

## Anger rumination dan agresi pada kelompok budaya Batak tradisional dan modern = Anger rumination and aggression: a study to traditional and modern Batak

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### Abstrak

#### **ABSTRAK**

Emosi dan ekspresi emosi sangat dipengaruhi oleh budaya tempat seseorang tinggal. Budaya Batak adalah salah satu budaya yang memiliki pengaruh besar terhadap kedua hal tersebut, khususnya emosi marah dan pengekspresiannya. Penelitian ini bertujuan untuk melihat peranan anger rumination dalam memprediksi hadirnya kecenderungan physical aggression, verbal aggression, hostility, dan anger pada kelompok Batak Tradisional dan Batak Modern. Penelitian ini menggunakan Anger Rumination Scale untuk mengukur kecenderungan anger rumination dan Buss-Perry Aggression Questionnaire untuk mengukur kecenderungan trait agresi responden. Penelitian dilakukan terhadap kelompok Batak Tradisional  $n = 105$  dan kelompok Batak Modern  $n = 175$ . Hasil penelitian menunjukkan bahwa pada kelompok Batak Tradisional, anger rumination secara signifikan memprediksi kecenderungan physical aggression  $t = 102 = 7.075, p < 0.001$ , verbal aggression  $t = 102 = 6.05, p < 0.001$ , hostility  $t = 102 = 5.39, p < 0.001$ , dan anger  $t = 102 = 6.219, p < 0.001$ . Pada kelompok Batak Modern, anger rumination terbukti secara signifikan memprediksi kecenderungan physical aggression  $t = 172 = 4.926, p < 0.001$ , hostility  $t = 172 = 6.64, p < 0.001$ , dan anger  $t = 172 = 7.221, p < 0.001$ , namun tidak terhadap verbal aggression  $t = 172 = 2.447, p < 0.15$ .

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#### **ABSTRAK**

Emotions and its rsquo expression is highly affected by the culture we lived in. Batak culture is one of the culture that has a great impact to both o fit, especially anger and its rsquo expression. The aim of this study is to find the role of anger rumination to predict the tendency of physical aggression, verbal aggression, hostility, and anger in Traditional and Modern Batak. This study used Anger Rumination Scale to measure the tendency of anger rumination, and Buss Perry Aggression Questionnaire to measure aggression trait in respondent. Respondents of this study were a group of Traditional Batak  $n 105$  and a group of Modern Batak  $n 175$ . This study shows that anger rumination has a significant effect towards physical aggression  $t 102 7.075, p 0.001$ , verbal aggression  $t 102 6.05, p 0.001$ , hostility  $t 102 5.39, p 0.001$ , and anger  $t 102 6.219, p 0.001$  in Traditional Batak respondents. Meanwhile, anger rumination has a significant effect towards physical aggression  $t 172 4.926, p 0.001$ , hostility  $t 172 6.64, p 0.001$ , and anger  $t 172 7.221, p 0.001$ , but has less impact towards verbal aggression  $t 172 2.447, p 0.15$  in Modern Batak participant.