

## ABSTRAK

### Peran Regulasi Emosi Terhadap Perilaku Cyberbullying Pada Remaja di Jabodetabek serta Tinjuannya dalam Islam

Seiring dengan berkembangnya penggunaan media sosial, maka semakin meningkatnya perilaku *cyberbullying*. Hal itu diperkuat dengan data Polda Metro Jaya yang mengungkapkan bahwa setidaknya terdapat 25 kasus *cyberbullying* yang dilaporkan setiap harinya, hal serupa terjadi pada angka korban *cyberbullying* yang terus meningkat. Cowie & Jennifer (2008) menyebutkan salah satu penyebab perilaku *cyberbullying* adalah rendahnya regulasi emosi. Sementara itu, korban *cyberbullying* yang seringkali memendam emosi marahnya, justru memicu untuk melakukan *cyberbullying* kepada individu yang dianggap lebih lemah. Oleh karena itu, peneliti melakukan penelitian ini dengan tujuan melihat peran antara regulasi emosi dengan perilaku *cyberbullying* pada remaja di JABODETABEK. Pendekatan dalam penelitian ini adalah kuantitatif dengan desain penelitian asosiatif. Sampel dalam penelitian ini berjumlah 412 partisipan dengan karakteristik, yaitu (1) remaja berusia 11-20 tahun, (2) berdomisili di JABODETABEK, (3) aktif menggunakan media sosial dalam 6 bulan terakhir. Dalam penelitian ini, alat ukur yang digunakan yaitu skala ERQ-CA (*Emotion Regulation Questionnaire-Child and Adolescent*) untuk mengukur regulasi emosi dan skala CBQ (*Cyberbullying Questionnaire*) yang terbagi menjadi *cyberbullying for perpetration* dan *cyberbullying for victimization*. Data penelitian ini tidak memenuhi uji asumsi untuk uji regresi namun dilakukan uji korelasi dan didapatkan hasil bahwa regulasi emosi strategi *expressive suppression* memiliki hubungan negatif signifikan dengan *cyberbullying for perpetration* ( $r=-.104, p<0.05$ ). Menurut pandangan Islam, *expressive suppression* tidak memiliki peran dengan *cyberbullying for perpetration*.

**Kata Kunci: Regulasi Emosi; Perundungan Siber**

## **ABSTRACT**

### **The Role of Emotion Regulation in Cyberbullying Behavior among Adolescents on Jabodetabek and Its Overview from Islamic Perspective**

The using of social media can increasing cyberbullying behavior. This is evidenced by data from Polda Metro Jaya which reveals that at least 25 cases of cyberbullying that reported every day. Cowie & Jennifer (2008) stated that one of the causes of cyberbullying behavior is low emotional regulation. Meanwhile, victims of cyberbullying, who often hide away their angry emotions, actually trigger them to do cyberbullying to individuals who are considered weaker. The aim of this study was to see the role between emotional regulation and cyberbullying behavior in adolescents in JABODETABEK. The approach in this research is quantitative with an associative research design. Sample in this study are 412 participants with characteristics, (1) adolescents aged 11-20 years, (2) lived in JABODETABEK, (3) actively using social media in the last 6 months. In this study, measuring instruments used are the ERQ-CA (Emotion Regulation Questionnaire-Child and Adolescent) scale to measure emotional regulation and the CBQ (Cyberbullying Questionnaire) scale which is divided into cyberbullying for perpetration and cyberbullying for victimization. The data of this study did not meet the assumption test for the regression test, but the correlation test was carried out and the results showed that the emotional regulation of expressive suppression strategies had a significant negative correlation with cyberbullying for perpetration ( $r = -.104$ ,  $p < 0.05$ ). In Islamic perspective, expressive suppression has no role with cyberbullying for perpetration.

**Keywords : Emotion Regulation; Cyberbullying Behavior**