

Penurunan perilaku kekerasan orangtua pada anak usia sekolah melalui latihan asertif

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Abstrak

Penelitian ini bertujuan untuk memperoleh gambaran pengaruh latihan asertif terhadap perilaku kekerasan orang tua pada anak usia sekolah di Kabupaten Karawang. Sampel pada kelompok intervensi dan kontrol masing-masing 32 orang. Latihan asertif dilakukan selama 6 sesi. Hasil penelitian menunjukkan terjadi peningkatan kemampuan komunikasi asertif orangtua pada kelompok intervensi dibanding kelompok kontrol secara bermakna ($p < 0,05$). Kemampuan anak dalam mengendalikan emosi pada kelompok intervensi meningkat, sedangkan pada kelompok kontrol menurun secara bermakna ($p < 0,05$). Latihan asertif membantu orangtua menurunkan perilaku kekerasan pada anak melalui komunikasi asertif. Terapi ini direkomendasikan pada orangtua, guru, dan pemberi pelayanan kesehatan.

This research aimed to describe the influence of assertive training on violence behavior of parents towards children in Karawang district. Samples in the intervention group and control were 64 parents, 32 respondent for each group. Assertive training has conducted in 6 sessions. The results showed increased assertive communication skills of parents on the group that received assertive training. There was significant difference among those groups ($p < 0.05$). The group of parents who did not receive assertive training, showed a significant decreased communication of skills ($p < 0.05$). The was increased ability of children in controlling their emotions of intervention group parents, while there was significant decreased children ability of control group parents ($p < 0.05$). Assertive training was proven to decrease parents' violent behaviors towards children. It was recommended that this training to be regularly conducted to parents, teachers, and health care provider.