

ABSTRAK

Penelitian bertujuan untuk mengetahui hubungan antara kontrol diri dengan perilaku agresif pada remaja di Cilacap. Hasil hipotesis yang disajikan dalam penelitian ini adalah adanya hubungan negatif antara tingkat kontrol diri dan perilaku agresif pada remaja di laki – laki di Cilacap . Subjek pada penelitian ini berjumlah 120 remaja laki – laki di Cilacap dengan rentang usia 15 – 18 tahun. Pengambilan subjek menggunakan *Teknik sampling purposive* dengan data yang dikumpulkan menggunakan skala Skala Kontrol Diri dan Skala Perilaku Agresif. Data dianalisis menggunakan korelasi product moment dengan menggunakan SPSS versi 25. Berdasarkan analisis menunjukkan bahwa kontrol diri secara signifikan mempengaruhi perilaku agresif (dengan koefisien korelasi Pearson (rxy) sebesar -0.551. Hasil hipotesis menunjukkan bahwa terdapat hubungan negatif antara Kontrol Diri dan Perilaku Agresif pada remaja laki – laki di Cilacap. Diterimanya koefisien determinasi (R^2) sebesar 0.304. yang artinya 30.4% perilaku agresif dapat dijelaskan oleh kontrol diri sekitar 69.6%, mungkin dipengaruhi oleh faktor-faktor lain yang tidak terlibat dalam penelitian ini.

Kata Kunci: Kontrol diri, Perilaku agresif, Remaja

ABSTRACT

The research aims to determine the relationship between self-control and aggressive behavior in adolescents in Cilacap. The results of the hypothesis presented in this study are that there is a negative relationship between the level of self-control and aggressive behavior among male adolescents in Cilacap. The subjects in this study were 120 male teenagers in Cilacap with an age range of 15 - 18 years. Subjects were taken using a purposive sampling technique with data collected using the Self-Control Scale and Aggressive Behavior Scale. Data were analyzed using product moment correlation using SPSS version 25. Based on the analysis, it shows that self-control significantly influences aggressive behavior (with a Pearson correlation coefficient (r_{xy}) of -0.551. The hypothesis results show that there is a negative relationship between Self-Control and Aggressive Behavior in adolescents men in Cilacap. Acceptance of a coefficient of determination (R^2) of 0.304, which means that 30.4% of aggressive behavior can be explained by self-control of around 69.6%, possibly influenced by other factors not involved in this study.

Keywords: *Self-control, Aggressive behavior, Adolescents*