

ABSTRAK

Penerapan Teknik *Self Control* Untuk Mengurangi Perilaku *Bullying* Pada Anak Tunarungu

Anak tunarungu merupakan anak yang mengalami kesulitan dalam pendengaran, baik sebagian atau biasa disebut ringan (*hard of hearing*) maupun seluruhnya atau berat (*deaf*). *Bullying* merupakan suatu perilaku yang agresif tipe proaktif yang di dalamnya terdapat aspek kesengajaan untuk menyakiti atau menyingkirkan orang secara berulang-ulang. Tujuan dari penelitian ini yaitu untuk mengetahui tentang penerapan teknik *self control* terhadap pengurangan frekuensi perilaku *bullying* pada subjek F sebelum, selama, dan setelah diberikan intervensi selama jam sekolah di SLB Cicendo Bandung. Metode yang digunakan dalam penelitian ini yaitu metode eksperimen *Single Subject Research* (SSR) dengan desain penelitian A-B-A. Pada kondisi *baseline* 1 (A1) dilakukan tiga sesi, Pada *baseline* 1 (A1) peneliti melakukan kegiatan observasi dan pengamatan untuk mengetahui frekuensi subjek melakukan perilaku *bullying* saat jam sekolah. Pada kondisi intervensi (B) dilakukan tujuh sesi, selama fase intervensi (B) subjek diberikan penerapan teknik *self control* yang bertujuan untuk mengendalikan perilaku-perilaku *bullying*, dan kondisi *baseline* 2 (A2) dilakukan tiga sesi, pada *baseline* ini frekuensi perilaku *bullying* subjek diukur setelah diberikan intervensi sebagai kontrol terhadap fase intervensi. Pada fase *baseline* 2 (A2) peneliti tidak menerapkan teknik *self control*. Hasil penelitian menunjukkan bahwa F memiliki penurunan *mean level* pada perilaku *bullying*. Pada fase *baseline* 1 (A1) *mean level* sebesar 16,33, intervensi (B) sebesar 12, dan *baseline* 2 (A2) sebesar 9,33. Dengan demikian bahwa penerapan teknik *self control* dapat mengurangi perilaku *bullying* pada anak tunarungu.

Kata Kunci : Anak tunarungu, Perilaku *Bullying*, Teknik *Self Control*.

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ABSTRACT

The implementation of *self control* technique to reduce the *bullying* behaviour in the hearing impulsive Child

Deaf children is a child who has problem with hearing, either hard or completely deaf. *Bullying* is an act aggressively with proactive type that has intentional aspect to hurt or eliminate other person with happen again and again. The aim of this research was to discover about the implementation of *self control* technique towards reducing the frequency of *bullying* behaviour on subject F in SLB Cicendo Bandung in pre act, whilst act, post act the intervension given during school hour. *Single Subject Reseach* (SSR) experimental method with A-B-A research design was used in this study. In *baseline 1* (A1) three sessions were conducted. In *baseline 1* (A1), the researcher conducted observation to find out the frequency of *bullying* behaviour during school hour. In the intervention condition (B) seven sessions were conducted, and during the intervention phase (B), the subject was given the treatment of self control technique in order to control the bullying behaviour. In *baseline 2* (A2) condition, three sessions were conducted, and in this baseline, the frequency of subject's bullying behaviour was measured after the intervension was given as the control towards the intervension phase. In *baseline 2* (A2) phase, the researcher did not implement the *self control* technique. The result of the research shows that there was a reduction of mean level of F's bullying behaviour. In *baseline 1* (A1) phase, the mean level was 16,33, intervention (B) was 12, and baseline 2 (A2) was 9,33. Based on the result, the implementation of the self control technique can reduce the *bullying* behaviour on the hearing impulsive child.

Keyword : deaf children, bullying behaviour, self control technique.

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