

HUBUNGAN POLA ASUH DEMOKRATIS DENGAN REGULASI DIRI REMAJA DI SMPN 1 JENGGAWAH

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INTISARI

Masa remaja merupakan fase penting dalam perkembangan individu, di mana kemampuan regulasi diri menjadi salah satu keterampilan utama yang mendukung keberhasilan akademik, penyesuaian sosial, serta kesehatan mental. Regulasi diri tidak hanya dipengaruhi oleh faktor internal, tetapi juga oleh faktor eksternal seperti pola asuh orang tua. Penelitian ini bertujuan untuk mengetahui hubungan antara pola asuh demokratis dengan regulasi diri pada remaja tingkat SMP. Penelitian ini menggunakan pendekatan kuantitatif korelasional. Populasi penelitian adalah siswa sebanyak 640 siswa, dengan jumlah sampel 221 siswa. Teknik pengambilan sampel menggunakan *random sampling*. Alat ukur berupa skala modifikasi, yaitu skala pola asuh demokratis yang diadaptasi dari Lathifah (2024) dengan reliabilitas alat ukur sebesar 0,747, validitas alat ukur -0,162-0,605. skala regulasi diri berdasarkan teori Bandura yang disusun oleh Shinta (2015) dengan validitas alat ukur 0,063-0,588. nilai reabilitas sebesar 0,826,. Analisis data dilakukan menggunakan uji *Pearson Product Moment* dengan nilai signifikansi sebesar 0,000 ($p < 0,05$). yang menunjukkan bahwa terdapat hubungan yang signifikan antara kedua variabel tersebut. Nilai korelasi pearson 0,306, artinya semakin pola asuhnya demokratis maka regulasi diri remaja semakin meningkat.

Kata kunci: pola asuh demokratis, regulasi diri, remaja SMP

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**THE RELATIONSHIP BETWEEN DEMOCRATIC PARENTING AND
SELF-REGULATION IN ADOLESCENTS**

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ABSTRACT

Adolescence is an important phase in individual development, where self-regulation skills are one of the key skills that support academic success, social adjustment, and mental health. Self-regulation is influenced not only by internal factors but also by external factors such as parenting styles. This study aims to determine the relationship between democratic parenting styles and self-regulation in junior high school adolescents. This study uses a correlational quantitative approach. The study population consists of 640 students, with a sample size of 221 students. The sampling technique used is random sampling. The measurement tool was a modified scale, namely a democratic parenting scale adapted from Lathifah (2024) with a measurement reliability of 0.747 and a measurement validity of -0.162 to 0.605. The self-regulation scale was based on Bandura's theory, compiled by Shinta (2015), with a reliability value of 0.826 and a validity value of 0.063 to 0.588. Both scales underwent validity and reliability tests. Data analysis was performed using the Pearson Product Moment test. Based on the test results, a significance value of 0.000 ($p < 0.05$) was obtained with a Pearson correlation value of 0.306, indicating that there was a significant relationship between the two variables. Thus, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_1) was accepted, meaning that there is a relationship between democratic parenting and self-regulation; the more democratic the parenting, the higher the self-regulation of adolescents.

Keywords: *democratic parenting style, self-regulation, junior high school adolescents*

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