

**HUBUNGAN ANTARA INTENSITAS LATIHAN
DENGAN SELF-CONTROL DAN TINGKAT AGRESIVITAS
PADA MAHASISWA UKM BELA DIRI UPI BANDUNG**

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ABSTRAK

Dewi Prihandini (1006219). *Hubungan Antara Intensitas Latihan dengan Self-Control dan Tingkat Agresivitas Pada Mahasiswa UKM Bela Diri UPI Bandung.* Skripsi. Departemen Psikologi Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia Bandung (2015).

Penelitian ini bertujuan untuk mengetahui (1) hubungan antara intensitas latihan dengan *self-control*, (2) hubungan antara intensitas latihan dengan tingkat agresivitas, dan (3) hubungan antara *self-control* dengan tingkat agresivitas mahasiswa UKM Bela Diri UPI Bandung. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian korelasional. Pengambilan sampel menggunakan teknik *incidental sampling*, yaitu sebanyak 85 orang yang masih berstatus sebagai mahasiswa dan masih mengikuti latihan bela diri di UPI. Instrumen yang digunakan dalam penelitian ini, yaitu instrumen intensitas latihan yang disusun sendiri oleh peneliti, *self-control* yang diadaptasi dari *Brief Self-Control Scale* (BSCS), dan instrumen tingkat agresivitas yang diadaptasi dari *Buss-Perry Aggression Questionnaire Short-Form* (BPAQ-SF). Hasil penelitian menunjukkan (1) terdapat hubungan positif yang lemah antara intensitas latihan dengan *self-control*, (2) tidak terdapat hubungan antara intensitas latihan dengan tingkat agresivitas, dan (3) terdapat hubungan negatif yang kuat antara *self-control* dengan tingkat agresivitas pada mahasiswa UKM Bela Diri UPI Bandung.

Kata kunci: intensitas latihan, *self-control*, agresivitas, mahasiswa, bela diri.

THE RELATIONSHIP BETWEEN EXERCISE INTENSITY WITH SELF-
CONTROL AND LEVEL OF AGGRESSION OF STUDENTS JOINING
MARTIAL ART UNITS OF INDONESIA UNIVERSITY OF EDUCATION
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ABSTRACT

Dewi Prihandini (1006219). *The Relationship Between Exercise Intensity with Self-Control and Level of Aggressiveness of Students Joining Martial Art Units of Indonesia University of Education Bandung. Unpublished Research Paper. Indonesia University of Education Bandung (2015).*

This research aims to know (1) the relationship between exercise intensity and self-control, (2) the relationship between exercise intensity and level of aggressiveness, and (3) the relationship between self-control and level of aggressiveness of students joining martial art units of Indonesian University of Education Bandung. This research uses quantitative approach with correlation research design. The data collection uses incidental sampling technique, which total is 85 members of martial art units of UPI Bandung who are still enrolled as university students and actively do exercise of martial art. The instruments used in this research are exercise intensity that compiled by the research herself, self-control that is adapted from Brief Self-Control Scale (BSCS), and level of aggressiveness that is adapted from Buss-Perry Aggression Questionnaire Short-Form (BPAQ-SF). The result shows that (1) there is a weak positive relationship between exercise intensity and self-control, (2) there is no relationship between exercise intensity and level of aggressiveness, and (3) there is a strong negative relationship between self-control and level aggressiveness of students joining martial art units of Indonesia University of Education Bandung.

Keywords: exercise intensity, self-control, aggressiveness, student, martial art.