

**PELATIHAN ASERTIVITAS UNTUK MENINGKATKAN KONTROL
DIRI TERHADAP PERILAKU SEKS PRANIKAH PADA REMAJA PUTRI**

Abstrak

Penelitian ini bertujuan untuk mengetahui efektifitas pelatihan asertivitas untuk peningkatan kontrol diri terhadap perilaku seks pranikah pada remaja sebelum dan sesudah diberikan perlakuan intervensi. Desain yang digunakan dalam penelitian ini adalah *one group pretest-posttest design*. Subjek pada penelitian ini adalah remaja putri, memiliki pacar, berusia 15-20 tahun dan memiliki skor Kontrol Diri terhadap Perilaku Seks Pranikah dengan kategori rendah dan sedang. Kontrol diri terhadap perilaku seks pranikah diukur dengan menggunakan skala kontrol diri terhadap perilaku seks pranikah sejumlah 57 aitem. Subjek penelitian ini berjumlah 6 orang. Subjek diberi perlakuan berupa intervensi Pelatihan Asertivitas. Teknik analisis data kuantitatif menggunakan *Paired Sample T-Test*. Analisis data kualitatif dari hasil observasi, lembar kerja dan lembar evaluasi. Dari hasil analisis data dengan *Paired Sample T-Test* diperoleh nilai $t = 9,948$ dan signifikansi sebesar $= 0,000$ ($p < 0,05$). Sehingga dapat ditarik kesimpulan bahwa terdapat perbedaan yang signifikan pada kontrol diri terhadap perilaku seks pranikah subjek sebelum dan sesudah diberikan pelatihan asertivitas. Artinya kontrol diri terhadap perilaku seks pranikah subjek mengalami peningkatan sesudah diberikan pelatihan asertivitas.

Kata Kunci: Pelatihan Asertivitas, Kontrol Diri terhadap Perilaku Seks Pranikah, Remaja

ASSERTIVENESS TRAINING TO IMPROVE SELF-CONTROL OF PREMARITAL SEX BEHAVIOR IN YOUNG WOMEN

Abstract

This study aims to find out the effectiveness of assertiveness training to improve self-control of premarital sex behavior in adolescents before and after treatment intervention. The design used in this study was one group *pretest-posttest design*. The subjects of this study were young women, had boyfriends, aged 15-20 years and had scores of Self Control of Premarital Sex Behavior in the low and moderate categories. The self-control of premarital sex behavior was measured using a scale of self-control of premarital sexual behavior with 57 items. The subjects of this study were 6 people. The subjects were treated with Assertiveness Training interventions. Quantitative data analysis techniques using *Paired Sample T-Test*. Quantitative data analysis techniques using Paired Sample T-Test. Qualitative data were analyzed from observations, worksheets, and evaluation sheets. From the results of data analysis with Paired Sample T-Test, the value $t = 9.948$ and significance = 0,000 ($p < 0.05$). So that it can be concluded that there are significant differences in the self-control of premarital sex behavior before and after being given assertiveness training. This means that the self-control of premarital sex behavior has increased after subjects were given assertiveness training.

Keywords: Assertiveness Training, Self-Control of Premarital Sex Behavior, Young Women