

Meningkatkan keterampilan asertif untuk menurunkan warning sign behaviours = Improving assertive skills to reduce warning sign behaviours / Grace Christiane

Grace Christiane, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20446101&lokasi=lokal>

Abstrak

ABSTRAK

Warning Sign Behaviours WSBs yang direspon tidak secara asertif sejak dini oleh pasangan yang memiliki kerentanan pribadi, berpotensi mengembangkan dinamika slippery slope dan menghasilkan kekerasan pasangan partner abuse, hanya jika kedua pasangan mengembangkan dinamika aksi reaksi secara timbal balik. Oleh karena itu intervensi pencegahan perlu dilakukan sebelum hubungan mencapai keadaan slippery slope. Intervensi pencegahan diprioritaskan kepada remaja perempuan karena dampak kekerasan pasangan lebih besar dan lebih serius pada remaja perempuan daripada remaja laki-laki O rsquo;Keefe Treister, 1998. Hasil studi pendahuluan dan studi baseline menunjukkan rendahnya keterampilan asertif dan keterpaparan WSBs, sebagai indikasi keadaan slippery slope belum tercapai sehingga intervensi pencegahan efektif untuk dilakukan. Tujuan intervensi dalam penelitian ini untuk meningkatkan keterampilan asertif. Intervensi pelatihan dengan menggunakan konsep perubahan perilaku Structured Experience Learning Lewin, 1995 diberikan selama 4 jam kepada partisipan siswi kelas X, usia 14-16 tahun, memiliki pengalaman membina hubungan romantis. Penelitian menggunakan desain eksperimen two group. Evaluasi data statistik deskriptif kelompok eksperimen menunjukkan peningkatan skor rata-rata tingkat keterampilan asertif dan penurunan skor rata-rata tingkat keterpaparan, tetapi hasil uji independence sample t test tidak signifikan; sementara pada kelompok kontrol, rata-rata skor tingkat keterampilan asertif relatif konstan, dan terjadi penurunan pada rata-rata skor tingkat keterpaparan. Pengambilan data pada kelompok kontrol tidak sesuai dengan prosedur standard. Hasil intervensi adalah pelatihan tidak meningkatkan keterampilan asertif.

ABSTRACT

Warning Sign Behaviours WSBs that is not assertively responded by a vulnerable partner will potentially cause a slippery slope dynamics, which result in partner abuse, if only both sides develop a reciprocal active reactive dynamics. An intervention for prevention should be prioritized to female adolescents as the negative impacts from an abusive partner is more significant and serious in them compared to male adolescents O rsquo Keefe and Treister, 1998. The results from previous and baseline studies shows low level of skill being assertive as well as the exposure of WSBs as an indicator that a state of slippery slope has not achieved yet therefore an intervention for prevention is effective to be done. The purpose of this intervention is referred to improve the skill of assertiveness. The intervention consist of a four hours training derived from the concept of structured experience learning Lewin, 1995 that was given to 10th grade student, aged from 14 16 years old who has experienced romantic relationship. Two group research design is applied in the current study. The result from statistic descriptive data from the experiment group showed an increase in the mean score of assertive skills and a decreased mean score of the exposure, nevertheles, the result of the independence sample t test is not significant whereas the mean score of assertive skills in the control group remain stable and the exposure of the experience is downward. In addition the data from the control group

was not collected as it has been decided within the procedure. Result shows that training does not improve the assertive skills.