

ABSTRACT

Rizka Ainunnisa (705150055)

Relation of Emotional Regulation and Prosocial Behavior towards adolescent, which take part of *Palang Merah Remaja* Extracurricular in South of Jakarta; Agoes Dariyo, M.Psi.,Psi. & Dr. Heryanti Satyadi, M.Psi.,Psi. University Of Tarumanegara psychology undergraduate study program. (i-xiv, 53 pages, L1-L65).

Middle school students are in adolescent phase, which is a period time of human development with the symptoms such as personality development, physical growth, and culture adaptation amongst its role and function. Adolescent is the period time of prosocial behavior growth, which naturally no enforcement whosever. Mood is the factor influences prosocial behavior. Emotional regulation is able to strengthen, influence, and maintain emotion depends on individual's intention. Adolescent prosocial behavior can be trained by participating in Palang Merah Remaja (PMR) extracurricular. PMR extracurricular, whose guidance organization by Palang Merah Indonesia (PMI) is purposely to establish future voluntary adolescent. The purpose of this research is to discover the relation amongst emotional regulation with prosocial behavior towards adolescent who participate in PMR extracurricular. This research participant is adolescent age thirteen to seventeen and participated in PMR extracurricular at schools located in South of Jakarta. There are 200 students as the research sample. Research data are retrieved by emotional regulation scale (Gross & Thompson, 2007) and prosocial behavior scale (Eisenberg & Mussen, 1989). Spearman correlation test results the presence of positive relation and significance amongst emotional regulation and prosocial behavior, which shown by correlation coefficient $r = 0.457$, $p = 0.000 < 0.01$. Therefore the higher emotional regulation, the higher prosocial behavior on adolescent Palang Merah Remaja participants.

Key words: emotional regulation, prosocial behavior, adolescent, Palang Merah Remaja.