

HUBUNGAN ANTARA REGULASI EMOSI DENGAN BULLYING PADA SISWA SMA X DI BALI

Intisari. Penelitian ini bertujuan untuk menganalisis hubungan antara regulasi emosi dan perilaku *bullying* pada siswa SMA. Latar belakang penelitian menunjukkan bahwa *bullying* merupakan salah satu masalah sosial yang sering terjadi di kalangan remaja, khususnya siswa SMA, yang dapat menimbulkan dampak merugikan. Regulasi emosi sendiri diyakini memiliki peran penting dalam mengelola perilaku sosial, termasuk agresi. Teori yang melandasi penelitian ini adalah teori regulasi emosi yang menjelaskan kemampuan individu untuk memantau, mengevaluasi, dan memodifikasi reaksi emosionalnya, serta teori *bullying* yang mengkaji bentuk-bentuk kekerasan dan perundungan. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Pengambilan data dilakukan melalui kuesioner yang disebarakan kepada sampel penelitian, yaitu siswa SMA. Alat ukur yang digunakan Skala Regulasi Emosi dan Kuesioner APRI (*Adolescent Peer Relations Instrument*). Hasil penelitian menunjukkan terdapat hubungan negatif dengan arah hubungan yang kuat dan signifikan antara regulasi emosi dengan *bullying*.

Kata Kunci: regulasi emosi, *bullying*, siswa SMA

THE RELATIONSHIP BETWEEN EMOTIONAL REGULATION AND BULLYING AMONG HIGH SCHOOL STUDENTS IN BALI

Summary. *This study aims to analyze the relationship between emotional regulation and bullying behavior among high school students. The background of this study indicated that bullying is a social problem that often occurs among adolescents, especially high school students, and can have detrimental effects. Emotional regulation itself is believed to play a crucial role in managing social behavior, including aggression. The theoretical framework of this study is based on emotional regulation theory, which explains an individual's ability to monitor, evaluate, and modify their emotional responses, as well as bullying theory, which examines various forms of violence and harassment. This study employs a quantitative approach using a correlational method. Data collection was carried out through questionnaires distributed to the research sample, including high school students. The measurement tools used were the Emotion Regulation Scale and the APRI (Adolescent Peer Relations Instrument) Questionnaire. The results indicated a strong and significant negative relationship between emotion regulation and bullying.*

Keywords: *emotion regulation, bullying, high school students*