Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan perilaku *cyberbullying* pada siswa di SMK Negeri 1 Kaidipang. *Cyberbullying* merupakan bentuk agresi digital yang banyak terjadi dikalangan remaja dan sering kali dipicu oleh emosi negatif serta rendahnya kemampuan dalam mengelola emosi. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei korelasional. Sampel berjumlah 37 siswa yang dipilih melalui teknik purposive sampling. Instrumen penelitian berupa skala regulasi emosi berdasarkan teori Gross dan skala perilaku *cyberbullying* mengacu pada aspek Hinduja dan Patchin. Hasil analisis menggunakan korelasi pearson menunjukkan adanya hubungan negatif yang signifikan antara regulasi emosi dengan perilaku *cyberbullying* (r =-0,483;p =0,002). Artinya, semakin baik regulasi emosi siswa, semakin rendah kecenderungannya melakukan *cyberbullying*.

Kata Kunci: Regulasi Emosi, *Cyberbullying*, Siswa SMK

Abstract

This study aims to determine the relationship between emotional regulation and cyberbullying behavior in students at SMK Negeri 1 Kaidipang. Cyberbullying is a form of digital aggression that often occurs among adolescents and is often triggered by negative emotions and low ability to manage emotions.This study uses a quantitative approach with a correlational survey method.The sample consisted of 37 students selected through purposive sampling techniques.The research instrument was an emotional regulation scale based on Gross's theory and a cyberbullying behavior scale referring to the Hinduja and Patchin aspects.The results of the analysis using Pearson corelation showed a significant negative relationship between emotional regulation and cyberbullying behavior (0.483;p =0.002). This means that the better the student's emotional regulation,the lower the tendency to do cyberbullying.

Keywords: Emotional Regulation, Cyberbullying, Vocatiohal High School Students.