

## THE RELATIONSHIP BETWEEN SELF-ESTEEM AND EMOTION REGULATION ON ASSERTIVENESS OF PSYCHOLOGY STUDENTS AT UIN SUNAN GUNUNG DJATI BANDUNG

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### ABSTRACT

Assertiveness refers to an individual's activity of expressing sentiments, ideas, and thoughts, and also defending personal rights. Assertiveness is essential for students, particularly those studying psychology. Self-esteem and emotional regulation are considered to contribute to increased student assertiveness. The purpose of this study is to examine at the relationship between self-esteem, emotional regulation, and assertiveness among psychology students at UIN Sunan Gunung Djati Bandung. The study included 245 psychology students between 18 to 21 years old. Data were obtained utilizing psychological assessment instruments such as the assertiveness scale, the state self-esteem scale, and the emotion regulation questionnaire. The data collected in this research was evaluated using correlational data analysis techniques. The findings of this study indicate that self-esteem and emotional regulation have an important relationship with assertiveness.

**Keywords:** Assertiveness, self-esteem, emotional regulation, psychology students.