

Self-Regulation of Indonesian Red Cross Volunteer Correlated to Big 5 Personality

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Abstract

According to data BNPB since early 2014 until February 16, 2014, there were 282 disasters and cause 197 people were killed, 64 injured, 1.6 million displaced and tens of thousands of homes damaged by the disaster swept (detikNews : 2014). Along with the many disasters that it takes people who have a high sense of humanity to work directly in the disaster. People who devote themselves in humanitarian activities usually called volunteers because they always give all the energy and time without receiving payment or strings attached.

This study aims to measure how much the correlation between the Big 5 Personality with Self Regulation in volunteers in relation to humanitarian tasks where they have to go directly to localized disaster conditions are very concern. The subjects were volunteers who served in the Indonesian Red Cross. The method used is the Spearman's rho Correlation for examining the correlation between personality with self regulation of the volunteers. The result for this research are the self-regulation of Indonesia Red Cross Volunteer correlated with the big 5 personality with number of correlation are 0.131 and sig. (2 tailed) 0.023 (<0.005).

Keywords: Big 5 Personality, Self-Regulation, Volunteers

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Introduction

Indonesia was a country that was extremely vulnerable to a disaster. It was caused by tectonic plates that extends in Indonesia country often experience seismic activities that cause Indonesia as an area that is vulnerable to earthquakes, flood, landslides and tsunami as well as various kinds of other disasters. According to the data presented by the head of the national disaster mitigation Agency (BNPB) since 2002 until early 2014 noted there has been a natural disaster, both 1.093 disaster Hydrometeorology and Hydrometeorology with victim dies 190.375 soul not including residents who lost either due to tsunami, landslides or flooding (Antara Sumbar, 2014). But for Nangroe Aceh Darusalam areas affected by tsunami 10 years ago there are 229.826 missing persons and 186.983 were killed and nearly 50 % of buildings in this region were destroyed because the impact of the earthquake are followed by the tsunami of where altitudes to reach 9 meters.

Meanwhile, the number of natural disasters that occurred in Indonesia and the number of casualties so Indonesia Red Cross in reducing the risk of catastrophic impacts have been carrying out a Program of integrated community-based risk reduction (PERTAMA) since 2002. PERTAMA is a community-based program that encourages empowerment of community capacity to self in alerting reduce the risk and impact of disasters that occur in the environment. In addition to that relating to disaster relief, the Red Cross Indonesia activities provide emergency disaster that set up tents for refugees, set up public kitchens provide disaster to help in terms of food, primarily logistics, do the evacuation of victims of both died or injuries cuts and other residents around the disaster site. And then the Indonesia Red Cross in performing its activities, including in terms of disaster risk reduction and mitigation is all done by volunteers. A volunteer is a person who is sincere, selfless and volunteer to help others who are experiencing a disaster especially when Community Center became a victim of natural disasters. Volunteerism is an activity that is routinely done in the response to natural disasters where the volunteers have to plunge directly into the site of the disaster that his condition is very *memperhatikan*. However the activities of volunteers who do provide disaster gave an impact on themselves.

The impact that arises between them becomes difficult to sleep, constantly imprinted with the condition and the condition of victims of the disaster site that makes the volunteers experienced an anxiety disorder, The incidence of excessive fear in themselves against events of natural disasters that can befall them. Then there are some other effects that occur on them as there are some volunteers while returning from the scene of the disaster to be a young, and looks anxiously under certain conditions. There are also volunteers who became more religious and more grateful for what he had after returning from the disaster site.

To cope with the impact of his humanitarian activities arising out of disasters provide each volunteer is expected to have an impact on Self Regulation that appears in him not disturb and their personalities. Self Regulation is important is owned by someone including by every volunteer to helping him cope with the impact on themselves in the exercise of his activity to help combat and disaster risk reduction due to Self Regulation a person can control the State of the environment and emotional impulses that lead can interfere with the development of a person so that individuals who want

to develop will attempt to provide him everything possible in accomplishing the stages of development themselves (Alfiana, 2013).

However, Self Regulation, owned by volunteers depends on their personality because according to Allport's personality is defined as a dynamic organization in the individual who is the psikopisikal system and this determines uniquely the individual adjustment to the environment (Barrick & Ryan, 2003; in Mastuti, 2005). Then Fiest & Fiest (1998) defines personality as a relative settled pattern, trait, or characteristic in the disposition of individuals that give some measure of consistent about behavior (Mastuti, 2005). To illustrate the dimensions of this personality Golberg has researched systematically using the factor analysis results are similar to structures found by Norman in 1963. According to Golberg (1990; Larsen & Buss, 2008) consists of big 5: Extraversion, Agreeableness, Conscientiousness, Emotional Stability, openness to intellect. In the meantime, the factor in big 5 according to Costa & McRae (1985; 1990; 1992; Pervin & John, 2001; in Mastuti, 2005) include: Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness.

1. Theory

1.1 Big 5 Personality

Based on the results of research conducted 20 years ago, the classification of personality traits are strongly influenced by the attention and encouragement made by researchers into five factor personality models that are commonly referred to as the five factor model, the big five, and the high five. Dimensions in the big five are among others: Surgency, Agreeableness, Extraversion or Conscientiousness, Emotional Stability, and Openness-Intellect. Lewis r. Goldberg concluded a systematic research that makes the big 5 is simpler with dimensions as follows (Larsen & Buss, 2008) :

Surgency or Extraversion : talkative, extraverted, assertive, forward, outspoken, versus shy, quite, introverted, bashful, inhibited. Agreeableness : sympathetic, kind, warm, understanding, sincere, versus unsympathetic, unkind, harsh, cruel. Conscientiousness : organized, neat, orderly, practical, prompt, meticulous, versus disorganized, disorderly, careless, sloppy, impractical. Emotional stability : calm, relaxed, stable, versus moody, anxious, insecure. Intellect or imagination : creative, imaginative, intellectual, versus uncreative, unimaginative, unintellectual.

1.2 Self Regulation

Self Regulation is one of the components driving the human personality (Boeree, Alfiana; in 2010, 2013). The term self regulation at first appear by Albert Bandura's social learning theory, which is defined as a person's ability to mengotrol its own behaviour (Boeree, Alfiana; in 2010, 2013). Self regulation is the internal motivation, which resulted in the onset of a person to determine the purpose of% u2013 purpose in her life, plan a strategy that will be used, as well

as evaluate and modify behaviour to be performed (Pervin & Cervone, 2010; in Alfiana, 2013).

Self Regulation refers to a person's capacity to ignore or change their response. This is the process by which a person seeks to limit the immediate response and not it wants and then control it became a new response and in accordance with his wishes. Regulation means change, especially change to bring the behavior of specific standards such as on some of the ideas and goals in a person. The same as behavior change following a rule, conform to ideals or goals pursues a purpose is a very useful form of self regulation (Polivy, 1998; in Baumeister & Vohs, 2007).

Then according to the Zimmerman & Schunk (2008; in Kitsantas, Winsler, & Huie, 2008) from persektif social cognitive Self Regulation involves: 1. establish a specific goal. 2. make use of strategies such as elaborating, organizing work, and rehearsing. 3. display a level of high self progress as well as internal motivation. 4. conduct self monitoring and self reflecting on performance results.

Self regulation is the ability of a person to develop, implement, and maintain behaviors to arrive at the desired destination. There are 7 process in self regulation : Receiving relevant information, Evaluating the information and comparing it to norms, Triggering change, Searching for options, Formulating a plan, Implementing the plan, Assessing the plan's effectiveness (which recycles to steps 1 and 2).

2. Method

2.1 Subject

Subjects in the study were volunteers who joined in the Indonesia Red Cross organizations totaling 302 persons by using purposive sampling technique it contains a non probability sampling techniques.

2.2 Questionnaire

A. IPIP Big-Five Factor Markers

This research uses a measurement tool in the adaptation of the IPIP Big 5 Factor Markers graffiti that made by Golberg (2001; in Gow et al). IPIP Big 5 Factor Markers graffiti has 50 items consisting of 10 items for each aspect. Aspect in IPIP Big 5 Factor Markers graffiti among others: Extraversion, Agreeableness (E) (A), (C) Conscientiousness, Emotional Stability (ES), and Intellect (I) (Gow et al, 2005).

B. Self Regulation

Measuring instrument used to measure the self regulation of Self Regulation Questionnaire (SRQ). There are 7 stages in self regulation among others Evaluating (evaluating the information and compare it to the norm), Triggering (encouraging change), Searching (search options), Formulating (formulating the plan), Implementing (implementing the plan), Assessing (evektivitas rate plan).

2.3 Procedure

Data retrieval in this research was conducted by means of questionnaires spread IPIP Big-Five Factor Markers graffiti with number of items 50 and Self Regulation Questionnaire (SRQ) which totaled 63 items to the Indonesia Red Cross volunteer in Tangerang City. While in the process of data analysis, this study uses data analysis Spearman rho.

3. Results

The subject of this research totaled 302 volunteers who are members of the Organization of the Indonesia Red Cross in Tangerang branch. The Data in this study were obtained by giving questionnaires to the subjects of 113 items with 50 items from Big 5 Personality and 63 items of Self Regulation.

Table 4.1 Subject

Subject	Frequency	Percent (%)
Men	179	59.3
Women	123	40.7
Total	302	100.0

Table 4.2 Range of Age

Age	Frequency	Percent (%)
14 – 22	117	38.7
23 – 27	115	38.1
28 – 35	70	23.2
Total	302	100.0

Based on the table above of the subject there are 179 men with percentage with 59,3% and 123 women with percentage 40,7%. Then volunteers aged between 14-22 years there were 117 people, volunteers aged between 23-27 years there are 115, and volunteers who are aged 28-35 years there were 70 people.

3.1 Validity of IPIP Big-Five Factor Markers

Validity of the test results measuring instrument IPIP Big 5 Factor Markers shows from 50 items there are 35 items is valid and the 15 items fall. Then for each aspect of the big 5 personality Gets the number of items is valid on extraversion personality type there are 5 item valid and 5 item is fall. On agreeableness personality types there are 8 item is valid and 2 items fall. On

conscientiousness personality types there are 5 items valid and 5 items fall. On the personality types of emotional stability there are 10 items is valid and there are no items that fall. On intellect or imagination personality types are valid items 7 and 3 items fall.

3.2 Validity of Self Regulation Questionnaire

Validity of the measuring instrument Self Regulation Questionnaire there are 63 items there are 60 valid items and 3 items fall.

3.3 Reliability of the Instrument

Reliability test results for IPIP Big 5 Factor Markers shows the value of Cronbach alpha is 0.621 it is mean that the IPIP Big 5 Factor Markers is Reliable. Then Reliability test results for Self Regulation Questionnaire, indicating the value of Cronbach alpha was 0.905 which means measuring this a Self Regulation Questionnaire is reliable.

3.4 Personality of Volunteer

Based on the results of research conducted revealed that the volunteer on Indonesia Red Cross Tangerang branch has a personality Extraversion as many as 50 people with a percentage of 16.6%. The personality of the Agreeableness as much as 77 people with percentage of 25.5%. As many as 70 people Conscientiousness personality with a percentage of 23.3%. The personality Emotional Stability as much as 51 people with percentage of 16.9%. The personality of the Intellect or Imagination with the percentage 54 of 17.9%.

Then based on the results of the count per type a personality extraversion earned there are 144 people with percentage 47.7% in the low category, 89 people with 29.5% in the medium category, and 69 people with percentage 22.8% in the high category. In agreeableness are 68 people with a percentage of 22.5% in the low category, 120 people with a percentage of 39.7% pad category medium, and 114 people with percentage of 37.7% in the high category. There are 54 of conscientiousness for the percentage of 17.9% in the low category, 89 people with percentage of 29.5% in the medium category, and 159 people with percentage 52.6% on high kategori. For emotional stability there are 78 people with the percentage of 25.8% in the low category, 116 people with percentage of 38.4% in the medium category, and 108 people with percentage of 35.8% in the high category. For intellect or imagination there are 113 people with the percentage of 37.4% in the low category, 114 people with percentage of 37.7% in the medium category, and 75 people with percentage of 24.8% in the high category.

Thus it can be concluded that the type a personality extraversion is low with the percentage 47.7% is included in the low category. The type a personality Agreeableness is the percentage of 39.7% are included in the category of medium. Conscientiousness is the personality type with high percentage of 52.6% is included in the high category. Personality type emotional stability is moderate with a percentage of 38.4% is included in the category of medium. Personality

type intellect or imagination is moderate with a percentage of 37.7% are included in the category of medium.

3.5 Self Regulation of Volunteer

To find out the level of self regulation within the volunteer researchers divide the 3 categories, namely high, medium, and low. After doing the calculation there are 120 volunteers with a percentage of 39.7% in the low category, 86 people volunteer with percentage of 28.5% in kaategori medium, and 96 people volunteer with percentage 31.8% in the high category. Based on these results it can be concluded that the level of self regulation in the volunteer on Indonesia Red Cross Tangerang branch is low because the percentage of 39.7% contains the low category.

3.6 Correlation between Big Personality with Self Regulation

TABLE 4.3
Correlation Big 5 Personality and Self Regulation

	Correlation Coefficient	Sig. (2-tailed)
Spearman's rho	0,131*	0,023

Table 4.3 indicates that the value of the correlation coefficient is 0.131* and Sig value. (2-tailed) 0.023. It means that there is a correlation between big 5 personality with self regulation because the value of Sig. (2-tailed) < 0,005 and pointed out that the first Hypothesis is accepted.

3.7 Correlation between Extraversion with Self Regulation

TABLE 4.4
Correlation Extraversion and Self Regulation

	Correlation Coefficient	Sig. (2-tailed)
Spearman's rho	0,023	0,688

Table 4.4 indicates that the value of the correlation coefficient is 0.023 and Sig value. (2-tailed) 0.688. It means that there is not a correlation between extraversion with self regulation because the value of Sig. (2-tailed) > 0,005 and pointed out that the second Hypothesis is not accepted.

3.8 Correlation between Agreeableness with Self Regulation

TABLE 4.5
Correlation Agreeableness and Self Regulation

	Correlation Coefficient	Sig. (2-tailed)
Spearman's rho	0,015	0,688

Table 4.5 indicates that the value of the correlation coefficient is 0.015 and Sig. value. (2-tailed) 0.688. It is means that there is not a correlation between agreeableness with self regulation because the value of Sig. (2-tailed) > 0,005 and pointed out that the third Hypothesis is not accepted.

3.9 Correlation between Conscientiousness with Self Regulation

TABLE 4.6
Correlation Conscientiouness and Self Regulation

	Correlation Coefficient	Sig. (2-tailed)
Spearman's rho	0,152**	0,008

Table 4.6 indicates that the value of the correlation coefficient is 0.152** and Sig. (2-tailed) 0.008. It is means that there is a correlation between conscientiousness with self regulation because the value of Sig. (2-tailed) < 0,005 and pointed out that the fourth Hypothesis is accepted.

3.10 Correlation between Emotional Stability with Self Regulation

TABLE 4.7
Correlation Emotional Stability and Self Regulation

	Correlation Coefficient	Sig. (2-tailed)
Spearman's rho	0,087	0,133

Table 4.7 indicates that the value of the correlation coefficient is 0.087 and Sig. (2-tailed) 0.133. It is means that there is not a correlation between emotional stability with self regulation because the value of Sig. (2-tailed) > 0,005 and pointed out that the fifth Hypothesis is not accepted.

3.11 Correlation between Intellect or Imagination with Self Regulation

TABLE 4.8
Correlation Intellect or Imagination and Self Regulation

	Correlation Coefficient	Sig. (2-tailed)
Spearman's rho	0,137*	0,017

Table 4.8 indicates that the value of the correlation coefficient is 0.137 and Sig. (2-tailed) 0.017. It means that there is a correlation between emotional stability with self regulation because the value of Sig. (2-tailed) $< 0,005$ and pointed out that the sixth Hypothesis is accepted.

Discussion

Based on the hypothesis test results and analysis on result obtained that value Sig. (2-tailed) for the correlation between extraversion personality type and self regulation is 0.688 ($>0,005$) which means there is no significant correlation between extraversion and self regulation. Factors that can affect it is the score of extraversion type personality on volunteers is low because there are 144 people with percentage 47.7% the extraversion personality types are on the low score and according to the theory advanced by low scores on extraversion Golberg means the volunteers is a reticent person, task-oriented, and quiet. Another factor that makes the type a personality extraversion and self regulation has no correlation is the score low on self regulation within the meaning of volunteers the volunteers are less capable of receiving relevant information around them, have no ability to make plans as well as the attempt to resolve the problems that exist in him also in the achievement of the objectives it wants.

Then for the value of Sig. (2-tailed) between self regulation and agreeableness is 0.793 ($> 0,005$) which means there is no correlated between them. It can be influenced by personality type agreeableness volunteers who are at moderate category meaning that volunteers have a sense of wanting to help, especially in relation to performing disaster relief natural, good-hearted lebut, and towards others. It is not in correlated with a score of self regulation, owned by volunteers who are included into the category low so in some instances the personality type agreeableness can be a cynical, unsympathetic on others, and irritability. It can be caused by several factors such as the condition and provide disaster situations that may affect the moodnya, then the pressure that he received when having to survivors of natural disasters, where they have a big responsibility not only to itself but also to the people who ditolongnya and this gives rise to anxiety within her the volunteer.

Furthermore, the value of Sig. (2-tailed) for the correlation between conscientiousness and self regulation is 0.008 ($< 0,005$) which means there is a correlation between them. Factors that can affect this personality type score on conscientiousness is the volunteers are on a high category as there are 159 people with percentage 52.6% which means that volunteers are individuals who organised, disciplined, hard-working, and conscientious. It can help them in doing their job provide disaster that does

require high precision and discipline, they also have to work extra hard in helping pengevakasian disaster victims, they also have to work on a regular basis to victims of natural disasters that can be saved and they can also save themselves. Nevertheless, score low on self regulation within the volunteer has no relation with the result of the relationship between personality types conscientiousness with self regulation.

Next, the value of Sig. (2-tailed) on the correlation between emotional stability and self regulation are 0.133 ($> 0,005$) which means there is no correlation between them. Factors that may affect such matters is the score is in the personality types of emotional stability inside of volunteers is 116 people with percentage of 38.4% the volunteers include people who are calm, relaxed, and stable. Thus within the volunteer if counting results in terms of their emotions are stable and this personality type can control his emotions when they provide natural disasters and perform the tasks of his humanity. Although volunteers have a stable emotions that are not related to cell regulation volunteers who are on a low score means that even though it has stable emotions they still have difficulty in making plans and setting goals to specific titles, as well as having difficulty in resolving the their problems.

Then the value of Sig. (2-tailed) for the correlation between personality types intellect or imagination with self regulation is 0.017 ($<0,005$) which means there is a correlated between them. This can be affected by a score that is owned by intellect or imagination that there are 114 people with the percentage of 37.7% then the volunteers include individuals who are creative, imaginative, and has a fairly high intellectual. This can help them in doing the tasks of his humanity provide disasters and in accordance with the observations made by researchers at the time of disaster simulation exercise sessions undertaken by the volunteers that they must make sacrifices to raise a litter with two pieces of bamboo and a piece of string, then set up tents, a communal kitchen, also in help victims in order for the evacuation of the victims of natural disasters can be done efficiently and effectively. All it requires high creativity, as well as intellect who can help them in conducting all activities pengevakasian victims efficiently and effectively and to anticipate the growing number of casualties. Although the score on self regulation low so the volunteers have no effect in the relationship between them because maybe they are difficult to solve and rate specific goals in his personal life but due to the existence of a given training regarding its activities provide the disaster then it can help them think creatively and have a fairly high intellect.

Other factors that can affect different results between personality types in the big 5 personality with self regulation is the lack of experience in developing self regulation i.e. volunteers growing surroundings or House who do not teach about the development of self regulation itself, the presence of apathy that appears in a person, mood disorders such as mania or depression in this volunteer is likely to get depressed after seeing conditions and provide disaster situation also saw the condition of the victims of these disasters.

Conclusion

The conclusion in this research are there are correlation between the big 5 personality and self regulation, conscientiousness type personality with self regulation, and intellect or imagination type personality with self regulation. But for extraversion with

self regulation, agreeableness with self regulation, and emotional stability with self regulation it is not correlated. For the score of self regulation of volunteer in Indonesia Red Cross is low.

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