

ABSTRAK

Sony Perdana Aditya Mahendra Putra. 2026. Pengaruh Kontrol Diri dan Pola Komunikasi dalam Keluarga terhadap Perilaku Agresif Siswa. Skripsi. Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, UNIVERSITAS PGRI MADIUN. Pembimbing (1) Silvia Yula Wardani, M.Pd., (2) Dr.Asroful Kadafi, M.Pd.

Perilaku agresif pada siswa merupakan permasalahan yang cukup sering muncul di lingkungan sekolah, baik dalam bentuk verbal maupun fisik, yang dapat dipengaruhi oleh kontrol diri dan pola komunikasi dalam keluarga. Penelitian ini bertujuan mengetahui pengaruh kontrol diri dan pola komunikasi dalam keluarga terhadap perilaku agresif siswa, baik secara parsial maupun simultan.

Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional. Populasi adalah seluruh siswa kelas XI SMAN 1 Barat, Kabupaten Magetan, dengan sampel yang ditentukan menggunakan rumus Slovin melalui teknik Proportional Random Sampling. Data dikumpulkan menggunakan kuesioner skala Likert yang telah diuji validitas dan reliabilitasnya, dengan tingkat reliabilitas yang tergolong sangat tinggi. Data dianalisis menggunakan regresi linear berganda dengan bantuan SPSS, setelah uji asumsi klasik menunjukkan bahwa data berdistribusi normal dan hubungan antarvariabel bersifat linear.

Hasil penelitian menunjukkan bahwa kontrol diri berpengaruh signifikan secara parsial terhadap perilaku agresif siswa, pola komunikasi dalam keluarga juga berpengaruh signifikan secara parsial, serta kedua variabel tersebut secara simultan berpengaruh signifikan terhadap perilaku agresif siswa dengan kontribusi yang sangat besar. Dapat disimpulkan bahwa semakin rendah kontrol diri dan semakin buruk pola komunikasi keluarga, semakin tinggi kecenderungan perilaku agresif siswa, dan sebaliknya. Disarankan agar pihak sekolah mengadakan program penguatan kontrol diri melalui layanan bimbingan dan konseling, serta orang tua membangun pola komunikasi keluarga yang lebih terbuka, hangat, dan suportif guna menekan kecenderungan perilaku agresif pada siswa.

Kata Kunci: kontrol diri, pola komunikasi keluarga, perilaku agresif siswa

ABSTRACT

Sony Perdana Aditya Mahendra Putra. 2026. *The Influence of Self-Control and Family Communication Patterns on Students' Aggressive Behavior*. Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, UNIVERSITAS PGRI MADIUN. Advisors: (1) Silvia Yula Wardani, M.Pd., (2) Dr.Asroful Kadafi, M.Pd.

Aggressive behavior among students is a fairly common problem in the school environment, occurring in both verbal and physical forms, and can be influenced by self-control and family communication patterns. This study aims to determine the effect of self-control and family communication patterns on student aggressive behavior, both partially and simultaneously.

The study used a quantitative approach with a correlational design. The population consisted of all eleventh-grade students at SMAN 1 Barat, Magetan Regency, with a sample determined using the Slovin formula through Proportional Random Sampling technique. Data were collected using a Likert-scale questionnaire that had been tested for validity and reliability, with a reliability level classified as very high. The data were analyzed using multiple linear regression with the assistance of SPSS, after classical assumption tests showed that the data were normally distributed and the relationships between variables were linear.

The results showed that self-control had a significant partial effect on student aggressive behavior, family communication patterns also had a significant partial effect, and both variables together had a significant simultaneous effect on student aggressive behavior, with a very substantial contribution. It can be concluded that the lower the self-control and the poorer the family communication patterns, the higher the tendency toward aggressive behavior among students, and vice versa. It is recommended that schools implement programs to strengthen self-control through guidance and counseling services, and that parents build more open, warm, and supportive family communication to reduce the tendency toward aggressive behavior among students.

Keywords: self-control, family communication patterns, students' aggressive behavior