

## ABSTRAK

### EFEKTIVITAS PROGRAM BIMBINGAN ANGER MANAGEMENT UNTUK MEREDUKSI PERILAKU AGRESIF

(Penelitian Quasi Eksperimen Terhadap Peserta Didik Kelas XI SMK MJPS 3 Kota Tasikmalaya)

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**Abstrak:** Peneliti dilatarbelakangi fenomena kecenderungan perilaku agresif pada siswa SMK yang begitu mengkhawatirkan di antaranya kekerasan, tawuran, perkelahian dan perekcokan. Penelitian bertujuan memperoleh program *anger management* untuk mereduksi perilaku agresif siswa sesuai dengan karakteristik keagresifan siswa di sekolah. Pendekatan penelitian yang digunakan kuantitatif dengan metode quasi eksperimen. Alat pengungkap data yang digunakan adalah angket yang perilaku agresif, pedoman observasi dan pedoman wawancara. Populasi penelitian seluruh siswa kelas XI SMK MJPS 3 Kota Tasikmalaya yaitu sebanyak 140 siswa. Sampel adalah 19 orang siswa pada kategori perilaku agresif tinggi. Hasil penelitian menunjukkan sebagian besar siswa kelas XI SMK MJPS 3 Kota Tasikmalaya berada pada tahap atau kategori pelaku agresi sedang. Hasil penelitian secara kuantitatif menunjukkan program *anger management* efektif untuk mereduksi perilaku agresif siswa kelas XI SMK MJPS 3 Kota Tasikmalaya. Rekomendasi ditunjukkan kepada guru bimbingan dan konseling dapat memanfaatkan program *anger management* sebagai alternatif penyelesaian siswa yang memiliki kecenderungan perilaku agresif; bagi peneliti selanjutnya melakukan penelitian pada tingkat atau jenjang pendidikan lain di antaranya: SD, SMP, SMA dan Perguruan Tinggi; Menggunakan teknik bimbingan lain seperti bermain kelompok, konseling kelompok dan *solution focused brief counseling*; Program *anger management* dapat juga digunakan untuk mereduksi bullying, meningkatkan kontrol diri dan meningkatkan kemampuan mengelola emosi.

*Kata kunci :anger management, perilaku agresif, dan siswa SMK*

## **ABSTRACT**

### **EFFECTIVENESS GUIDANCE OF ANGER MANAGEMENT PROGRAM TO REDUCE AGGRESSIVE BEHAVIOR**

(Quasi-Experimental Research Toward on the Students of Class XI SMK MJPS 3  
Tasikmalaya City)

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**Abstract:** Background of this research was a phenomenon the tendency of aggressive behavior on SMK students who are so worried about violence, brawl, fighting and reconciliation. The research aimed to obtain management anger program to reduce aggressive behavior students appropriate with the characteristic aggressiveness students in the school. The research approach that used was quantitative with the quasi-experimental method, the instrument of revealing data that used was questionnaire aggressive behavior, the guidance of observation and interview. Population the research all the students of class XI SMK MJPS 3 Tasikmalaya city were 140 students. The sample was 19 students in the category of high aggressive behavior. The result of this research showed that was mostly the students of class XI SMK MJPS 3 Tasikmalaya city on the stage or category of moderate aggressive behavior. The result of the research quantitatively showed that anger management program was effective to reduce aggressive behavior in students of class XI SMK MJPS 3 Tasikmalaya city. The recommendation pointed to the teacher of guidance and counseling could utilize anger management

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program as alternative solution for the students that had tendency to aggressive behavior for the researchers furthermore conduct the research on the level or another education level there were: Elementary School, Junior High School, Senior High School, and College; Using new counseling technique such as playing group, group counseling, and solution focused brief counseling; anger management program could also be used to reduce bullying, improving self-control and improving the ability to manage emotions.

**Keywords:** anger management, aggressive behavior, SMK students