

## ABSTRAK

Judul : Hubungan regulasi emosi dengan *self efficacy* pada pendaki gunung pemula  
Nama : Anisa Fahriyani  
Program Studi : Psikologi

Untuk mencapai keberhasilan dalam pendakian, seorang pendaki gunung pemula perlu memiliki persiapan-persiapan yang bertujuan untuk meningkatkan rasa kepercayaan dirinya terhadap kemampuan dalam menghadapi kesulitan disebut dengan *self efficacy*. *Self efficacy* dapat meningkatkan jika pendaki gunung pemula memiliki kemampuan mengelola dan mengatur emosi dari dalam diri atau disebut regulasi emosi. Tujuan penelitian ini adalah untuk melihat hubungan antara regulasi emosi dan *self efficacy* pada pendaki gunung pemula. Penelitian ini bersifat kuantitatif, korelasional non-eksperimental dengan teknik pengambilan sampel berupa *purposive sampling*. Jumlah sampel penelitian ialah 83 orang anggota pendaki gunung pemula di Jakarta. Skala regulasi emosi berdasarkan teori Thompson, dari Hasanah (2010) yang telah dimodifikasi, berjumlah 41 item valid dengan koefisien reliabilitas ( $\alpha$ ) sebesar 0,960. Skala *self efficacy* berdasarkan teori Bandura skala dari Handayani (2013) yang telah dimodifikasi, berjumlah 44 item valid dengan koefisien reliabilitas ( $\alpha$ ) sebesar 0,977 dengan teknik korelasi *pearson product moment* dan *crossstabulation*. Hasil penelitian menunjukkan  $p = 0,000$  dengan koefisien korelasi sebesar 0,504, artinya hipotesis diterima yaitu terdapat hubungan positif yang signifikan antara regulasi emosi dengan *self efficacy* pada pendaki gunung pemula. Berdasarkan nilai  $r^2$  menunjukkan bahwa regulasi emosi memberikan kontribusi sebesar 25,4% dalam mempengaruhi *self efficacy*, sedangkan 74,6% dipengaruhi oleh faktor lain. Terdapat temuan penelitian bahwa latihan fisik yang dilakukan di alam memiliki regulasi emosi dan *self efficacy* yang tinggi.

Kata kunci : Regulasi Emosi, *Self Efficacy*, Pendaki Gunung Pemula.

## ABSTRACT

*Title* : *The Correlation between Emotion Regulation and Self Efficacy on novice mountain climbers*  
*Name* : *Anisa Fahriyani*  
*Study Program* : *Psikologi*

*To reach achievements in climbing, a novice climbing needs to have preparations to raise their self confidence in facing obstacles which is called self efficacy. A novice climber can have higher self efficacy they have the power to organize and manage their emotions which is called emotion regulation. The purpose of this research is to look correlation between emotion regulation and self efficacy on novice mountain climbers. This study was a quantitative research, using correlational non-experimental method with purposive sampling technique. The number of research's samples were 83 novice mountain climbers. This study used the emotion regulation scale based on Thompson's theory made by Hasanah (2010) which was modified, with 41 valid items and the reliability coefficient ( $\alpha$ ) is 0.960. This study also used the self efficacy scale based on Bandura's theory made by Handayani (2013) which was modified, with 44 valid items and the reliability coefficient ( $\alpha$ ) is 0.977, also with pearson product moment correlation technique and crosstabulation. The result of this study showed sig 0,000 with correlation coefficient 0.504, meaning that the hypothesis is accepted, which is there is a positively significant correlation between emotion regulation and self efficacy on novice mountain climbers. Based on  $r^2$  score, emotion regulation contributed 25.4% to influence self efficacy, while the remaining 74.6% are influenced by other factors. In this research, found that doing physical exercises in the nature has high and emotion regulation and high self efficacy.*

*Key words: Emotion Regulation, Self Efficacy, Novice Mountain Climbers.*