

ABSTRAK

Intan Nur Azizah, 2026. Pengaruh *Toxic Masculinity* dan *Attachment* dengan Ayah Terhadap Regulasi Emosi Siswa Laki-Laki di Smk Negeri 1 Wonoasri. Skripsi bimbingan dan konseling, fakultas keguruan dan ilmu Pendidikan, UNIVERSITAS PGRI MADIUN. Dosen pembimbing 1 Dr. Noviyanti Kartika Dewi, M.Pd. Kons., Dosen pembimbing 2 Dr. Suharni S.pd., M.Psi.

Penelitian ini dilatarbelakangi oleh pentingnya kemampuan regulasi emosi pada remaja laki-laki dalam menghadapi tekanan psikologis dan sosial. Kemampuan tersebut dapat dipengaruhi oleh konstruksi sosial *toxic masculinity* yang mendorong penekanan emosi serta kualitas *attachment* dengan figur ayah di lingkungan keluarga. Penelitian ini bertujuan untuk menguji: (1) pengaruh *toxic masculinity* terhadap regulasi emosi, (2) pengaruh *attachment* dengan ayah terhadap regulasi emosi, dan (3) pengaruh keduanya secara simultan terhadap regulasi emosi siswa laki-laki di SMKN 1 Wonoasri. Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional. Sampel penelitian berjumlah 109 siswa laki-laki kelas X yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui skala *Toxic Masculinity*, skala *attachment* dengan ayah, dan skala regulasi emosi. Analisis data dilakukan menggunakan regresi linear berganda untuk menguji pengaruh masing-masing variabel bebas terhadap variabel terikat. Hasil penelitian menunjukkan bahwa secara parsial *toxic masculinity* berpengaruh negatif dan signifikan terhadap regulasi emosi, sedangkan *attachment* dengan ayah berpengaruh positif dan signifikan terhadap regulasi emosi. Secara simultan, *toxic masculinity* dan *attachment* dengan ayah berpengaruh signifikan terhadap regulasi emosi dengan kontribusi sebesar 29,1%. Berdasarkan hasil tersebut, dapat disimpulkan bahwa semakin tinggi tingkat *toxic masculinity*, semakin rendah kemampuan regulasi emosi remaja laki-laki. Sebaliknya, semakin baik kualitas *attachment* dengan ayah, semakin baik pula kemampuan regulasi emosi yang dimiliki. Oleh karena itu, hubungan kelekatan yang aman, hangat, dan suportif dengan figur ayah dapat menjadi faktor protektif dalam meminimalkan dampak negatif *toxic masculinity* terhadap regulasi emosi remaja laki-laki.

Kata Kunci; *Attachment* dengan Ayah, Regulasi Emosi, Remaja Laki-laki, *Toxic Masculinity*.

ABSTRACT

Intan Nur Azizah, 2026. *The Influence of Toxic Masculinity and Attachment to Fathers on Emotional Regulation in Male Students at State Vocational High School 1 Wonoasri*. Guidance and Counseling Thesis, Faculty of Teacher Training and Education, UNIVERSITAS PGRI MADIUN. Supervisor: Dr. Noviyanti Kartika Dewi, M.Pd. Kons., Supervisor: Dr. Suharni S.Pd., M.Psi.

Key Terms: Adolescent Boys, Attachment to Father, Emotion Regulation, Toxic Masculinity, Emotion Regulation

This research is motivated by the importance of emotional regulation skills in adolescent boys in facing psychological and social pressures. This ability can be influenced by the social construction of toxic masculinity that encourages emotional suppression and the quality of attachment with father figures in the family environment. This study aims to examine: (1) the influence of toxic masculinity on emotional regulation, (2) the influence of attachment with fathers on emotional regulation, and (3) the influence of both simultaneously on emotional regulation of male students at SMKN 1 Wonoasri. The study used a quantitative approach with a correlational design. The research sample consisted of 109 male students in grade X selected using a purposive sampling technique. Data were collected through the Toxic Masculinity scale, attachment with father scale, and emotional regulation scale. Data analysis was conducted using multiple linear regression to test the influence of each independent variable on the dependent variable. The results showed that partially toxic masculinity had a negative and significant effect on emotional regulation, while attachment with fathers had a positive and significant effect on emotional regulation. Simultaneously, toxic masculinity and attachment with fathers had a significant effect on emotional regulation with a contribution of 29.1%. Based on these results, it can be concluded that the higher the level of toxic masculinity, the lower the emotional regulation ability of adolescent boys. Conversely, the better the quality of attachment with the father, the better the emotional regulation ability. Therefore, a secure, warm, and supportive attachment relationship with a father figure can be a protective factor in minimizing the negative impact of toxic masculinity on adolescent boys' emotional regulation.