

## Perbedaan regulasi emosi perempuan dan laki-laki di perguruan tinggi / Shinantya Ratnasari, Julia Suleeman

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### Abstrak

This study aims to determine differences in emotional regulation between women and men which are currently enrolled in the higher education. In this study, the proposed hypotheses are: ( 1) there is a difference in emotion regulation in general between women and men; (2) there was no difference in cognitive reappraisal between women and men; and (3) there is a difference in expressive suppression between women and men. We conducted the questionnaire survey method to determine the differences in emotion regulation between women and men. The instrument was adapted from questionnaires constructed by Gross and John (2003). Participants were 81 students of the Faculty of Psychology UI, consisting of 48 women and 33 men. The results showed no difference in the cognitive reappraisal dimension between women and men, while there is no difference in expressive suppression dimension between women and men. Thus, there is also a difference in general emotional regulation between women and men. These results are consistent with the hypothesis of the study.