

## Hubungan antara self monitoring dengan strategi regulasi emosi pada pengurus organisasi kemahasiswaan = Correlation between self monitoring and emotional regulation strategy of the students involved in an student organization

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Abstrak

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Penelitian ini bertujuan untuk mengetahui hubungan antara self-monitoring dan strategi regulasi emosi yang digunakan oleh mahasiswa yang sedang mengikuti organisasi kemahasiswaan. Hal ini menjadi penting karena self-monitoring, yaitu tingkatan individu dalam memonitor dan memantau tingkah laku yang ditunjukkan (Snyder, 1974) memiliki implikasi yang penting pada perilaku berorganisasi. Penelitian ini menggunakan alat ukur RSMS (Revised Self-Monitoring Scale) milik Lennox dan Wolfe (1984) untuk mengukur self monitoring dan alat ukur ERQ (Emotion Regulation Questionnaire) milik Gross dan John (2003) untuk mengukur strategi regulasi emosi yaitu cognitive reappraisal dan expressive suppression. Partisipan penelitian merupakan 133 mahasiswa yang sedang aktif mengikuti organisasi kemahasiswaan. Terdapat dua hasil penelitian pada penelitian ini. Hasil penelitian pertama menunjukkan terdapat korelasi yang signifikan antara self-monitoring dengan cognitive reappraisal ( $r = 0,250$ ;  $n = 133$  ;  $p = 0,004$ , two tailed). Artinya semakin tinggi self-monitoring individu semakin tinggi pula kecenderungannya untuk menggunakan strategi cognitive reappraisal. Hasil penelitian kedua menunjukkan tidak terdapat hubungan antara self-monitoring dengan expressive suppression ( $r = 0,034$ ;  $n = 133$ ;  $p = 0,01$ , two tailed).

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<i><b>ABSTRACT</b>

, This research is intended to find out the correlation between self-monitoring and emotional regulation strategy used by the students involved in an organization. This research is important because self-monitoring which refer to the extent to which people monitor and observe their expressive behavior (Snyder, 1974) has important implication to organizational behavior. This research applied RSMS (Revised Self-Monitoring Scale) by Lennox and Wolfe (1984) to measure self-monitoring and ERQ (Emotion Regulation Questionnaire) by Gross and John (2003) to measure emotional regulation strategy namely cognitive reappraisal and expressive suppression. The research participants are 133 students actively involved in the student organization. Two results are obtained. The first result shows that there is a significance relationship between self-monitoring and cognitive reappraisal ( $r = 0,250$ ;  $n = 133$  ;  $p = 0,004$ , two tailed). It means that the higher the individual self-monitoring is conducted, the higher the tendency to apply the cognitive reappraisal strategy. The second result shows that there is no relationship between self-monitoring and expressive suppression ( $r = 0,034$ ;  $n = 133$ ;  $p = 0,01$ , two tailed).]