**Blueprint Skala Regulasi Emosi**

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| **No.** | **Variabel** | **Dimensi** | **Indikator** | **Item** | **Jumlah** |
|  | Regulasi Emosi | Cognitive Reappraisal Facet (Membentuk Penilaian Ulang Kognitif | Pengenadalian perhatian dan pengubahan makna secara kognitif. | (1,3,5,7,8,10) | 6 |
|  |  | Expressive Suppression Facet (Membuat Aspek Penekanan Ekspresif) | Menekan perilaku emosionalnya, Merespon secara alami, memaknai kembali | (2,4,6,9) | 4 |
| **Total** | | | | | 10 |