

Emotion regulation in psychology in students

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Abstract

This study aims to find out how the emotional regulation of students is studied in psychology. Where the emotional development of students in adolescence is a period of transition that is very vulnerable and requires guidance in order to control emotions. Emotions are dangerous mental disorders. The method used in this research is descriptive qualitative method. The subjects of this study were students of the Muslim University of Nusantara Al Washliyah Medan. The analysis using the observation technique of this study shows that psychologically the emotion regulation of students is still unstable

Keywords: emotion regulation, psychology, developmental period, college student

1. Introduction

The emotional development of students is a period that is very vulnerable. In adolescence this is a search for identity for students, where they more often follow things that according to their own thinking without seeing the good and bad they follow. Especially with the existence of technological information that can easily be accessed by anyone without any filter. Along with the influence of television shows, the internet, magazines, pornographic images and many others, have a negative impact on adolescent behavior. this if left unchecked can later damage the development of the nation's next generation.

The negative impact of the free flow of information can already be felt on changes in student behavior. Often students do actions that are sometimes inappropriate and uncontrolled emotions towards the teacher and his friends, through behavior that has no ethical manners and from words that are inappropriate for a student to say.

Emotional control of a student is greatly influenced by internal (innate) and external (environmental) factors, because this emotional control is able to regulate student concentration while studying and speaking with the teacher and his peers, which is further expected to increase academic potential.

These two factors that influence a child's personality are innate factors here are hereditary factors of both parents while the environmental factor is the environment in which the child lives and what the environment is like. Because an environment greatly influences a child's personality, it is truly fiber with the process of developing emotional control. Emotional regulation is a strategy that can be done consciously or unconsciously to be able to maintain and also strengthen or can also reduce one or more of the aspects of the response that is in our emotions ourselves, so we can better maintain emotions so we can feel positive. In addition there are also people who can reduce positive emotions. Train your courage, self confidence, and independence. Also learn to contain anger that can cause uncontrolled student behavior.

Emotion regulation is the ability to control and adjust emotions at a certain intensity to achieve goals. The ability

to regulate feelings, psychological reactions related to emotions.

Attitudes hinder inappropriate behavior impacts from the intensity of positive and negative emotions felt, can calm down from psychological behavior due to the strong intensity of emotions, can concentrate and control emotions in achieving sustu goals

From the above explanation it can be concluded that the regulation of emotions is the ability of both external and internal in controlling and adjusting emotions to achieve certain goals.

Result and Conclusion

From the results of interviews conducted with students of the Muslim Archipelago University of Al Washliyah Medan in particular counseling guidance program that emotional regulation is still low, it can be seen from the behavior of students who are not controlled, often do verbal bullying, fight with friends, dirty words that are inappropriate to say by a student. Therefore it is very important to give an understanding to students about the regulation of emotions in psychology.

In its application of emotional regulation, we must look at various things that can be used as a better guide when we act with other individuals, so we can condition with the conditions that exist within us. There are several things that affect the regulation of emotions in psychology, one of which can be influenced by environmental factors and the application of emotional control in behavior modification.

Through our experience of community life we must understand each other and be able to control emotions in order to create harmonious relationships in neighbors and society, both in controlling and adjusting emotional attitudes and behavior in acting to achieve certain goals

There are other things in giving an impression of emotion in a person also determines the adjustment of emotions in oneself to take certain actions or attitudes, for example excessive fear of others will also disrupt our daily activities. Emotional regulation in psychology is what we must learn precisely, because we must also know the signs of stress that each person has a different emotional side. There are those

who can control it well, but there is also someone who has difficulty controlling and doing well to regulate his emotions.

Conclusions and Suggestions

Conclusion

Based on the results of the study, it can be concluded that the emotional regulation in student psychology is still very unstable, therefore students still need guidance from various parties, especially teachers and parents in controlling and adjusting their emotional behavior in achieving certain goals

Suggestion

Based on the conclusion above, the following things are suggested as follows:

1. Suggestions For Teachers

The teacher as a role model of students is expected to be more intensive in providing guidance on emotional regulation behavior in psychology, so as to create the next generation who have positive and critical thinking in achieving their future

2. Suggestions for Research Subjects

Given the importance of students' understanding of emotional regulation in psychology, students are expected to have more emotional intensity reversed and adapted to positive emotional behavior to achieve certain goals

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