

CONTROL OF YOUTH EMOTIONS AND STRESS FACING PUBERTAS

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ABSTRACT

One of the characteristics that marks entering adolescence is puberty, at which time adolescent emotions are often high and emotional control is needed. This study tried to determine the relationship between emotional control and stress in facing puberty in grade VII students. The population in this study was 360 students with a sample size based on krecjie Morgan as many as 187 students. Sampling was done using propotionate stratified random sampling technique. The data collection instrument used a Likert scale. The results of data analysis obtained the correlation coefficient (r) between emotional control and stress facing puberty of -0.539 with $P < 0.05$, so it can be concluded that there is a relationship between emotional control and stress facing puberty in grade VII students at SMP Negeri 23 Bekasi. With a negative relationship direction, this means that the better emotional control, the lower the stress in facing puberty.

Keywords: Emotion, Job Stress & Puberty.