

## ABSTRAK

Meirani Kristianti (0802728). *Hubungan antara Perilaku Agresif dengan Coping Strategy pada Remaja yang Mengikuti Kegiatan Beladiri Ditinjau dari Frekuensi Latihan*. Skripsi. Departemen Psikologi UPI Bandung (2015)

Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku agresif dengan *coping strategy* pada remaja yang mengikuti kegiatan beladiri ditinjau dari frekuensi latihan. Sampel dalam penelitian ini terdiri dari 60 orang anggota ekstrakurikuler beladiri di SMA Negeri 1 Cimahi. Teknik pengumpulan data dilakukan dengan menggunakan kuisioner. Kuisioner perilaku agresif disusun berdasarkan pada teori Buss & Perry (1992) yang terdiri dari 30 item dengan nilai reliabilitas sebesar 0,939. Kuisioner Coping strategy disusun berdasarkan teori Lazarus & Folkman (1986) dan merupakan adaptasi dari *Ways of Coping Questionnaire*, serta terdiri dari 31 item dengan reliabilitas 0,894. Analisis data yang digunakan dalam penelitian ini adalah dengan menggunakan korelasi spearman's rank. Hasil penelitian menunjukkan bahwa sebagian besar dari sampel memiliki tingkat perilaku agresif yang tinggi, dan dipengaruhi oleh jarang atau seringnya frekuensi latihan yang dilakukan, koefisien korelasi antara *problem-focused coping* dengan perilaku agresif menghasilkan nilai 0,161 pada tingkat signifikansi 0,220(>0,05) yang menunjukkan bahwa hubungannya sangat rendah dan tidak berarti. Sedangkan koefisien korelasi antara *emotion-focused coping* dengan perilaku agresif menghasilkan nilai 0,291 dengan signifikansi 0,024(<0,05) yang berarti memiliki hubungan cukup signifikan.

Kata Kunci: Perilaku Agresif, Agresi, *Coping Strategy*, *Problem-Focused Coping*, *Emotion-Focused Coping*, Remaja, Beladiri, Frekuensi Latihan

## **ABSTRACT**

*Meirani Kristianti (0802728). The Relation between Aggressive Behavior with Coping Strategy on Adolescents who Attend Martial Arts Activities in terms of Practices Frequency.*

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*The purpose of this study is to understand the relationship between aggressive behaviors with coping strategy on adolescents who attend martial arts activities in terms of practices frequency. The samples in this study consist of 60 individuals who attends the martial arts extracurricular at SMAN 1 Cimahi. The data were taken by using two questionnaires. The Aggressive Behavior questionnaire were composed using the aggression theory by Buss and Perry (1992), involving 30 items and with 0.939 points of reliability. The Coping Strategy questionnaire were composed and adapted from the Ways of Coping Questionnaire made by Lazarus and Folkman (1986), which is involving 31 items with 0,894 points of reliability. This study was using the spearman's rank correlations analysis path. Results of this study showed that most of the adolescent from the samples have a high degree of aggressive behavior which is influenced by the low practices frequency. The correlation coefficients between the problem-focused coping with aggressive behavior was obtaining 0,161 points and which means that the relation between problem-focused coping with 0,220(>0,05) significance points which is showing that there's no relation between problem-focused coping and aggressive behavior. The emotion-focused coping and aggressive behavior showed 0,291 points with 0,024(<0,05) significance points, and which means that there's a relation between emotion-focused coping and aggressive behavior and rated low.*

*Keywords: aggressive behavior, coping strategy, problem-focused coping, emotion-focused coping, adolescence, martial arts*