

ABSTRAK

Hubungan Regulasi Emosi dengan *Cyberbullying* berbasis Instagram serta Tinjauannya dalam Islam

Terdapat dampak positif serta negatif dari pemakaian media sosial, seperti melakukan tindakan atau perilaku negatif menyerang yang disebut *cyberbullying*. Salah satu penyebabnya adalah regulasi emosi yang buruk. *Cyberbullying* di media sosial paling banyak dilakukan di Instagram, Facebook dan Twitter. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat hubungan antara regulasi emosi dengan *cyberbullying* berbasis Instagram pada remaja serta tinjauannya dalam Islam. Metode penelitian yang digunakan adalah kuantitatif non-eksperimental dengan menggunakan alat ukur *Psychometric properties of behavior and determinant scales* dan *ERQ-CA*, dengan jumlah sampel $n=106$, sampel nya remaja usia 16-20 tahun. Berdasarkan hasil uji korelasi menggunakan uji *pearson correlation* antara variabel regulasi emosi dengan *cyberbullying*, diperoleh hasil koefisien korelasi antara dimensi *expressive suppression* dari variabel regulasi emosi dengan *cyberbullying* ($r=.298, p < .005$). Tidak terdapat hubungan yang signifikan antara dimensi *cognitive reappraisal* dari variabel regulasi emosi dengan *cyberbullying* ($r=.434, p > 0,01$). Berdasarkan tinjauan dari Islam, regulasi emosi berhubungan terhadap *cyberbullying* .

Kata Kunci : *Regulasi emosi, Cyberbullying, Instagram*

ABSTRACT

The relationship of emotional regulation and cyberbullying in Instagram and Its review in Islam

There are positive and negative impacts in using social media, such as an act or aggressive behavior called cyberbullying. One of the causes of cyberbullying is bad emotional regulation. Cyberbullying is mostly found in Instagram, facebook and twitter. The purpose of this research is to find out whether there are a correlation between emotional regulation and cyberbullying in Instagram and its review in Islam. The methods of this research are quantitative non experimental with *Psychometric properties of behavior and determinant scales* and *ERQ-CA*. The participants of this research were 106 people with adolescence as a sample with age range within 16-20 years old. Based on correlation examination with Pearson correlation between emotional regulation and cyberbullying found that coefficient correlation between expressive suppression dimension from emotional regulation variable with cyberbullying (($r=.298$, $p < .005$). There are no significant correlation between cognitive reappraisal dimension from emotional regulation with cyberbullying ($r=.434$, $p > 0,01$). Based on islamic perspectives, emotional regulation correlated with cyberbullying.

Keyword : *Emotional Regulation, Cyberbullying, Instagram*