

# Emotion Regulation as Predictor of Resilience in Early Adult Women Victims of Parental Divorce

Cantika Yala Mahardika, Femmi Nurmalitasari

Faculty of Psychology, Universitas Negeri Malang

## Article Information

Submitted date 03-04-2025  
Revised date 08-05-2025  
Accepted date 30-05-2025

### Keywords:

*emotion regulation;*  
*resilience;*  
*women;*  
*early adulthood;*  
*parental divorce.*

### Kata kunci:

*regulasi emosi;*  
*ketahanan;*  
*perempuan;*  
*dewasa dini;*  
*perceraian orang tua.*

Correspondence concerning this article should be addressed to Femmi Nurmalitasari, Building B4, Jalan Semarang No. 5, Malang, East Java 65145, Indonesia.  
Email: [femmi.nurmalitasari.fpsi@um.ac.id](mailto:femmi.nurmalitasari.fpsi@um.ac.id)

## Abstract

Children who are victims of divorce from their parents need to have the ability to be resilient to get back on their feet and move back towards better conditions. In addition, they also need the ability to regulate and control their emotions to prevent the development of negative feelings towards their parents. The purpose of this study is to determine the influence of emotional regulation on resilience in early adult women who are victims of parental divorce. The method used is quantitative, using correlational techniques. The sampling techniques used were purposive sampling and snowball sampling ( $N = 102$ ). The research instruments used were modifications of the Emotion Regulation Scale and the CD-RISC Scale. Data analysis was carried out descriptively. Hypothesis testing uses simple linear regression. The results of the statistical analysis showed an  $R^2$  value of .839. So, it can be concluded that emotion regulation is a predictor of resilience in early adult women who are victims of parental divorce.

## Abstrak

Anak-anak yang menjadi korban perceraian dari orang tuanya perlu memiliki kemampuan untuk menjadi tangguh untuk bangkit kembali dan bergerak kembali ke kondisi yang lebih baik. Selain itu, mereka juga membutuhkan kemampuan untuk mengatur dan mengendalikan emosinya untuk mencegah berkembangnya perasaan negatif terhadap orang tuanya. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh regulasi emosi terhadap ketahanan pada wanita dewasa awal yang menjadi korban perceraian orang tua. Metode yang digunakan adalah kuantitatif, menggunakan teknik korelasional. Teknik pengambilan sampel yang digunakan adalah *purposive sampling* dan *snowball sampling* ( $N = 102$ ). Instrumen penelitian yang digunakan adalah modifikasi Skala Regulasi Emosi dan Skala CD-RISC. Analisis data dilakukan secara deskriptif. Pengujian hipotesis menggunakan regresi linier sederhana. Hasil analisis statistik menunjukkan nilai  $R^2$  sebesar 0,839. Jadi, dapat disimpulkan bahwa regulasi emosi merupakan prediktor ketahanan pada wanita dewasa awal yang menjadi korban perceraian orang tua.



## INTRODUCTION

A child can grow, develop, and learn for the first time in a family. Families can be formed through the marriage bond that is recognized by both religion and society. Marriage occurs because of human nature, which leads individuals to like each other and want to live together in a family or household (Awaru, 2021). Parents have an important role in taking care of and maintaining children's growth and development. In addition, they also serve as children's first teachers, providing special attention,

affection, and good parenting (Ulfa & Na'imah, 2020). However, not a few parents in a family decide to divorce, either because of conflicts, problems, or visions that are no longer in line with their partners.

According to data from Statistics of Indonesia (*Badan Pusat Statistik* [BPS], 2024), the divorce rate in Indonesia in 2023 is expected to reach 408,347 cases. This number increased by 39.9% compared to 2020, when there were only 291,677 divorce cases. In East Java Province itself, there were 61,870 divorce cases in 2020, 88,235 cases in 2021, 89,093 cases in 2022, and 79,248 cases in 2023 (BPS, 2024). This figure makes East Java Province the region with the second-highest divorce cases compared to other provinces in Indonesia. Of these, Malang City contributed 1,429 cases in 2020, 2,359 cases in 2021, 2,751 cases in 2022, and 1,962 cases in 2023 (*Badan Pusat Statistik Provinsi Jawa Timur* [Statistics of East Java Province], 2023). This means that divorce cases have been very high in the last four years.

Divorce is undoubtedly a huge decision. This condition certainly also affects children. Divorce from a couple who already have children will have a psycho-emotional impact on them (Siswanto, 2020). This is supported by research conducted by Lie et al. (2019), which revealed that the most injured victims when a couple divorces are children. Santrock (2019) explained that early childhood is in the range of 2 to 6 years. At that age, children are very emotionally and physically dependent on their parents. Based on the study's results, children experience a negative impact after their parents' divorce, characterized by changes in actions, responsibilities, and emotional stability (Azizah, 2017; Sukmawati & Oktora, 2021). Lack of attention to children causes feelings of anxiety, confusion, confusion, shame, and sadness. Other research conducted in the East Java area also obtained the same results related to the impact of parental divorce on children's emotional development and social behavior, such as the appearance of excessive feelings of fear and sadness, guilt, stress, inability to control emotions well, destitution, lack of confidence, and loneliness (Khoirudin, 2019; Mawaddah et al., 2019).

Despite feeling these effects, everyone's life must go on. In the future, children will learn to take responsibility for everything. This period is known as early adulthood, marking the transition from adolescence to adulthood. Santrock (2019) argues that early adulthood spans from 18 to 25 years of age. They will do more experimental and exploratory activities. However, at this age, they may encounter the phenomenon of a quarter-life crisis. This phenomenon involves feelings of uncertainty, confusion, and anxiety regarding the direction of life, career, relationships, and personal achievement (Natsir et al., 2024). Putri (2018) also emphasized that at this age, individuals encounter various life problems that must be solved correctly. If they cannot resolve it, then the impact will be the emergence of a quarter-life crisis (Fazira et al., 2023). Likewise, individuals in early adulthood who experience parental divorce must also be able to complete the tasks of their developmental period as best as possible. Therefore, they need to have the ability to help bounce back towards a better condition after experiencing a traumatic event in the form of a parental divorce. That ability is also called resilience.

Resilience is the ability that enables a person to cope better in the face of challenging conditions (Connor & Davidson, 2003). Resilience is essential for adolescents with single parents to deal with difficult situations (Hanifa & Jofiani, 2016). Resilience is also considered a key force in building emotional and psychological strength by some scientists, researchers, and social and behavioral practitioners. Reivich and Shatte (2003) explained that several factors affect resilience, including emotion regulation, impulse control, optimism, causal analysis ability, empathy, self-efficacy, and reaching out. Based on a review of previous studies, it was found that the resilience variable is positively related to other variables that influence resilience, namely optimism, empathy, and self-efficacy

(Alisabana, 2022; Hadiyah, 2020; Umroh & Al Musafiri, 2022). However, there is an inconsistency in the study's results regarding the relationship between the emotion regulation variable and the resilience variable.

Emotion regulation is the ability to evaluate, manage, and express emotions accurately (Gross, 1998). A child whose parents are divorced can cultivate hatred, resentment, and anger towards their parents, which can even last until they are an adult. If these emotions are not processed properly, it can result in internal disturbances, such as inner conflict, insecurity, shame, and pressure, as well as external disturbances, including the emergence of aggressive behavior toward others (Swastika & Prastuti, 2021).

Previously, several studies have been conducted on variables related to emotion regulation and resilience. A study conducted by Laura and Ulfah (2020) examined the relationship between self-efficacy, emotional regulation, and resilience in adolescents living in orphanages. As a result, emotional regulation is positively related to the resilience of adolescents in orphanages. Another study conducted by Harjuna and Rinaldi (2022) related to the contribution of emotional regulation to resilience in adolescent college students who experienced the loss of their parents, obtained the same results. However, different results were found in a study conducted by Pahlevi and Salve (2018) with the same variables and involving 120 university students living away from home in boarding houses. The study showed no correlation between the variables of emotion regulation and the resilience ability of the participants.

Based on the results of some of the studies above, there has been no research specifically examining early adult individuals whose parents are divorced, particularly in terms of the influence of emotional regulation on their resilience. The majority of studies that used similar variables used participants in adolescence. Additionally, there was an inconsistency in the results of studies that utilized variables related to emotion regulation and resilience. Therefore, research on these two variables needs to be studied further, as not all studies produce positive correlations and influences, particularly in early adult women whose parents are divorced, as was done by this study.

## **METHODS**

### **Type of Research**

The method of approach to this research is quantitative with descriptive, correlational, and regression analysis. The descriptive analysis method involves describing the demographic statistical data that have been collected. The correlational analysis method was employed to identify relationships between two or more variables without experimental treatment. Meanwhile, the regression analysis method is used to determine changes in the values of dependent and independent variables over time (Sugiyono, 2019).

The variables used are emotion regulation as the independent variable and resilience as the dependent variable. Resilience is defined as the ability to cope with challenging and stressful conditions and adapt positively to changes (Harjuna & Rinaldi, 2022) that arise from those conditions (Connor & Davidson, 2003; Reivich & Shatte, 2003). Meanwhile, emotional regulation is defined as a person's ability to manage and transform emotional reactions into an appropriate response, in the form of behavior, that is suitable for the current conditions (Gross, 1998; Gross & Thompson, 2007; Thompson, 1994).

### **Participants**

Participants in this study were required to meet the following criteria: female, aged between 18 and 25 years, experienced parental divorce during childhood, and currently residing in Malang. Based on these criteria, the population in this study is early adult women with divorced parents in Malang.

However, the number of individuals who fit these criteria is uncertain, as it can fluctuate over time. Therefore, the Lemeshow formula was used to determine the sample in this study. This formula helps calculate the number of samples from a population whose size cannot be determined with certainty (Riyanto & Hatmawan, 2020). The formula is presented as follows:

$$n = \frac{Z^2 \times P(1-P)}{d^2} = \frac{1.96^2 \times 0.5(1-0.5)}{0.1^2} = \frac{3.8416 \times 0.25}{0.01} = 96.04 \approx 100$$

where:

$n$  = total research sample

$Z$  =  $Z$  statistic for 95% confidence level (1.96)

$P$  = estimated maximum proportion (0.5)

$d$  = degree of precision (10%)

Based on this calculation, a sample of 96 people was obtained. However, the researcher rounded the results to a total of 100 people as research participants.

### **Research Instruments**

The measuring tools used in this study are an emotion regulation scale and a resilience scale. Resilience was measured using the CD-RISC scale developed by Connor and Davidson (2003), which has been adapted for use in Indonesia by Wahyudi (2020). The aspects of the measuring tool include personal competence, high standards and tenacity, belief in instinct, tolerance of adverse effects, and the reinforcing effects of stress, as well as positive self-acceptance of change and close relationships with others, control, and spiritual influences. The scale was modified due to the disproportionate number of items in each aspect. A total of five items were added: items 9, 19, 15, 20, and 25. This scale modification has undergone a validity test utilizing the content validity approach. The value of Aiken's  $V$  coefficient for the resilience scale is in the range of .6875 to 1. Based on the characteristic table of the number of raters, which is four raters, and the rating category value of 5 categories, the resilience scale is considered to have adequate content validity because it has an Aiken's  $V$  coefficient  $\geq .67$  for 30 items (Azwar, 2019). Following this, a trial was conducted with 47 respondents, and the reliability of the resilience scale for the entire item was determined to be .888.

Meanwhile, the measuring tool used to measure emotion regulation uses a measuring tool that was previously developed by a doctoral student from the Faculty of Psychology at Universitas Negeri Malang, based on the aspects proposed by Thompson (1994). The aspects in question include emotion monitoring, emotion evaluation, and emotion modification (Purna, 2020). The emotional regulation measurement tool was modified because the measurement items were intended for teachers, while this study was intended for other participants.

In addition, the number of items on this measuring instrument was considered too small, so several items were added: items 13, 8, 7, 11, 9, and 15. This modification of the emotion regulation measuring tool has also undergone a validity test, utilizing content validity. This modification of the emotion regulation scale yields a value of Aiken's  $V$  coefficient in the range of .75 to 1. Then, this measuring tool was tested on 47 respondents and produced a reliability value of .865 for 14 items, with one item removed because it had a difference of less than .30. The item that was removed was item number 12.

### **Data Collection Techniques**

Meanwhile, the method used to obtain samples is a non-probability sampling method, incorporating purposive sampling techniques and accidental sampling. The use of this method is to prevent the

opportunity to take the same sample. The purposive sampling technique is employed to ensure that the samples selected align with the research objectives.

Meanwhile, accidental sampling is a sampling technique by chance. This means that anyone who meets the researcher and is deemed to be relevant to the research context can be used as a research respondent (Sugiyono, 2019). Accidental sampling is used because the exact number of people in the population for this study cannot be determined with certainty. This is because the number can change every year, and no community, group, or institution officially oversees the population.

Research data were obtained through the distribution of questionnaires online and offline using Google Forms. The distribution of this questionnaire received responses from as many as 102 research respondents, whose results were then analyzed.

### Data Analysis Techniques

The data analysis process began with a normality test using the Kolmogorov-Smirnov formula. This formula is used to determine the normality of the data distribution ( $p > .05$ ). Furthermore, a linearity test was carried out using SPSS Statistics 25.0 software. If the significance and linearity values are less than .05, then the data have a linear relationship. Then, a hypothesis test was conducted using a correlation analysis with the Pearson correlation coefficient. If the values of variables one and two both increase, then the relationship between the two is positive. However, if the value of the first variable decreases and the value of the second variable increases, then the relationship between the two is negative (Sugiyono, 2019). Additionally, regression tests are used to test hypotheses. The method employed is a simple linear regression method that determines the influence of independent variables on dependent variables, yielding the equation  $Y = a + bX$ . The regression coefficient value ( $b$ ) determines the direction of influence, specifically whether it is positive or negative (Sugiyono, 2019).

## RESULTS

### Description of the Research Participants

The participants used in this study were 102 early adult women who experienced parental divorce during childhood and currently reside in Malang. Participants will be further categorized based on age, area of residence, and whether parents or relatives are parenting them.

Table 1.  
Frequency Distribution of Respondent Characteristics

Characteristic	Frequency	Percentage (%)
Age (in years)		
18	1	1.0
19	5	4.9
20	19	18.6
21	12	11.8
22	32	31.4
23	18	17.6
24	9	8.8
25	6	5.9

Characteristic	Frequency	Percentage (%)
Age when Parents Divorce (in years)		
2	2	2.0
3	12	11.8
4	23	22.5
5	41	40.2
6	24	23.5
Residential Area (District)		
Blimbing	28	27.5
Lowokwaru	24	23.5
Klojen	23	22.55
Sukun	14	13.7
Kedungkandang	13	12.75
Custodial Parent/Primary Caregiver		
Father	6	5.9
Mother	88	86.2
Grandparents	6	5.9
Alone	2	2.0

Based on the output of Table 1, it can be concluded that the majority of participants are 22 years old ( $n = 32$ ; 31.4%), experienced parental divorce at the age of 5 ( $n = 41$ ; 40.2%), currently reside in Blimbing District ( $n = 28$ ; 27.5%), and are cared for by mothers ( $n = 88$ ; 86.2%).

### Descriptive Statistical Analysis

Data from descriptive statistical analysis of the resilience and emotion regulation scales are presented based on the minimum value, maximum value, mean, and standard deviation of each variable. The results of the descriptive statistical analysis of resilience variables are as follows.

Table 2.  
Descriptive Resilience Scale Statistics

Resilience	<i>N</i>	Min	Max	<i>M</i>	<i>SD</i>
Hypothetical Data	100	30	120	75	15
Empirical Data	102	78	116	104.3	9.65

Based on the results in Table 2, it is evident that the minimum and maximum scores obtained by 102 respondents are 78 and 116, respectively. Meanwhile, the mean value is 104.3, and the standard deviation is 9.65.

The empirical mean obtained is greater than the hypothetical mean, meaning that the level of resilience of the respondents is statistically high. Meanwhile, the standard of empirical deviation is smaller than the standard of hypothetical deviation. This means that the value of the resilience variable exhibits low variation, indicating that most respondents possess high resilience. The categorization in this study refers to the hypothetical data described in the following table.

Table 3.  
Categorization of Resilience Scale

Category	Interval	Frequency	Percentage (%)
Low	$X < 60$	0	0.0
Average	$60 \leq X < 90$	14	13.7
High	$90 \leq X$	88	86.3

Based on Table 3, the majority of research respondents have a high level of resilience, with 88 respondents (86.3%) exhibiting this characteristic.

Table 4.  
Statistical Descriptive Emotion Regulation Scale

Emotion Regulation	<i>N</i>	Min	Max	<i>M</i>	<i>SD</i>
Hypothetical Data	100	15	60	37.5	7.5
Empirical Data	102	34	55	47.2	5.46

Based on the results obtained in Table 4, it can be seen that the minimum score obtained from 102 respondents is 34, and the maximum value is 116. The mean value was 47.2, and the standard deviation value was 5.46.

The empirical mean obtained is greater than the hypothetical mean, meaning that the level of emotional regulation of respondents is at a high level. Meanwhile, the standard of empirical deviation is smaller than the standard of hypothetical deviation. This means that the value of the variable for emotion regulation has low variation, indicating that the majority of respondents exhibit high emotion regulation.

Table 5.  
Categorization of the Emotion Regulation Scale

Category	Interval	Frequency	Percentage (%)
Low	$X < 30$	0	0.0
Average	$30 \leq X < 45$	17	16.7
High	$45 \leq X$	85	83.3

Based on the results in Table 5, the number of respondents with high levels of emotional regulation was higher than those with other levels, totaling 85 respondents (83.3%).

### Normality Test

Table 6.  
Kolmogorov-Smirnov Normality Test Results

Variable	<i>p</i>	Conclusion
Resilience and Regulation of Emotions	.200	Normal

The results in Table 6 show that the significance value obtained by the two variables is .200, which means that  $p > .05$ . Therefore, it was concluded that the data in this study were distributed normally.

### Linearity Test

Table 7.  
Linearity Test Results

Variable	<i>p</i>	Conclusion
Resilience and Regulation of Emotions	.000	Linear

The results of the linearity test, presented in Table 7, indicate that the significance value and linearity value are both  $p < .001$ . This means that the variables of resilience and emotion regulation have a linear relationship.

**Hypothesis Testing**

Table 8.  
Simple Linear Regression Test Results

Variable	<i>B</i>	<i>R</i> <sup>2</sup>	<i>p</i>	Direction
(Constant)	27.583			
Emotion Regulation ( <i>X</i> )	1.619	.839	.000	Positive

Meanwhile, the results of the regression test conducted using the simple linear regression method obtained the equation  $Y = 27.583 + 1.619X$ . The equation indicates that regulating emotions has a positive impact on the participants' resilience. Meanwhile, the *R*-squared (*R*<sup>2</sup>) value was obtained at .839, which means that the influence of emotion regulation on resilience was 83.9%, while the remaining 16.1% was influenced by other variables that were not studied. Thus, it can be concluded that there is a positive influence of emotional regulation on the resilience of early adult women who are victims of parental divorce in Malang.

**DISCUSSION**

Based on the results obtained from data analysis, it is known that there is a positive influence of emotional regulation on the resilience of early adult women victims of parental divorce in Malang. The results of this study are consistent with the theory presented by Reivich and Shatte (2003) that resilience can be formed, one of which is the ability to regulate emotions effectively. In addition, this result aligns with the findings of a study by Aji and Kristinawati (2022), which reported a high level of emotional regulation significantly related to increased resilience in individuals. Any anxiety about problems experienced by individuals can be overcome if the individual also has good abilities in managing their emotions, especially given the background of research participants who have experienced parental divorce. Then, emotional regulation is considered an appropriate method to help participants recover from a depressed condition to a better condition.

The role of the custodial parent or primary caregiver can influence the high level of emotional regulation. A total of 88 respondents reported living with their mothers. Gunarsa and Gunarsa (2008) stated that the role of a mother in the family is crucial, not only as a caregiver, educator, manager, and role model but also as a source of warmth and security. In families with single mothers, this inevitably requires the mother to play a dual role, and in addition to caring for her children, she must also work and provide for them (Rahayu, 2018).

Research conducted by Suryani and Adri (2024) found that emotional regulation can help single mothers feel happier and more satisfied. When faced with a problem, the three participants in the study engaged in the process of internalizing the problem and self-reflection rather than exploding their emotions in front of their families. In addition, although the three perform dual roles, they are committed to prioritizing the physical and emotional needs of their families above all else. They still try to give their full attention to their families. This has a positive impact on the strong relationship with the child and makes the surrounding environment more supportive. If a single mother can effectively regulate her emotions, she will also be able to teach her child the right emotional regulation strategies. Based on a study conducted by Pusvitasari and Yuliasari (2021) on mothers who accompanied their children in studying from home during the COVID-19 pandemic, participants who em-

ployed the cognitive reappraisal emotion regulation strategy exhibited a higher level of resilience than participants who used the expressive suppression strategy.

Apart from teaching the application of appropriate emotional regulation strategies from mother to child, the close relationship between mother and daughter can also affect the way children regulate their emotions. A study conducted by Maulidah et al. (2024) yielded results indicating a high level of closeness between mothers and daughters, which is very strong. The closeness allows them to share feelings, creating a sense of security and comfort when they are together. In addition, the study also showed results indicating high trust in the hierarchical aspect. This means that girls tend to respect their mothers because they are considered older female figures.

In a study conducted by Lidiawati et al. (2024), it was also revealed that the resilience possessed by single mothers is not only due to their good emotional regulation skills but also to the role of gratitude in it. Gratitude is defined as the result of a person's feeling of satisfaction with everything they receive, which can lead to positive experiences in their lives (Fredrickson et al., 2003). These positive thoughts and experiences can then help single mothers in facing difficult times and stress experienced after divorce.

In addition, based on the frequency distribution table of respondent characteristics, it is also evident that the majority of respondents were five years old when their parents divorced ( $n = 41$ ; 40.2%). Children at an early age (preschool) will experience rapid growth and development, both in terms of physical and cognitive, as well as emotional, social, and linguistic. At the age of 5, a child's brain can reach approximately 50% of the size of an adult's brain and can continue to grow up to 80% by the age of 8 (Hurlock, 2011). This affects the speed of children's senses in seeing, feeling, hearing, understanding, and recognizing all processes that occur around them, including those related to feelings and emotions. If, at that time, the child experiences more good events than bad events, then the good memories of childhood will be remembered more when he grows up. The opposite is also true. If more negative events are experienced, then the associated memories can become deeply ingrained and lead to lasting wounds or trauma as individuals mature.

Therefore, in this study, mothers who are single parents play a significant role in providing the right parenting style to their children, who are still at an early age. Providing the right and appropriate parenting style can help children develop positive social and emotional intelligence and minimize the appearance of trauma or wounds in childhood. This result is also in line with the theory presented by Brenner and Salovey (1997), which suggests that age is one of the factors that affect a person's ability to regulate emotions. The older a person is, the better their ability to regulate and control emotions.

The results of the descriptive analysis of the resilience scale indicate that the level of resilience in early adulthood women with divorced parents in Malang is predominantly in the high category ( $n = 88$ ; 86.3%). The results of this study are consistent with those of Putri and Suprapti (2014), who found that resilience in adolescent girls following their parents' divorce tends to be good. The three participants in the study all demonstrated the ability to control their impulses, exhibit optimism, show empathy, and possess self-efficacy. This is because the three of them hope that their future family life will not lead to divorce, as their parents experienced. Therefore, participants in the study were able to interpret the difficult events they experienced, in this case, parental divorce, as something positive. Another study conducted by Cahyani and Rahmasari (2018) also found that early adolescents whose parents had divorced exhibited different resilience characteristics. The first informant has a motivational character, while the second and third informants possess both motivational and spiritual characteristics. However, all three have similar characteristics in cognitive abilities. This resilience is achieved thanks to the support of the family throughout each process.

The descriptive statistical analysis that has been carried out also shows that women in early adulthood with divorced parents in Malang have a high ability to regulate emotions. This is because most respondents are at a high level ( $n = 85$ ; 83.3%). At the same time, the rest are at a moderate level ( $n = 17$ , 16.7%).

These results show that most women in early adulthood with divorced parents in Malang have good emotional regulation skills. This aligns with Cartesen (as cited in Gross, 1998), which suggests that the ability to regulate emotions could increase with age. In addition, this result is also consistent with research conducted by Swastika and Prastuti (2021), which found that the ability to regulate emotions in adolescent girls whose parents are divorced is higher than that of adolescent boys. This can happen because adolescent girls are more adept at recognizing, controlling, and regulating their emotions.

Another study by Mursinah et al. (2023) revealed that adolescents with divorced parents can effectively regulate their emotions, enabling them to excel academically. The method of regulating emotions employed by the participants involves diverting the mind and engaging in activities that keep them busy. This busyness allows them to forget, for a moment, the problems he has experienced. This method aligns with one of the aspects of emotion regulation, as outlined by Thompson (1994), specifically emotion modification. Emotional modification is a process individuals undergo to change the emotions they feel into something that motivates them to improve.

Similar research was also conducted by Mahardhika and Setyowati (2018) on adolescents who experienced parental divorce in Nganjuk Regency, East Java Province. The results of the study show that parental divorce does not always harm children's development. The participants in the study can adapt to the changing conditions they experience, develop their abilities, care for their surroundings, and exhibit high enthusiasm for learning and working. Meanwhile, a study by Hayati et al. (2023) on four children with divorced parents in North Aceh Regency obtained similar results: three out of four participants had the urge to accept the situation that their parents were divorced and were able to become resilient individuals. Meanwhile, another participant mentioned that marriage is not the purpose of their current life, having seen the condition of their parents' marriage. This phenomenon can indeed persist, considering that the number of divorces in Indonesia, especially in certain regions, tends to increase annually.

## **CONCLUSION**

The conclusion is the hypothesis that emotion regulation is a predictor of resilience in early adult women who are victims of parental divorce. This means that the hypothesis in this study is accepted. The regulation and management of emotions have been shown to strengthen their endurance or resilience abilities. Both abilities will help individuals recover from difficult events they have experienced. The results of this study can be used as input for early adult women who are victims of parental divorce in Malang to be able to pay more attention to the development of emotional regulation skills and also as a reflection material related to the importance of having emotional regulation skills and resilience for early adult women who are victims of parental divorce in Malang. This study has limitations, primarily in its implementation, as it only utilizes a sample of the early adult female population of victims of parental divorce in the Malang City area. Therefore, the study's results cannot be generalized to similar studies on a broader scale or in different areas. Further research should consider measuring the role of single parenthood and child closeness, as well as self-acceptance, and discuss related cognitive aspects and children's emotional regulation.

**REFERENCES**

- Aji, S. D., & Kristinawati, W. (2022). Hubungan Antara Regulasi Emosi dan Resiliensi pada Karyawan Selama Masa Pandemi COVID-19. *Jurnal Bimbingan dan Konseling Indonesia*, 7(1), 34–42. [https://doi.org/10.23887/jurnal\\_bk.v7i1.1049](https://doi.org/10.23887/jurnal_bk.v7i1.1049)
- Alisabana, S. T. (2022). Hubungan Empati dengan Resiliensi Relawan Tim Tanggap Darurat Bencana Palang Merah Indonesia Kabupaten Malang. *Jurnal Psikologi Tabularasa*, 17(1), 11–25. <https://doi.org/10.26905/jpt.v17i1.8068>
- Awaru, A. O. T. (2021). *Sosiologi Keluarga* (Bahri & R. R. Rerung, Eds.). Bandung: CV. Media Sains Indonesia.
- Azizah, R. N. (2017). Dampak Perceraian Orang Tua terhadap Perkembangan Psikologis Anak. *Al-Ibrah*, 2(2), 152–172.
- Azwar, S. (2019). *Reliabilitas dan Validitas* (4th ed.). Yogyakarta: Pustaka Pelajar.
- Badan Pusat Statistik. (2024, February 22). *Jumlah Perceraian Menurut Provinsi dan Faktor, 2023*. Retrieved from <https://www.bps.go.id/id/statistics-table/3/YVdoU1IwVmlTM2h4YzFoV1psWkViRXhqTIZwRFVUMDkjMw==/jumlah-perceraian-menurut-provinsi-dan-faktor.html?year=2023>
- Badan Pusat Statistik Provinsi Jawa Timur. (2023, July 25). *Jumlah Talak dan Cerai Menurut Kabupaten/Kota di Provinsi Jawa Timur, 2020-2022*. Retrieved from <https://jatim.bps.go.id/id/statistics-table/1/MzAyOSMx/jumlah-talak-dan-cerai-menurut-kabupaten-kota-di-provinsi-jawa-timur-2020-2022.html>
- Brenner, E., & Salovey, P. (1997). Emotion Regulation During Childhood: Developmental, Interpersonal, and Individual Considerations. In P. Salovey & D. J. Sluyter (Eds.), *Emotional Development and Emotional Intelligence: Educational Implications* (pp. 168–195). New York: Basic Books.
- Cahyani, Y. U., & Rahmasari, D. (2018). Resiliensi pada Remaja Awal yang Orangnya Bercerai. *Character Jurnal Penelitian Psikologi*, 5(2), 1–7. <https://doi.org/10.26740/cjpp.v5i2.25327>
- Connor, K. M., & Davidson, J. R. T. (2003). Development of a New Resilience Scale: The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*, 18(2), 76–82. <https://doi.org/10.1002/da.10113>
- Fazira, S. H., Handayani, A., & Lestari, F. W. (2023). Faktor Penyebab Quarter Life Crisis pada Dewasa Awal. *Jurnal Pendidikan dan Konseling (JPDK)*, 5(2), 2227–2234. <https://doi.org/10.31004/jpdk.v5i2.13500>
- Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What Good Are Positive Emotions in Crises? A Prospective Study of Resilience and Emotions Following the Terrorist Attacks on the United States on September 11th, 2001. *Journal of Personality and Social Psychology*, 84(2), 365–376. <https://doi.org/10.1037//0022-3514.84.2.365>
- Gross, J. J. (1998). Antecedent- and Response-Focused Emotion Regulation: Divergent Consequences for Experience, Expression, and Physiology. *Journal of Personality and Social Psychology*, 74(1), 224–237. <https://doi.org/10.1037//0022-3514.74.1.224>

- Gross, J. J., & Thompson, R. A. (2007). Emotion Regulation: Conceptual Foundations. In J. J. Gross (Ed.), *Handbook of emotion regulation* (pp. 3–24). New York: The Guilford Press.
- Gunarsa, S. D., & Gunarsa, Y. S. D. (2008). *Psikologi Perkembangan Anak dan Remaja*. Jakarta: BPK Gunung Mulia.
- Hadiyah, S. N. (2020). Pengaruh Efikasi Diri terhadap Resiliensi pada Orang Dengan HIV/AIDS. *Jurnal Kesehatan Mesencephalon*, 6(2), 118–123.
- Hanifa, B. F., & Joeftiani, P. (2016). *Hubungan Strategi Regulasi Emosi Secara Kognitif dengan Resiliensi pada Remaja dari Keluarga Bercerai*. Universitas Padjadjaran. Retrieved from <https://pustaka.unpad.ac.id/wp-content/uploads/2016/09/Bella-Fariza-Hanifa.pdf>
- Harjuna, R. T. B., & Rinaldi. (2022). Kontribusi Regulasi Emosi terhadap Resiliensi Mahasiswa dengan Rentang Usia Remaja Pasca Kematian Orangtua. *Happiness: Journal of Psychology and Islamic Science*, 6(1), 29–44. <https://doi.org/10.30762/happiness.v6i1.480>
- Hayati, R., Junita, N., & Amalia, I. (2023). Gambaran Resiliensi pada Anak dengan Latar Belakang Orang Tua Bercerai. *INSIGHT: Jurnal Penelitian Psikologi*, 1(2), 194–207.
- Hurlock, E. B. (2011). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan* (5th ed.; Ridwan Max Sijabat, Ed.; Istiwidayanti & Soedjarwo, Trans.). Jakarta: Erlangga.
- Khoirudin, A. (2019). *Dampak Perceraian Orang Tua terhadap Perkembangan Emosional dan Perilaku Sosial Anak Usia Sekolah Menengah di Kecamatan Babadan Kabupaten Ponorogo* (Bachelor's thesis, Institut Agama Islam Negeri Ponorogo, Ponorogo, Indonesia). Retrieved from <https://etheses.iainponorogo.ac.id/6424/>
- Laura, S., & Ulfah, K. (2020). Hubungan Antara Self Efficacy dan Regulasi Emosi dengan Resiliensi pada Remaja yang Tinggal di Panti Asuhan. *ANFUSINA: Journal of Psychology*, 3(2), 167–178. <https://doi.org/10.24042/ajp.v3i2.13131>
- Lidiawati, K. R., Dewi, W. P., & Simamora, S. C. N. (2024). Resiliensi Ibu Tunggal: Peran Kebersyukuran dan Regulasi Emosi. *Jurnal Ilmu Keluarga dan Konsumen*, 17(3), 263–275. <https://doi.org/10.24156/jikk.2024.17.3.263>
- Lie, F., Ardini, P. P., Utoyo, S., & Juniarti, Y. (2019). Tumbuh Kembang Anak Broken Home. *Jurnal Pelita PAUD*, 4(1), 114–123. <https://doi.org/10.33222/pelitapaud.v4i1.841>
- Mahardhika, R. S., & Setyowati, Rr. N. (2018). Resiliensi pada Remaja yang Mengalami Perceraian Orang Tua (Studi Kasus di Kabupaten Nganjuk). *Jurnal Kajian Moral dan Kewarganegaraan*, 6(2), 384–398.
- Maulidah, D., Latifah, R. A., & Nurapipah, M. (2024). Hubungan Ibu-Anak Perempuan dengan Regulasi Emosi Mahasiswa Fakultas S1 Ilmu Keperawatan. *Citra Delima Scientific journal of Citra Internasional Institute*, 8(1), 39–46. <https://doi.org/10.33862/citradelima.v8i1.391>
- Mawaddah, I. A., Taufik, & Holid, M. (2019). Dampak Perceraian Orang Tua terhadap Psikologi Anak di Desa Sulek Tlogosari Bondowoso. *ASA: Jurnal Kajian Hukum Keluarga Islam (Al Akhwal Al Syakhsiyah)*, 1(1), 12–28. <https://doi.org/10.58293/asa.v1i1.2>
- Mursinah, M., Maimanah, M., & Hairina, Y. (2023). Regulasi Emosi Remaja Berprestasi dengan Latar Belakang Orang Tua Bercerai di SMPN 3 Gambut. *Jurnal Al-Husna*, 4(1), 69–83.

- Natsir, M., Abidin, A., & Wajdi, M. (2024). *Fenomena Quarter Life Crisis* (A. N. S. Putro, Ed.). Sukoharjo: Tahta Media Group.
- Pahlevi, G. R., & Salve, H. R. (2018). Regulasi Emosi dan Resiliensi pada Mahasiswa Merantau yang Tinggal di Tempat Kos. *Jurnal Psikologi*, *11*(2), 180–189. <https://doi.org/10.35760/psi.2018.v11i2.2263>
- Purna, R. S. (2020). Gambaran Regulasi Emosi Guru di Kota Padang. *Humanitas (Jurnal Psikologi)*, *4*(2), 149–162. <https://doi.org/10.28932/humanitas.v4i2.2410>
- Pusvitasari, P., & Yuliasari, H. (2021). Strategi Regulasi Emosi dan Resiliensi pada Ibu yang Mendampingi Anak Study From Home (SFH) di Masa Pandemi COVID-19. *MOTIVA: Jurnal Psikologi*, *4*(2), 109–118. <https://doi.org/10.31293/mv.v4i2.5844>
- Putri, A. D., & Suprpti, V. (2014). Resiliensi Remaja Putri Terhadap Problematika Pasca Orang Tua Bercerai. *Jurnal Psikologi Pendidikan dan Perkembangan*, *3*(3), 164–171.
- Putri, A. F. (2018). Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*, *3*(2), 35–40. <https://doi.org/10.23916/08430011>
- Rahayu, A. S. (2018). Kehidupan Sosial Ekonomi Single Mother dalam Ranah Domestik dan Publik. *Jurnal Analisa Sosiologi*, *6*(1), 82–99. <https://doi.org/10.20961/jas.v6i1.18142>
- Reivich, K., & Shatte, A. (2003). *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles*. New York: Broadway Books.
- Riyanto, S., & Hatmawan, A. A. (2020). *Metode Riset Penelitian Kuantitatif: Penelitian di Bidang Manajemen, Teknik, Pendidikan dan Eksperimen*. Sleman: Deepublish.
- Santrock, J. W. (2019). *Life-Span Development* (17th ed.). New York: McGraw-Hill Education.
- Siswanto, D. (2020). *Anak di Persimpangan Perceraian: Menilik Pola Asuh Anak Korban Perceraian*. Surabaya: Airlangga University Press.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Sukmawati, B., & Oktora, N. D. (2021). Dampak Perceraian Orang Tua bagi Psikologis Anak. *SETARA: Jurnal Studi Gender dan Anak*, *3*(2), 24–34. <https://doi.org/10.32332/jsga.v3i2.3801>
- Suryani, S. P., & Adri, Z. (2024). Studi Fenomenologis Gambaran Regulasi Emosi pada Ibu Tunggal yang Bekerja. *Innovative: Journal Of Social Science Research*, *4*(4), 13245–13254. <https://doi.org/10.31004/innovative.v4i4.14241>
- Swastika, G. M., & Prastuti, E. (2021). Perbedaan Regulasi Emosi Berdasarkan Jenis Kelamin dan Rentang Usia pada Remaja dengan Orangtua Bercerai. *Psikologika: Jurnal Pemikiran dan Penelitian Psikologi*, *26*(1), 19–34. <https://doi.org/10.20885/psikologika.vol26.iss1.art2>
- Thompson, R. A. (1994). Emotion Regulation: A Theme in Search of Definition. *Monographs of the Society for Research in Child Development*, *59*(2–3), 25–52, 250–283. <https://doi.org/10.2307/1166137>
- Ulfa, M., & Na'imah, N. (2020). Peran Keluarga dalam Konsep Psikologi Perkembangan Anak Usia Dini. *Aulad: Journal on Early Childhood*, *3*(1), 20–28. <https://doi.org/10.31004/aulad.v3i1.45>

- Umroh, N. M., & Al Musafiri, M. R. (2022). Hubungan Optimisme terhadap Resiliensi pada Mahasiswa Tingkat Akhir yang Mengerjakan Skripsi. *Jurnal At-Taujih*, 2(2), 70–84. <https://doi.org/10.30739/jbkid.v2i2.1726>
- Wahyudi, A. (2020). Model Rasch: Analisis Skala Resiliensi Connor-Davidson Versi Bahasa Indonesia. *Advice: Jurnal Bimbingan dan Konseling*, 2(1), 28–35. <https://doi.org/10.32585/advice.v2i1.701>