

**PENGARUH *AGGRESSION REPLACEMENT TRAINING*
TERHADAP PERILAKU AGRESIF PADA REMAJA
DI SMKN 8 KOTA PADANG**

TESIS

OLEH :

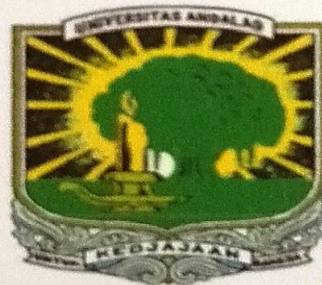
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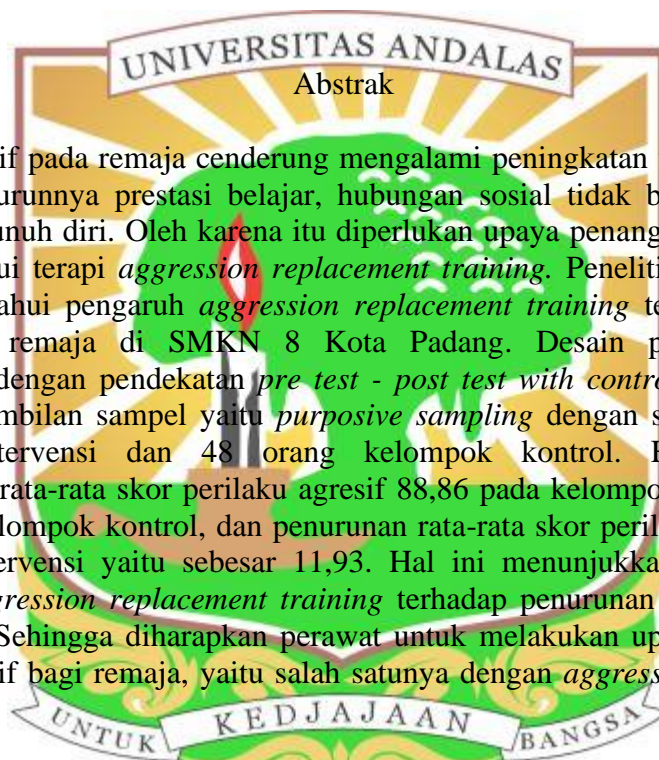
**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN JiWA
FAKULTAS KEPERAWATAN - UNIVERSITAS ANDALAS
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**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN JIWA
FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS**

**Tesis, Juli 2019
Yulvi Hardoni**

Pengaruh *Aggression Replacement Training* Terhadap Perilaku Agresif Pada Remaja di SMKN 8 Kota Padang

xvi + 123 hal + 7 tabel + 8 gambar + 18 lampiran



Perilaku agresif pada remaja cenderung mengalami peningkatan yang berdampak terhadap menurunnya prestasi belajar, hubungan sosial tidak baik, kecemasan, depresi dan bunuh diri. Oleh karena itu diperlukan upaya penanganan yaitu salah satunya melalui terapi *aggression replacement training*. Penelitian ini bertujuan untuk mengetahui pengaruh *aggression replacement training* terhadap perilaku agresif pada remaja di SMKN 8 Kota Padang. Desain penelitian *quasy experimental* dengan pendekatan *pre test - post test with control group design*. Teknik pengambilan sampel yaitu *purposive sampling* dengan sampel 43 orang kelompok intervensi dan 48 orang kelompok kontrol. Hasil penelitian menunjukkan rata-rata skor perilaku agresif 88,86 pada kelompok intervensi dan 86,35 pada kelompok kontrol, dan penurunan rata-rata skor perilaku agresif pada kelompok intervensi yaitu sebesar 11,93. Hal ini menunjukkan ada pengaruh signifikan *aggression replacement training* terhadap penurunan perilaku agresif pada remaja. Sehingga diharapkan perawat untuk melakukan upaya mengurangi perilaku agresif bagi remaja, yaitu salah satunya dengan *aggression replacement training*.

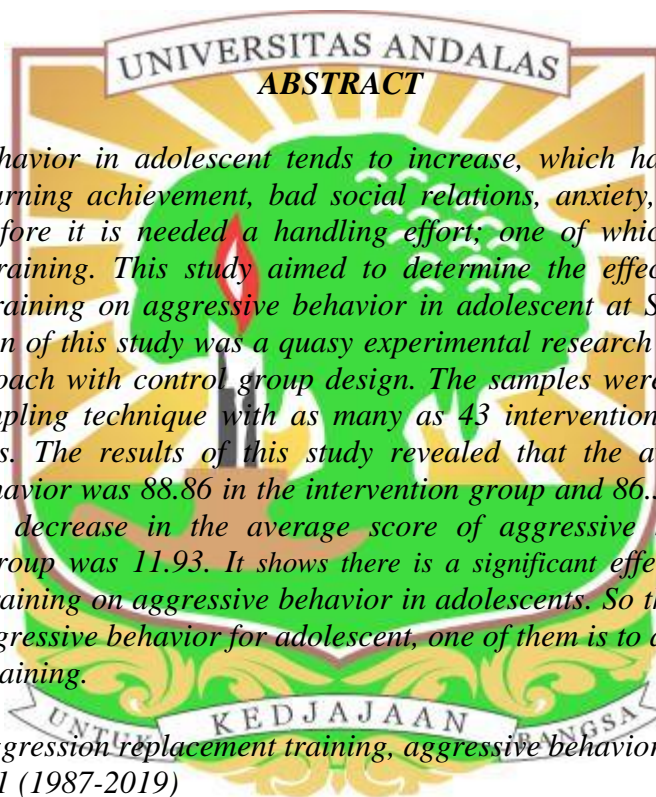
Kata kunci : *Aggression replacement training*, perilaku agresif, remaja.
Daftar pustaka : 91 (1987-2019)

**NURSING POST GRADUATE PROGRAM
SPECIALY IN MENTAL OF NURSING
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The Effect of Aggression Replacement Training on Aggressive Behavior in Adolescent at SMKN 8 Padang City

xvi + 123 pages + 7 tables + 8 pictures + 18 appendices



Aggressive behavior in adolescent tends to increase, which has an impact on decreasing learning achievement, bad social relations, anxiety, depression and suicide. Therefore it is needed a handling effort; one of which is aggression replacement training. This study aimed to determine the effect of aggression replacement training on aggressive behavior in adolescent at SMKN 8 Padang city. The design of this study was a quasy experimental research with a pre test - post test approach with control group design. The samples were taken by using purposive sampling technique with as many as 43 intervention groups and 48 control groups. The results of this study revealed that the average score of aggressive behavior was 88.86 in the intervention group and 86.35 in the control group, and a decrease in the average score of aggressive behavior in the intervention group was 11.93. It shows there is a significant effect of aggression replacement training on aggressive behavior in adolescents. So that hopes nurses can reduce aggressive behavior for adolescent, one of them is to apply aggression replacement training.

*Keywords : Aggression replacement training, aggressive behavior, adolescent,
References : 91 (1987-2019)*