

THESIS

**DYNAMICS OF EMOTION
IN ADOLESCENCE WITH DEPRESSION AND ANXIETY:
THE ROLE OF EMOTIONAL ATTACHMENT, EMOTIONAL AWARENESS, AND
EMOTIONAL REGULATION**

Written By:

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**MAGISTER STUDY PROGRAM OF PSYCHOLOGY
FACULTY OF PSYCHOLOGY
UNIVERSITAS TARUMANAGARA
JAKARTA
2019**

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**Thesis in partial fulfillment of the requirements
for Magister degree of Psychology (M.Psi.)**

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FOREWORD

Give thanks to the Lord for His creation and all the blessings that made the completion of this work possible.

This thesis proposal by the title “Dynamics of Emotion in Adolescence with Depression and Anxiety: The Role of Emotional Attachment, Emotional Awareness, and Emotional Regulation” was written in partial fulfillment of the requirements for Magister degree of Psychology (M.Psi.) Universitas Tarumanagara, Fakultas Psikologi.

This task would not be able to be completed in time without guidance, assistance, patience, support, and help given by others. Deep gratitude is extended to:

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All in all, with due respect a word of gratitude is extended to the readers and everyone, thank you.

Jakarta, 14 January, 2019



Wendy Said

PERNYATAAN

Saya, nama Wendy Said, nomor induk: 717171003

Dengan ini menyatakan menjamin bahwa tesis yang diserahkan kepada Program Studi Magister psikologi Universitas Tarumanagara,

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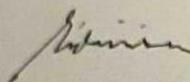
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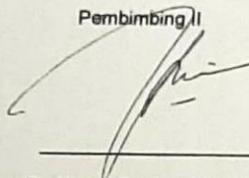
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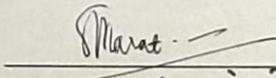
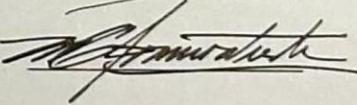
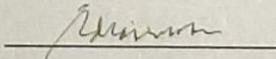
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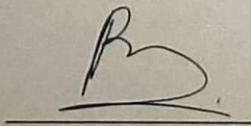
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Dr. Rostlana, M.Si., Psi.

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ABSTRAK

Manusia merupakan pribadi yang dinamik dan kompleks, terdiri dari emosi dan kelekatan dengan figur orangtua. Remaja adalah masa transisi yang melibatkan perluasan lingkup sosial, pencarian jati diri, dan otonomi yang penuh dengan tantangan; seperti perasaan emosi yang negatif. Emosi adalah suatu reaksi yang berperan secara aktif dalam kehidupan sehari-hari. *Emotional attachment*, *emotional awareness*, dan *emotional regulation* berpengaruh terhadap kualitas kebahagiaan, kepuasan hidup, dan menunjang relasi yang sehat dengan orang lain. Emosi saling berkaitan antara satu sama lain, oleh karena itu peneliti tertarik untuk melihat dinamika emosi antara *emotional attachment*, *emotional awareness*, dan *emotional regulation* pada remaja dengan emosi negatif. Diperkirakan bahwa *emotional awareness* berperan terhadap *emotional attachment* dan *emotional regulation*. Karakteristik sampel penelitian adalah remaja berusia 12 – 18 tahun yang pernah mengalami penolakan dengan emosi negatif yang berada di atas batas normal. Sample didapatkan melalui *convenience sampling*. Setelah *screening*, 13.3% dari respondent sesuai dengan kriteria sampel; sejumlah 118 partisipan. IPPA-R, EAQ, dan ERQ digunakan untuk mengambil data. Model kemudian di analisa menggunakan *Path Analysis Structural Model* menggunakan LISREL 8.70. Berbeda dengan penelitian sebelumnya, hasil menunjukkan bahwa *emotional awareness* tidak berperan terhadap *emotional attachment* dengan ayah, ibu, dan *emotional regulation* (sobel test=0.46 dan 0.63, <1.69). Sesuai dengan penelitian sebelumnya, *emotional awareness* berperan terhadap *emotional attachment* dengan teman dan *emotional regulation* (sobel test=2.6, >1.69). Hal ini menunjukkan bahwa kesadaran akan emosi memiliki peran yang penting dalam mengendalikan emosi ketika berhadapan dengan temannya.

Keywords: emotions, emotional attachment, emotional attachment, emotional regulation, depression, anxiety, adolescence

DYNAMICS OF EMOTION IN ADOLESCENCE WITH DEPRESSION AND ANXIETY: THE ROLE OF EMOTIONAL ATTACHMENT, EMOTIONAL AWARENESS, AND EMOTIONAL REGULATION

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ABSTRACT

Human is a dynamic and complex being involved with emotions and attachment. Adolescence is a period of growth marked by expanding social world and journey to discovery filled with adversity such as negative emotions. Emotion is a state of reaction that play an active role. Emotional attachment, emotional awareness, and emotional regulation influence the quality of happiness, life satisfaction, and foster healthy relationship that is interlinked with one another. Therefore, it has come into interest to examine the dynamic of emotional attachment, emotional awareness, and emotional regulation in adolescence with negative emotional states. It is thought that emotional awareness mediates emotional attachment and emotional regulation. The sample characteristics of this research were adolescence between the ages of 12 – 18 years old with prior experience of rejection and mild or higher emotional states of depression or anxiety. Through convenience sampling and screening, 13.3% respondents suits the sample characteristics; a total of 118 participants. Inventory of Parent and Peer Attachment (IPPA-R), Emotion Awareness Questionnaire (EAQ), and Emotional regulation Questionnaire (ERQ) was used for data gathering. Model were Tested with Path Analysis Structural Model using LISREL 8.70. Findings indicate that emotional awareness does not mediate emotional attachment with father, mother, and emotional regulation (sobel test=0.46 dan 0.63, <1.69) but mediates emotional attachment with peers and emotional regulation (sobel test=2.6, <1.69). This implies that relationship with peers allow adolescence to be more aware of emotion which assist them to control and regulate their emotion in order to adjust, form, and maintain peer relationships.

Keywords: emotions, emotional attachment, emotional attachment, emotional regulation, depression, anxiety, adolescence