

ABSTRAK

Abstract — *How do emerging adult women regulate their emotions in the life of the metropolitan city of Jakarta? Meanwhile, emerging adulthood is identical as a period of many emotional experiences. Meanwhile, emotions are not always adaptive and consistent, but do have influence on self-adjustment and decision-making, which in fact are crucial for the future of their adult life. Meanwhile, the emotional regulation of emerging adult women cannot be separated from the correlation with the Father's emotional availability. In fact, studies prove that their relationship is the most important relationship in a woman's life. Thus, this study examines if emotional availability of Father has significant effect on emotion regulation strategy of emerging adult women in Jakarta. Regardless, no known study has examined the relationship between emotional availability of Father and the emotion regulation of emerging adult women in Indonesia. In fact, previously no study has introduced the emotional availability of Father in Indonesia. This study is a quantitative correlational research, using the Lum's Emotional Availability of Parents and the Emotion Regulation Questionnaire on 212 participants. The results obtained that Father's emotional availability has a correlation, but no significant effect in Jakarta emerging adult women's emotion regulation Cognitive reappraisal strategy.*

Keywords: *emerging adult women, emotion regulation, Father's emotional availability*

Abstrak — *Bagaimana perempuan emerging adults meregulasi emosinya di tengah kehidupan kota metropolitan Jakarta? Sementara, emerging adulthood identik sebagai masa dengan banyaknya pengalaman emosional. Sedangkan, emosi tidak selalu adaptif dan konsisten, namun berpengaruh pada penyesuaian diri dan pembuatan keputusan, yang notabene krusial untuk masa depan kehidupan kedewasaannya. Sementara itu, regulasi emosi perempuan emerging adults tidaklah terlepas dari korelasinya dengan ketersediaan emosional sang Ayah. Bahkan, studi membuktikan bahwa hubungan diantara keduanya adalah hubungan terpenting dalam kehidupan perempuan. Maka, studi ini meninjau apakah terdapat pengaruh signifikan ketersediaan emosional Ayah pada strategi regulasi emosi perempuan emerging adults di Jakarta. Terlepas dari itu, belum ada studi diketahui yang meninjau antara ketersediaan emosional Ayah dan regulasi emosi perempuan emerging adults di Indonesia. Bahkan, sebelumnya tidak ada studi yang telah memperkenalkan ketersediaan emosional Ayah di Indonesia. Studi yang dilaksanakan adalah penelitian kuantitatif korelasional, menggunakan alat ukur Lum's Emotional Availability*

of Parents dan *Emotion Regulation Questionnaire* pada 212 partisipan. Diperoleh hasil bahwa ketersediaan emosional Ayah memiliki korelasi, namun tidak berpengaruh signifikan terhadap strategi regulasi emosi *Cognitive reappraisal* perempuan *emerging adults* di Jakarta.

Kata Kunci: ketersediaan emosional Ayah, perempuan *emerging adults*, regulasi emosi

