

HUBUNGAN ANTARA KEPRIBADIAN DAN REGULASI EMOSI PADA BLOGER FORUM LINGKAR PENA (FLP)

Sania Sanevi

Dr. Setiawati Intan Savitri, S.P., M.Si.

Universitas Mercu Buana

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara tipe kepribadian yaitu *extraversion*, *agreeableness*, *conscientiousness*, *neuroticism*, dan *openness* dengan regulasi emosi pada dimensi *cognitive reappraisal* dan *expressive suppression*. Penelitian ini menggunakan desain kuantitatif korelasional dengan pengambilan sampel menggunakan metode *convenience* atau *accidental sampling*. Sampel penelitian adalah 88 blogger FLP dengan minimal usia 20 tahun yang berdomisili di seluruh Indonesia. Alat ukur yang digunakan adalah 44 aitem dari *Big Five Inventory* (BFI) dan 10 aitem dari *Emotion Regulation Questionnaire* (ERQ) yang telah diadaptasi dengan reliabilitas masing-masing 0,762 dan 0,815. Uji validitas alat ukur ditemukan pada BFI 34 aitem valid dan pada ERQ 10 aitem valid. Data dianalisis menggunakan korelasi Pearson. Hasil penelitian menunjukkan adanya hubungan positif antara *agreeableness* ($\text{sig.} = 0,020$) dan *conscientiousness* ($\text{sig.} = 0,014$) dengan *cognitive reappraisal* pada blogger FLP. Dan tidak ada hubungan antara kepribadian dengan *expressive suppression* pada Blogger FLP.

Kata kunci: *kepribadian; regulasi emosi; blogger*

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ABSTRACT

This study aims to determine the relationship between personality types, namely extraversion, agreeableness, conscientiousness, neuroticism, and openness with emotion regulation on the dimensions of cognitive reappraisal and expressive suppression. This study uses a correlational quantitative design with sampling using the convenience or accidental sampling method. The samples of research are 88 FLP bloggers with a minimum age of 20 years who are domiciled throughout Indonesia. The measuring instrument used is 44 items from the Big Five Inventory (BFI) and 10 items from the Emotion Regulation Questionnaire (ERQ) which have been adapted with reliability values of 0.762 and 0.815. The validity test of the measuring instrument was found in the 34 valid items of BFI and the 10 valid items of ERQ. Data were analyzed using Pearson correlation. The results showed that there was a positive relationship between agreeableness ($\text{sig.} = 0.020$) and conscientiousness ($\text{sig.} = 0.014$) with cognitive reappraisal in FLP bloggers. And there was no relationship between personality and expressive suppression in FLP Bloggers.

Keywords: Personality; Emotion Regulation; Blogger.

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