

**PENGARUH PELATIHAN REGULASI EMOSI MENGHADAPI  
BULLYING TERHADAP PENINGKATAN PERILAKU ASERTIF PADA  
REMAJA KORBAN BULLYING**

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan regulasi emosi menghadapi *bullying* terhadap peningkatan perilaku asertif pada remaja korban *bullying*. Subjek penelitian adalah 5 orang remaja korban *bullying*. Penelitian ini hanya ada kelompok eksperimen yang diambil dari hasil identifikasi korban *bullying* serta hasil *pre test* pada skala perilaku asertif dan skala regulasi emosi dalam kategori sedang dan rendah. Bentuk desain penelitian yang digunakan adalah pre-experimental dengan desain *one group pre test – post test design*. Alat pengumpulan data yang digunakan berupa skala perilaku asertif, skala regulasi emosi, pertanyaan untuk mengidentifikasi korban *bullying*, observasi dan wawancara. Analisis data yang digunakan adalah *Wilcoxon Signed Rank Test* untuk melihat perbedaan skor kelompok eksperimen antara sebelum dan setelah diberikan perlakuan. Hasil analisis menunjukkan ada perbedaan skor perilaku asertif pada kelompok eksperimen setelah diberikan pelatihan regulasi emosi menghadapi *bullying* dengan nilai  $Z$  sebesar  $-2,060$  ( $p < 0,050$ ) dengan mean *post test* ( $\bar{X}=76,80$ ) lebih tinggi dari mean *pre test* ( $\bar{X}=64,40$ ). Artinya perilaku asertif pada remaja korban *bullying* setelah pelatihan regulasi emosi menghadapi *bullying* lebih tinggi dibandingkan sebelum pelatihan regulasi emosi menghadapi *bullying*. Hal ini menunjukkan bahwa pelatihan regulasi emosi menghadapi *bullying* dapat meningkatkan perilaku asertif pada remaja korban *bullying*.

Kata kunci: Pelatihan regulasi emosi menghadapi *bullying*, Perilaku asertif, Remaja korban *bullying*.

**THE EFFECT OF EMOTION REGULATION TRAINING IN DEALING  
WITH BULLYING ON IMPROVING ASSERTIVE BEHAVIOR IN  
BULLYING VICTIM ADOLESCENTS**

**ABSTRACT**

This research aims to determine the effect of emotion regulation training in facing bullying to improve assertive behavior in bullied adolescents. The research subjects were 5 teenagers that became victims of bullying. This research only had an experimental group taken from the results of the identification of victims of bullying as well as the results of the pre-test on the scale of assertive behavior and scale of emotion regulation in the medium and low categories. The research design used was pre-experimental design with one group pre-test - post test design. The data collection tools used in the form of the scale of assertive behavior, the scale of emotion regulation, questions to identify victims of bullying, observation and interviews. The data analysis used was the Wilcoxon Signed Rank Test to see the difference between the experimental group scores between before and after treatment was given. The analysis showed that there were differences in assertive behavior scores in the experimental group after being given emotion regulation training to confront bullying with a Z value of  $-2,060$  ( $p < 0,050$ ) with a mean post test ( $\bar{X} = 76,80$ ) higher than the mean pre test ( $\bar{X} = 64,40$ ). This means that assertive behavior in bullied adolescents after emotion regulation training in facing bullying is higher than before given the training. It showed that emotion regulation training in facing bullying could increase assertive behavior in bullied adolescents.

Keywords: Emotion regulation training in facing bullying, Assertive behavior, bullying victims Adolescent.