

Hubungan Harga Diri dan Regulasi Emosi dengan Perilaku Agresif Remaja di SMKN 2 Cilacap

The Correlation between Self-esteem and Emotion Regulation with Aggressive Behavior of Adolescents at SMKN 2 Cilacap

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ABSTRAK

Perilaku agresif merupakan tindakan yang ditujukan untuk menyakiti pihak lain, baik secara fisik, verbal, maupun melalui ekspresi kemarahan dan permusuhan. Penelitian ini bertujuan menganalisis hubungan antara harga diri dan regulasi emosi dengan perilaku agresif pada remaja di SMKN 2 Cilacap. Desain penelitian menggunakan pendekatan deskriptif korelasional cross sectional dengan 85 responden melalui teknik *convenience sampling*. Instrumen meliputi kuesioner RSES, ERQ, dan perilaku agresif. Analisis menggunakan uji Spearman rank menunjukkan adanya hubungan negatif signifikan antara harga diri ($p = 0,000$; $r = -0,412$) dan regulasi emosi ($p = 0,022$; $r = -0,249$) dengan perilaku agresif. Disimpulkan bahwa keduanya berhubungan tidak searah. Penguatan harga diri dan regulasi emosi penting untuk menekan perilaku agresif. Disarankan penguatan harga diri dan regulasi emosi penting untuk menekan perilaku agresif.

Kata Kunci: Harga Diri, Regulasi Emosi, Perilaku Agresif, Remaja

ABSTRACT

Aggressive behavior is an action intended to harm others, either physically, verbally, or through expressions of anger and hostility. This study aims to analyze the relationship between self-esteem and emotion regulation with aggressive behavior in adolescents at SMKN 2 Cilacap. The research design used a cross sectional descriptive correlation approach with 85 respondents through convenience sampling technique. Instruments include RSES questionnaire, ERQ, and aggressive behavior. Analysis using the Spearman rank test showed a significant negative relationship between self-esteem ($p = 0.000$; $r = -0.412$) and emotion regulation ($p = 0.022$; $r = -0.249$) with aggressive behavior. It was concluded that the two were unidirectionally related. Strengthening self-esteem and emotion regulation is important to suppress aggressive behavior. It is suggested that strengthening self-esteem and emotion regulation is important to suppress aggressive behavior.

Keywords: Self-esteem, Emotion regulation, Aggressive behavior, Adolescent