

## ABSTRAK

Aurellia Zerlina Hafizhah. 2024. Analisis Perilaku Agresivitas Remaja : Studi Kasus Siswa SMKN 2 Jiwan Kabupaten Madiun. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (1) Dr. Dahlia Novarianing Asri, M.Si. (2) Beny Dwi Pratama, S.Psi., M.Psi.

Perilaku agresivitas adalah perbuatan yang ditargetkan untuk menyakiti fisik atau psikologis serta merusak benda dengan kesengajaan menggunakan kata-kata atau kekerasan fisik akibat rasa marah disertai kekecewaan. Kini, perilaku agresivitas semakin marak dan meresahkan karena menimbulkan banyak efek negatif kepada pelaku maupun korban, sehingga perlu segera dianalisa. Tujuan penelitian adalah untuk mengidentifikasi bentuk dan faktor penyebab perilaku agresivitas.

Jenis penelitian ini yakni penelitian kualitatif menggunakan model studi kasus. Subjek penelitian ini adalah 3 siswa dan 1 subjek sebagai informan yaitu guru bimbingan dan konseling. Wawancara serta observasi adalah teknik pengumpulan data. Metode analisis data meliputi reduksi, penyajian data, membuat kesimpulan, lalu verifikasi. Sedangkan triangulasi sumber dan triangulasi teknik dipakai untuk teknik keabsahan data

Temuan penelitian ini didapatkan bahwa siswa melakukan 4 macam perilaku agresivitas yakni agresi fisik seperti memukul, menendang, mendorong, serta melempar; agresi verbal seperti mengejek teman, baik nama asli, nama julukan, fisik, memaki menggunakan kata-kata kasar, membantah guru, dan mengancam teman; agresi, marah seperti mudah emosi dan sering marah; dan agresi permusuhan yaitu membenci seseorang baik orang tua ataupun teman. Kemudian penyebab perilaku agresivitas dipisahkan menjadi 2 kategori yaitu faktor internal yakni faktor biologis/insting, pengendalian emosi, frustrasi, dan kebiasaan; serta faktor eksternal yakni faktor teman sebaya dan faktor keluarga

**Kata Kunci** : Perilaku Agresivitas, Remaja, Faktor Penyebab

## ABSTRACT

Aurellia Zerlina Hafizhah. 2024. Analysis Teenagers Aggressiveness Behavior: Case Study of Students of SMKN 2 Jiwon Madiun Regency. Thesis. Guidance and Counseling Study Program, FKIP, Universitas PGRI Madiun. Supervisor (1) Dr. Dahlia Novarianing Asri, M.Si. (2) Beny Dwi Pratama, S.Psi., M.Psi.

Aggressive behavior is an act that is targeted to cause physical or psychological harm and damage objects by deliberately using words or physical violence due to anger and frustration. Nowadays, aggressiveness behavior is increasingly widespread and troubling because it causes many negative effects on the perpetrators and victims, so it needs to be analyzed immediately. The purpose of the research is to identify the forms and factors that cause aggressiveness behavior.

This type of research is qualitative research using a case study model. The subjects of this study were 3 students and 1 subject as an informant, namely the guidance and counseling teacher. Interview and observation are data collection techniques. Data analysis methods include reduction, data presentation, making conclusions, then verification. Meanwhile, source triangulation and technique triangulation were used for data validity techniques.

The findings of this study found that students carried out 4 types of aggressiveness behavior, namely physical aggression such as hitting, kicking, pushing, and throwing; verbal aggression such as mocking friends, both real names, nicknames, physical, cursing using harsh words, arguing with teachers, and threatening friends; aggression, anger such as being easily emotional and often angry; and hostile aggression, namely hating someone either parents or friends. Then the causes of aggressiveness behavior are separated into 2 categories, namely internal factors, namely biological factors/instincts, emotional control, frustration, and habits; and external factors, namely peer factors and family factors.

**Keywords** : Aggressive Behavior, Causal Factors, Teenagers