RELATIONSHIP BETWEEN EMOTION REGULATION WITH ACADEMIC STRESS ON STUDENTS OF MEDICAL FACULTY HALU OLEO UNIVERSITY

ABSTRACT

This research aimed to determine the relationship between emotional regulation and academic stress in the students of Medical Faculty Halu Oleo University. The subjects of this study were 79 people from the 2015-2018 class. The sampling technique in this study uses Stratified Random Sampling. Data collection uses Difficulties in Emotional Regulation Scale (DERS) modified by researchers and Student Academic Stress Scale (SASS). The data of this research has been analysis with Pearson Product Moment correlation test. The results of data analysis obtained a significance value of correlation (ρ) of 0.000 and Pearson correlation of -0.723. So it can be concluded that there is a significant negative relationship between emotional regulation and academic stress on students of Medical Faculty, University of Halu Oleo.

Keywords: Emotion Regulation, Academic Stress, Student of Medical Faculty