

# Positive Cognitive Triad sebagai Mediator Hubungan antara Persepsi Konflik Interparental dan Regulasi Emosi Kognitif pada Remaja Madya di Indonesia = The Role of Positive Cognitive Triad as Mediator between The Relationship of Perception of Interparental Conflict and Cognitive Emotion Regulation on Middle Adolescence in Indonesia

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## Abstrak

Kemampuan meregulasi emosi secara adaptif sangat penting dimiliki oleh remaja yang sedang berada di periode transisi menuju dewasa, yang umum dikenal dengan periode storm and stress. Penggunaan strategi regulasi emosi yang maladaptif pada remaja berhubungan dengan berbagai masalah tingkah laku yang bersifat internalizing serta externalizing. Keluarga dinilai sebagai salah satu faktor penting bagi perkembangan kemampuan remaja dalam meregulasi emosi. Interaksi remaja dengan orangtuanya juga dapat mempengaruhi pandangannya terhadap diri sendiri, dunia, dan masa depannya, yang kemudian dapat mempengaruhi kecenderungan remaja untuk menggunakan strategi regulasi emosi yang bersifat maladaptif daripada yang adaptif dalam menghadapi pengalaman negatif. Remaja madya berusia 14-17 tahun (N = 335) yang tinggal bersama kedua orangtua diberikan serangkaian kuesioner antara lain: Child's Perception of Interparental Conflict Scale (CPIC) untuk mengukur persepsi mereka terhadap konflik yang terjadi antara kedua orangtuanya, Cognitive Emotion Regulation Scale (CERQ) untuk mengukur regulasi emosi secara kognitif yang cenderung dilakukan, dan Cognitive Triad Inventory (CTI) untuk mengukur penilaian mereka atas diri sendiri, dunia, dan masa depannya. Hasil analisis regresi mediasi menunjukkan bahwa positive cognitive triad dapat memediasi hubungan antara persepsi konflik interparental dan regulasi emosi kognitif maladaptif secara parsial, selain itu hasil menunjukkan bahwa positive cognitive triad memiliki indirect effect yang signifikan terhadap hubungan antara persepsi konflik interparental dan regulasi emosi kognitif adaptif meskipun hasil uji korelasi Pearson menunjukkan bahwa tidak ada hubungan yang signifikan antara persepsi konflik interparental dengan regulasi emosi kognitif adaptif.

.....The ability to regulate emotions adaptively is very important for adolescents who are in the transition period to adulthood, or commonly known as storm and stress period. The use of maladaptif emotion regulation strategies in adolescents is associated with a variety of behavior problems that are internalizing and externalizing. Family is considered to be one of the important factors for the development of adolescents' ability to regulate their emotions. Adolescents' interactions with their parents can affect their view of the self, the world, and the future, which can influence their tendency to use maladaptif emotional regulation strategies rather than adaptif ones when facing negative experiences. Adolescents aged 14-17 years (N = 335) who lived with both parents were given a series of questionnaires including the Child's Perception of Interparental Conflict Scale (CPIC) to measure their perception of conflict between their parents, Cognitive Emotion Regulation Scale (CERQ) to measure the cognitive emotion regulation strategies that tend to be used, and Cognitive Triad Inventory (CTI) to measure their view of themselves, the world, and the future. The results of the mediation regression analysis showed that the positive cognitive triad partially mediates the relationship between perception of interparental conflict and maladaptif cognitive emotion regulation, in addition, the results showed that the positive cognitive triad had a significant indirect

effect on the relationship between perception of interparental conflict and adaptive cognitive emotion regulation although the result of Pearson's correlation test showed that there was no significant relationship between the perception of interparental conflict and the adaptive cognitive emotion regulation.