

ABSTRACT

Faisal Yusran (705150042)

The Role of Emotion Regulation On Quality of Life with Social Support as a Moderator In College Student who Working While Studying); Dr. Rostiana, M.Si., Psi., & Bianca Marella, S.Psi., M.Sc. Bachelor of Psychology Study Program, Tarumanagara University, (i-xi; 93 pages, P1-P10, L1- L35)

In this era that filled with economic needs and work competencies, many students decide to study while working. Various problems that can arise both from lectures and work can affect the quality of life. Emotional regulation and social support is one way that can reduce the negative effects of these problems. Therefore this study aims to determine the role of emotion regulation on quality of life with social support as a Moderator in college Students who working while studying. This study included 230 participants of millennial age college students worker by using convenience sampling techniques. The results found that the direct role of emotional regulation on quality of life had an effect of 7.2% and that social support was not proven to act as a moderator in the relationship between emotional regulation and quality of life $p > 0.05$. Furthermore, additional analysis found that social support could play a significant moderator ($p < 0.05$) in the relationship between emotional regulation and quality of life in participants who had high social support scores.

Keywords: *emotional regulation, social support, and quality of life.*