**The Effectiveness of PSS (Problem Solving Strategy) in Enhancing The Ability of Anger Regulation**

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**Abstract.** This study aimed to examine the effectiveness of Problem Solving Strategies to enhance the ability of emotion regulation for high school students. The data collection instruments for the selection of subjects using the ability of emotion regulation test. This study was conducted at Malang Smart Brawijaya High School in which the research subjects consisted of 12 people divided into two groups, namely the experimental group (n = 6) and the control group (n = 6). The experimental group was given training on Problem Solving Strategies and the control group was not given training. Analysis of the data used was non-parametric statistical analysis of the Mann Whitney U Test. Based on the results of the Mann Whitney U Test statistic showed that the Asymp value. Sig or P value of 0.003 <0.05, thus, it can be concluded that there was a significant difference between the post-test scores between the experimental group and the control group, further, it can be concluded that the Problem-Solving Strategy was regarded as the effective technique for enhancing the ability of anger regulation. The suggestion for further researchers was to combine these techniques with behavioralistic techniques. The suggestions for counselors in schools can be used with intervention techniques. Problem Solving Strategies was as an alternative technique to enhance the ability of anger regulation.

**Keywords:** Problem Solving Strategy; the ability of anger regulation; anger