

## ABSTRAK

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### HUBUNGAN ANTARA DERAJAT KEPARAHAN DISMENOREA DAN JENIS REGULASI EMOSI PADA SISWI SMA

(XI + 59 Halaman: 5 tabel, 3 bagan, 7 lampiran)

**Latar Belakang:** Dismenorea saat menstruasi sering terjadi pada wanita yang lebih besar umumnya pada remaja wanita. Dismenorea dapat menimbulkan konflik emosional. Pada kondisi dismenorea juga dapat mempengaruhi regulasi emosi dengan menimbulkan dampak negatif pada keadaan psikologis seseorang seperti kecemasan, depresi, dan stress. *Cognitive Reappraisal* dan *Expressive Suppression* merupakan strategi regulasi emosi yang berguna untuk mengurangi emosi negatif. Tetapi belum ada penelitian yang membahas mengenai strategi jenis regulasi emosi yang cenderung digunakan saat mengalami dismenorea dan ditemukan bahwa terdapat perbedaan hasil pada beberapa penelitian mengenai hubungan antara dismenorea dan regulasi emosi.

**Tujuan:** Mengetahui hubungan antara dismenorea dan regulasi emosi serta untuk mengetahui jenis strategi regulasi emosi yang sering digunakan saat dismenorea pada siswi SMA.

**Metodologi:** Metode penelitian yang digunakan pada studi ini adalah potong lintang. Sampel yang digunakan adalah siswi SMA kelas X, XI, dan XII di salah satu sekolah Tingkat SMA di Indonesia dengan jumlah minimum 87 sampel. Data yang didapatkan akan dianalisis menggunakan perangkat lunak *SPSS Statistics* versi 23 secara bivariat.

**Hasil:** Dari 103 responden yang dikumpulkan, terdapat 38.8% responden yang mengalami dismenorea derajat ringan menggunakan jenis regulasi *Cognitive Reappraisal*, sedangkan 27.1% responden yang mengalami dismenorea derajat sedang dan berat menggunakan jenis regulasi emosi *Expressive Suppression*. Hubungan derajat keparahan dismenorea dan jenis regulasi emosi ditemukan signifikan berdasarkan uji *Chi-Square* dengan *p-value* sebesar 0.003.

**Kesimpulan:** Ditemukan adanya hubungan yang bermakna pada derajat keparahan dismenorea dengan jenis regulasi emosi.

**Kata Kunci:** Dismenorea, Regulasi Emosi, *Cognitive Reappraisal*, *Expressive Suppression*

## **ABSTRACT**

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### **THE RELATIONSHIP BETWEEN THE DEGREE OF DYSMENORRHEA SEVERITY AND EMOTION REGULATION TYPES IN FEMALE HIGH SCHOOL STUDENTS**

**(XI + 59 pages: 5 table, 3 schematic, 7 attachment)**

**Background:** *Dysmenorrhea during menstruation is common among women, particularly in adolescent girls. Dysmenorrhea can lead to emotional conflicts. In cases of dysmenorrhea, it can also affect emotional regulation, leading to negative impacts on an individual's psychological state, such as anxiety, depression, and stress. Cognitive Reappraisal and Expressive Suppression are emotion regulation strategies that are useful for reducing negative emotions. However there has been no research that discusses the types of emotional regulation strategies that tend to be used when experiencing dysmenorrhoea and it was found that there are different results in several studies regarding the relationship between dysmenorrhoea and emotional regulation.*

**Objective:** *To understand the relationship between dysmenorrhoea and emotional regulation as well as to understand the types of emotional regulation strategies that are often used during dysmenorrhoea in female high school students.*

**Methodology:** *The research method used in this study is a cross-sectional design. The sample used was female high school students in classes X, XI and XII at one of the high school in Indonesia with a minimum number of 87 samples. The data obtained will be analyzed using SPSS Statistics version 23 software through bivariate.*

**Results:** *From 103 respondents that has been collected, there are 38.8% of respondents who experienced mild dysmenorrhea degree used the Cognitive Reappraisal type of regulation, while 27.1% of respondents who experienced moderate and severe dysmenorrhea degree used the Expressive Suppression type of emotion regulation. The relationship between the degree of dysmenorrhea severity and emotion regulation types was found to be significant based on the Chi-Square test with a p-value of 0.003.*

**Conclusion:** *A significant relationship was found between the degree of dysmenorrhea severity and emotion regulation types.*

**Keywords:** *Dysmenorrhea, Emotion Regulation, Cognitive Reappraisal, Expressive Suppression.*