

**THE RELATIONSHIP BETWEEN EMOTIONAL REGULATION WITH  
THE PUBLIC SPEAKING ANXIETY TO STUDY CIVIL ENGINEERING  
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**ABSTRACT**

*Public speaking was one of greater fear that human faced. This anxiety cause the negative influences for some aspects of life, one of them an academic aspect. Public speaking can arise due to lack emotion regulation. This research was aimed to understand the correlation between emotion regulation and public speaking anxiety among civil engineering students in Islamic University of Indonesia. The subject of this research were 114 students in civil engineering. This research used two questionnaires as measurement tools, namely Emotion Regulation Questionnaire (ERQ) and Personal Report of Public Speaking Anxiety (PRPSA). The data analysis used Spearman correlation method. The result showed that there was a positive correlation between emotion regulation and public speaking anxiety with  $r=0,305$  and  $p=0,000$  ( $p<0,01$ ).*

**Keywords:** *emotion regulation, public speaking anxiety, civil engineering students.*