

THE EFFECTIVENESS OF WRITING A DIARY IN IMPROVING THE EMOTIONAL REGULATION IN THE FRESHMAN YEAR

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ABSTRACT

The Effectiveness of writing a diary in improving the emotional regulation in the freshman year. This research started from the fact that they lack of the emotional regulation in the freshman year. This research is a quasi-experimental design using the one group pre-test post-test design. The sample taken was 10 students who had a low emotional regulation. The data were collected by using a scale of emotional regulation. The test results proved the hypothesis that writing a diary was effective in improving the emotional regulation in the freshman year.

Keywords: Emotional Regulation, Diary, Freshman Year.