

## ABSTRAK

*Bullying* sering terjadi di kalangan remaja saat ini, tidak hanya di lingkungan sekolah tetapi juga di lingkungan pesantren yang merupakan tempat pendidikan ilmu agama. Dampak *bullying* terhadap korban *bullying* mengalami masalah emosional yang tidak menyenangkan dan tidak mampu mengendalikan serta mengatur emosinya secara sadar baik laki-laki maupun perempuan. Kemampuan dalam mengelola dan mengendalikan emosi merupakan bentuk dari regulasi emosi. Tujuan penelitian ini adalah untuk melihat perbedaan regulasi emosi pada laki-laki dan perempuan di Pesantren Kota Lhokseumawe. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian komparatif. Jumlah sampel dalam penelitian ini adalah 384 santri korban *bullying* yaitu 192 santri laki-laki dan 192 santri perempuan dengan metode pengambilan sampel menggunakan *purposive sampling*. Hasil penelitian menunjukkan nilai signifikansi sebesar  $0,006 < 0,05$ , artinya terdapat perbedaan regulasi emosi pada laki-laki dan perempuan korban *bullying* di Pesantren Kota Lhokseumawe. Santri laki-laki korban *bullying* memiliki regulasi emosi lebih rendah dibandingkan santri perempuan korban *bullying* dimana santri perempuan korban *bullying* lebih mampu berfikir positif, menerima setiap kejadian buruk yang dialaminya, bersikap sabar, memaafkan serta mampu memperbaiki kualitas pertemanan dengan orang yang menghina. Sedangkan santri laki-laki korban *bullying* cenderung mengekspresikan emosinya dengan kemarahan ketika mengalami situasi yang tidak menyenangkan, belum mampu berfikir positif terhadap permasalahan yang dialaminya dan mempertimbangkan setiap situasi buruk yang sedang dialami.

**Kata Kunci:** *Korban Bullying, Pesantren, Regulasi Emosi, Santri*

## **ABSTRACT**

*Bullying often occurs among teenagers today, not only in the school environment but also in the Islamic boarding school environment which is a place for religious education. The impact of bullying on bullying victims who experience unpleasant emotional problems and are unable to consciously control and regulate their emotions, both men and women. The ability to manage and control emotions is a form of emotional regulation. The aim of this research is to see the differences in emotional regulation between men and women at the Lhokseumawe City Islamic Boarding School. This research uses a quantitative approach with a comparative research type. The total sample in this study was 384 students who were victims of bullying, namely 192 male students and 192 female students with a sampling method using purposive sampling. The results of the research show a significance value of  $0.006 < 0.05$ , meaning that there are differences in emotional regulation in male and female victims of bullying at the Lhokseumawe City Islamic Boarding School. Male students who are victims of bullying have lower emotional regulation than female students who are victims of bullying, where female students who are victims of bullying are more able to think positively, accept every bad incident they experience, be patient, forgive and are able to improve the quality of their friendship with the person who insulted them. Meanwhile, male students who are victims of bullying tend to express their emotions with anger when they experience unpleasant situations, and are unable to think positively about the problems they are experiencing and consider every bad situation they are experiencing*

**Keywords:** *Bullying Victims, Islamic Boarding School, Emotional Regulation. Students.*