

EMOTIONAL REGULATION AND ANXIETY FACING SCHOOL EXAMINATIONS (CASE STUDY OF CLASS IX STUDENTS AT SMPN 60, CENTRAL JAKARTA)

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ABSTRACT

This study aims to see the relationship between emotional regulation and anxiety of grade IX students who will face the School Exam (US) at SMPN 60 Central Jakarta. The study involved 147 students. The instrument used was a Likert scale questionnaire to measure emotion and anxiety regulation. The data were analyzed using the assumption test, normality test, and Spearman correlation test. The results showed a low relationship between emotion regulation and anxiety facing School Exams (US). The implication of this study is to emphasize the importance of developing good emotion regulation to reduce anxiety. Suggestions for students to optimize their emotional regulation skills to cope with anxiety or the emotions they feel. Students must also practice emotion regulation skills so that they can cope with the emotions they feel by understanding various strategies in doing emotion regulation.