

Efektivitas intervensi manajemen marah kelompok untuk mengatasi emosi marah pada remaja pelaku kekerasan di lapas anak pria Tangerang = Group anger management intervention to reduce anger for juvenile delinquents at lapas anak pria Tangerang

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Abstrak

[ABSTRAK

Latar Belakang Ekspresi emosi marah yang tidak dapat diregulasi dengan baik dapat menimbulkan berbagai dampak negatif khususnya pada remaja, termasuk juga terlibat dalam tindak kriminal kekerasan. Intervensi manajemen marah kelompok akan bermanfaat bagi remaja untuk menurunkan emosi marah. Metode Penelitian dilakukan secara quasi experimental. Tujuh remaja laki-laki berusia 17-19 tahun yang memiliki tingkat emosi marah dan perilaku kekerasan tinggi berdasarkan alat ukur Sikap Terhadap Kekerasan dan Buss-Perry Aggression Questionnaire subskala anger dan telah melakukan tindak kriminal kekerasan menjadi partisipan dalam penelitian ini. Mereka diberikan intervensi manajemen marah yang terdiri dari 5 sesi utama, dimana setiap pertemuan berkisar antara 60 hingga 90 menit yang dilakukan dengan jeda 3 sampai 7 hari setiap sesinya. Pada sesi terakhir dilakukan pengukuran post-test dan satu bulan kemudian dilakukan follow-up dengan menggunakan alat ukur yang sama. Hasil Berdasarkan pengukuran kuantitatif didapatkan hasil yang inkonklusif. Melalui hasil pengukuran kualitatif diketahui bahwa seluruh partisipan mengalami penurunan emosi marah. Kesimpulan Berdasarkan hasil pengukuran kualitatif, penelitian ini menunjukkan bahwa intervensi manajemen marah kelompok berhasil mengatasi emosi marah pada remaja pelaku kekerasan di Lapas Anak Pria Tangerang.

ABSTRACT

Background Anger that are failed to be expressed and regulated in a healthy way can often bring various negative consequences, including involvement in violent crime in adolescents. Group anger management is argued able to bring favorable outcomes, especially in reducing anger. Methods This study is a quasi experiment. Seven adolescents aged 17 to 19 years old who have committed serious violent crimes and now serving prison-time at Lapas Anak Pria Tangerang participated in this study. All of them scored high in Attitude Towards Violence and high in anger from the measures of Buss-Perry Aggression Questionnaire anger subscale. They were all given a 5-session group anger management program, with each session lasting for 60 to 90 minutes. Each session also has a 3 to 7 days interval. Post-test were given in the last session and also a follow-up test 1 month after the last session, using measurements that were used in the pre-test. Result The results from the quantitative measures are deemed to be inconclusive.

However, qualitative measures showed that group anger management was effective in reducing anger for all participants. Conclusion According to the qualitative results, this study showed that group anger management is effective in reducing anger in juvenile delinquents serving prison-time at Lapas Anak Pria Tangerang.;Background Anger that are failed to be expressed and regulated in a healthy way can often bring various negative consequences, including involvement in violent crime in adolescents. Group anger management is argued able to bring favorable outcomes, especially in reducing anger. Methods This study is a quasi experiment. Seven adolescents aged 17 to 19 years old who have committed serious violent crimes and now serving prison-time at Lapas Anak Pria Tangerang participated in this study. All of them scored high in Attitude Towards Violence and high in anger from the measures of Buss-Perry Aggression Questionnaire anger subscale. They were all given a 5-session group anger management program, with each session lasting for 60 to 90 minutes. Each session also has a 3 to 7 days interval. Post-test were given in the last session and also a follow-up test 1 month after the last session, using measurements that were used in the pre-test. Result The results from the quantitative measures are deemed to be inconclusive. However, qualitative measures showed that group anger management was effective in reducing anger for all participants. Conclusion According to the qualitative results, this study showed that group anger management is effective in reducing anger in juvenile delinquents serving prison-time at Lapas Anak Pria Tangerang., Background Anger that are failed to be expressed and regulated in a healthy way can often bring various negative consequences, including involvement in violent crime in adolescents. Group anger management is argued able to bring favorable outcomes, especially in reducing anger. Methods This study is a quasi experiment. Seven adolescents aged 17 to 19 years old who have committed serious violent crimes and now serving prison-time at Lapas Anak Pria Tangerang participated in this study. All of them scored high in Attitude Towards Violence and high in anger from the measures of Buss-Perry Aggression Questionnaire anger subscale. They were all given a 5-session group anger management program, with each session lasting for 60 to 90 minutes. Each session also has a 3 to 7 days interval. Post-test were given in the last session and also a follow-up test 1 month after the last session, using measurements that were used in the pre-test. Result The results from the quantitative measures are deemed to be inconclusive. However, qualitative measures showed that group anger management was effective in reducing anger for all participants. Conclusion According to the qualitative results, this study showed that group anger management is effective in reducing anger in juvenile delinquents serving prison-time at Lapas Anak Pria Tangerang.]