

# Pengendalian emosi marah remaja melalui pendidikan kesehatan dan terapi kelompok terapeutik di SMK Depok = Controlling the youth emotional anger through health education and the group therapy therapeutic at SMK Depok

Dinarwiyata, author

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## Abstrak

Marah adalah emosi manusia yang normal sifatnya. Marah yang tidak terkendali berlanjut pada perilaku kekerasan. Kurangnya pengendalian marah pada remaja mengakibatkan perilaku kekerasan dalam lingkup personal maupun kelompok dan membawa korban harta, benda jiwa, lingkungan. Tujuan penelitian mengidentifikasi pengaruh Pendidikan kesehatan dan Terapi Kelompok Terapeutik Remaja Terhadap Pengendalian Emosi Marah Remaja di SMK Kota Depok. Metode penelitian memakai pre test - post test with control group dengan teknik consecutive sampling. Terapi kelompok terapeutik bertujuan meningkatkan pengendalian emosi marah remaja.

Hasil penelitian menunjukkan penurunan emosi marah signifikan antara sebelum dan sesudah diberikan pendidikan kesehatan dan Terapi Kelompok Terapeutik Remaja ( $p < 0,05$ ). Perbedaan skor emosi marah antara kelompok kontrol dan perlakuan signifikan ( $p = 0,05$ ). Terapi kelompok terapeutik remaja dapat digunakan sebagai alternatif meningkatkan pengendalian emosi marah remaja disamping terapi yang lain. ....Anger is a nature of human emotion. Uncontrolled anger may lead to violent behavior. Inability to control the angry adolescents could result in violent behavior in the personal and group and could yield the damage of treasures, objects, people, and environments. The research objectives were to identify the influence of health education and Therapeutic Adolescent group therapy to Control Angry Emotions of teenagers in SMK Kota Depok. This study used pre test - post test control group with consecutive sampling technique. The therapeutic group therapy aimed at improving the control of emotions angry teens. The results showed a significant decrease in angry emotions after the health education and Therapeutic Adolescent group therapy ( $p < 0.05$ ) were given. The difference between a group of angry emotion score control and significant treatment ( $p = 0.05$ ) . Adolescent therapeutic group therapy can be used as an alternative to increase anger management in addition to other therapies.