

HUBUNGAN ANTARA REGULASI EMOSI DENGAN KESEJAHTERAAN PSIKOLOGIS PADA IBU DENGAN ANAK *SCHOOL FROM HOME* (SFH) PADA MASA PANDEMI COVID-19 DI DESA X

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi emosi dengan kesejahteraan psikologis ibu dengan anak *school from home* selama pandemi Covid-19. Penelitian ini menggunakan metode kuantitatif, dengan populasi ibu dengan anak pada tahap pendidikan formal sekolah dasar di desa Pucangrejo. Metode pengambilan sampel menggunakan *cluster sampling* dengan 152 ibu sebagai sampel penelitian. Dua alat ukur yang digunakan dalam penelitian adalah skala kesejahteraan psikologis dengan konsistensi internal $\alpha=0,860$ dan skala regulasi emosi dengan konsistensi internal $\alpha=0,762$. Teknik analisis data menggunakan korelasi *product moment*. Hasil penelitian menunjukkan adanya hubungan antara regulasi emosi dengan kesejahteraan psikologis pada ibu dengan anak *school from home* selama pandemi Covid-19. Hasil uji korelasi antara regulasi emosi dengan kesejahteraan psikologis diperoleh nilai $r_{xy} = 0,392$ dengan taraf signifikansi 0,000 ($p < 0,01$). Regulasi emosi memberikan sumbangan efektif sebesar 15,4% pada kesejahteraan psikologis. Hasil penelitian yang telah dilakukan menunjukkan bahwa terdapat hubungan positif yang signifikan antara regulasi emosi dengan kesejahteraan psikologis pada ibu yang mendampingi anak *school from home* selama pandemi Covid-19.

Kata kunci : regulasi emosi, kesejahteraan psikologis, *school from home*.

THE RELATIONSHIP BETWEEN EMOTION REGULATION AND PSYCHOLOGICAL WELL-BEING OF MOTHERS WITH CHILDREN SCHOOL FROM HOME (SFH) DURING THE PANDEMIC COVID-19 IN X VILLAGE

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ABSTRACT

This research aimed to examine the relationship between emotion regulation and psychological well-being of mothers who assist school children from home during the pandemic Covid-19. This research used quantitative methods, with its population of this study were mother who had children at the formal education stage in elementary school in Pucangrejo village. The research sample method used cluster sampling, a total 152 mothers as participants in the study. Two measuring instruments used in this research were psychological well-being scale consists obtained internal consistency $\alpha=0,860$ and emotion regulation scale consists obtained internal consistency $\alpha=0,762$. The technique used in analysis of data is product moment correlation. The results of the study showed that there is a relationship between regulation emotion and psychological well-being mothers who assist school children from home during the pandemic Covid-19. The result of the correlation between emotion regulation and psychological well-being obtained value $r_{xy} = 0.392$ with a significance level of 0.000 ($p < 0.01$). Emotion regulation contributed 15,4% to the psychological well-being of mothers. The results showed that there is a significant positive relationship between emotion regulation and psychological well-being of mothers who assist school children from home during the pandemic Covid-19.

Keyword : emotion regulation, psychological well-being, school from home