

ABSTRAK

Avinda Rizki Kusumaningtyas (1001762). *Hubungan Antara Kepribadian Hardiness dengan Kemampuan Regulasi Emosi Perawat Rumah Sakit Swasta di Kota Bandung.* Departemen Psikologi Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia. Bandung. (2015).

Penelitian ini bertujuan untuk mengetahui hubungan antara hardiness dengan kemampuan regulasi emosi perawat yang bekerja di rumah sakit swasta kota Bandung. Pendekatan yang digunakan adalah kuantitatif dengan metode korelasional. Subjek merupakan perawat yang bekerja di rumah sakit swasta di kota Bandung, berusia 20-40 tahun, dan memiliki masa kerja <1 hingga >10 tahun. Data diambil dengan menggunakan *simple random sampling* dengan jumlah responden 170 perawat. Kuesioner berisikan skala kemampuan regulasi emosi peneliti adaptasi dan modifikasi dari *Emotion Regulation Questionnaire (ERQ)* milik Gross&John (2003) dan skala hardiness yang peneliti susun sendiri berdasarkan teori Kobasa (1982). Data yang diperoleh dianalisis menggunakan teknik korelasi *Spearman Rho*. Hasil penelitian ini adalah 1) Hardiness yang dimiliki oleh perawat rumah sakit swasta berada pada kategori sedang 2) Kemampuan regulasi emosi yang dimiliki perawat berada pada kategori sedang 3) Terdapat korelasi yang positif dan signifikan antara hardiness dengan kemampuan regulasi emosi pada perawat. Rekomendasi bagi pihak rumah sakit, diharapkan mampu memberikan pelatihan motivasi untuk menunjang komitmen yang dimiliki perawat, dan pelatihan *happiness* untuk menunjang kemampuan regulasi emosi.

Kata Kunci: *hardiness*, kemampuan regulasi emosi.

ABSTRACT

Avinda Rizki Kusumaningtyas (1001762). *The Relation Between The Hardiness Personality with The Regulation of Emotion Ability of Nurses in Private Hospital in Bandung.* Department of Psychology, Faculty of Education. University of Education. Bandung. (2015)

The purpose of this research is to examine the relationship between hardiness personality and emotion regulation ability in nurses who are working at the private hospital in Bandung city. Quantitative approach and correlational method are used in this research. The subject participated, is the nurse, aged 20-40 years of old, who is and has worked at the private hospital in Bandung city within a time range of 1 to 10 years. Data was gathered by using simple random sampling with the participation of 170 nurses. Emotion regulation questionnaire (ERQ) from Gross & John (2003) were adapted and modified into a questionnaire with emotion regulation ability's scale functional to this research. As for the hardiness personality scale, it was produced by the researcher itself using Kobasa's theory (1982). Correlational Spearman Rho's technic was used to analyze the data obtained. The result of this research is that 1) hardiness of the nurses in the private hospital is average. 2) Emotion regulation ability of the nurses is average. 3) Correlation obtained between hardiness and emotion regulation ability is considered as positive and significant. Recommendations for the hospital are that they with assurance may provide a motivational training for the nurses to improve nurse's commitment. Besides that, happiness training is also proposed to optimize emotion regulation ability.

Keywords: hardiness, emotion regulation ability.