

# Pengaruh assertive training therapy terhadap kemampuan asertif dan persepsi istri terhadap suami dengan risiko kekerasan dalam rumah tangga di Kota Bogor = The influence of assertive training therapy on assertive ability and wife perception to husband with risk of domestic violence in Bogor

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## Abstrak

Tujuan penelitian memperoleh gambaran pengaruh assertive training therapy (ATT) terhadap kemampuan asertif dan persepsi istri terhadap risiko kekerasan dalam rumah tangga suami. Desain penelitian "Quasi Experimental Pre-Post Test With Control Group". Sampel penelitian ini berjumlah 60 orang istri dengan resiko kekerasan dalam rumah tangga, 30 orang diberikan assertive training therapy dan 30 orang mendapatkan terapi generalis.

Hasil penelitian didapatkan bahwa ATT berpengaruh meningkatkan kemampuan asertif istri secara bermakna sebesar 86,9% dan persepsi istri terhadap risiko kekerasan dalam rumah tangga suami menurun secara bermakna sebesar 71,3%. Istri yang diberi ATT mempunyai kemampuan asertif yang meningkat secara bermakna dan persepsi istri terhadap risiko kekerasan dalam rumah tangga suami lebih rendah dibandingkan yang tidak diberikan ATT. Assertive Training Therapy direkomendasikan untuk istri dengan resiko kekerasan dalam rumah tangga.

.....Purpose of the study was to discover the effect of assertive training therapy (ATT) to assertive ability and wife perception to husband with risk of domestic violence. The study's design was Quasi Experimental Pre-Post Test With Control Group. Sample of the study is 60 wives with the risk of domestic violence, 30 people were given assertive training therapy and 30 people get a generalist therapy.

Result showed that the ATT effect increases significantly the wife assertive ability of 86.9% and the wife's perception of the risk of domestic violence by husbands were significantly decreased 71.3%. ATT has a wife who is given a Assertive skills increased significantly and the wife's perception of the risk of domestic violence is lower than the husband who is not given ATT. Therapy Training assertive recommended to his wife with the risk of domestic violence.