regulation scale are between 0.334 to 0.689. The results of the validity coefficient on the self-injury behavior scale ranged from 0.315 to 0.789. With a reliability coefficient for emotional regulation of 0.889 and a self-injury behavior scale of 0.950. Based on data analysis, the correlation value between emotional regulation and the tendency for self-injury behavior is $r = 0-.537$ with a level of 0.000, which means the hypothesis is accepted. Shows a medium level relationship with a negative direction, meaning that the higher the emotional regulation, the lower the self-injury. This shows that there is a strong and very significant relationship between emotional regulation and the tendency for self-injury behavior in class X students at SMA Negeri 6 Padang. The effective contribution of the self-injury behavior tendency variable is 53.7%

Key words: emotional regulation, tendency towards self-injury behavior, students, SMA Negeri 6 Padang.