

AGGRESSIVE BEHAVIOR IN ADOLESCENTS AFTER IMPLEMENTING PIK-R AT SMA NEGERI "Z" PEKANBARU IN 2020

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ABSTRACT

Adolescence is a period of transition from childhood to adulthood. In adolescence, the search for identity is often influenced by negative things, one of which is aggressive behavior. The existence and role of PIK-R within adolescents is very important in helping adolescents obtain information and counseling services. The purpose of this study was to determine the aggressive behavior after PIK-R was implemented in SMA Negeri "Z" Pekanbaru. This research design uses quantitative research. The research instrument used was the Brief Aggression Questionnaire with 12 questions. The sample in this study amounted to 227 high school students. The results showed that after the implementation of PIK-R in SMA Negeri "Z", it was found that the average student / I showed aggressive behavior in the low category, namely 52%. Suggestions from this research, it is hoped that schools will further activate the implementation of PIK-R because the existence of PIK-R is very important for adolescents, especially in directing adolescent behavior towards a better direction.

Keywords: Adolescent; Aggressive Behavior; PIK-R

1. INTRODUCTION

Adolescence is a time filled with shocks and stress because the problems experienced seem so complex. Adolescence lasts between the ages of 12 to 21 years for women and 13 years to 22 years for men (Ali, 2014). According to (Sumara, 2017) adolescents aged 13-18 years have surpassed childhood but are still not mature enough to be considered adults. This period is a period of transition and self-discovery, which is why people often commit acts known as aggressive behavior. Aggressive behavior is behavior that aims to injure or hurt someone or something, either verbally or nonverbally, which creates hostility. Aggressive behavior is a response capable of providing a harmful / destructive stimulus to other organisms (Kartono, 2011). This behavior will harm himself and those around him. Santrock (2012) states that one of the factors that causes juvenile delinquency is the malfunction of parents as role models for children.

The Riau Provincial Police Chief noted an increase in juvenile delinquency cases from 30 cases in 2015 to 41 cases in 2019, namely 37%. delinquency committed by adolescents in Pekanbaru City is driven by the absence of attention from parents and the environment towards children's

growth and the inculcation of religious values from the environment in which children grow and develop, as well as a lack of attention and motivation from teachers and peers .

In general, aggressive behavior can occur due to internal and external factors. Therefore we need a place that can accommodate teenagers so that they have direction during the process of finding their identity. For the school environment, PIK - R can be an option. For the city of Pekanbaru, SMA Negeri "Z" is one of the schools that has been recognized by the local government as an active school in conducting PIK-R for its students. The role of PIK-R in the youth environment is very important in helping adolescents to get correct information and counseling services (Hidayah, 2016).

Based on the explanation above, the purpose of this study is to see the condition of the aggressive behavior of adolescents after the implementation of PIK-R at SMA Negeri “Z” Pekanbaru in 2020.

2. MATERIALS AND METHODS

This research uses quantitative research, with a descriptive research design. The research was conducted in 2020, at SMA Negeri "Z" Pekanbaru. The population in this study were students of SMA Negeri "Z" Pekanbaru with a sample of 227 students. The sample technique used was accidental sampling. The research instrument used was the Brief Aggression Questionnaire. This questionnaire is a standard instrument in assessing aggressive behavior in adolescents. Contains 12 statements consisting of four components, namely physical aggression, anger, verbal aggression, and hostility. Each component consists of 3 statements (Webster, 2015).

3. RESULTS

The results of research conducted at SMA Negeri "Z" with 227 respondents using the Brief Aggression Questionnaire can be seen in the table below:

Table. 1
Characteristics of Respondents Based on Gender

No.	Gender	Frequency	Percentage
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1.	Man	101	45
2.	Women	126	55
Total		227	100

Based on the table. 1 above we can see that from 227 respondents, the gender of women was 126 respondents (55%), while men were 101 respondents (45%).

Table. 2
Characteristics of Respondents by Age

No.	Age (Years)	Frequency	Percentage
1	15 – 16	94	43
2	17 - 18	133	57
Total		227	100

Based on the table. 2 above, it can be seen that of the 227 respondents, the majority were between the ages of 17 and 18 years.

Table. 3

Aggressive Behavior in Adolescents After Implementing PIK-R at SMA Negeri “Z” Pekanbaru in 2020

No	Variabel	Frequency	Percentage
1	Aggressive Behavior	110	48
2	Not Aggressive Behavior	117	52
Total		227	100

Based on table 3 above, we can see that out of 227 respondents, 117 (52%) of them did not show aggressive behavior (not aggressive behavior).

4. DISCUSSION

Based on research on Adolescent Aggressive Behavior After PIR-R was implemented in SMA Negeri "Z" Pekanbaru in 2020, the results obtained from 227 respondents 110 (48%) showed aggressive behavior, and 117 (52%) respondents did not show aggressive behavior.

Enopadria (2018) states that aggressive behavior is physical or verbal behavior that is intended to injure objects that are targeted aggressively. There are many factors that can cause aggressive behavior to occur in adolescents, namely internal and external factors. Internal factors such as frustration, adolescent observation and response disorders, emotional and emotional disorders. While external factors are family, school, and environmental factors (Kartono, 2011). This component of aggressive behavior consists of physical, verbal, aggressive behavior, feelings of anger, and hostility towards others (Gallagher et al, 2016). This aggressive behavior can occur directly or indirectly, can be passive or aggressive, which is displayed in physical or verbal form (Rajasakran et al, 2014).

One program that can be used as a forum for overcoming aggressive behavior is PIK-R (Sopiah, 2017). PIK-R is an activity in the GenRe (Planning Generation) program developed by BKKBN which is managed for teenagers or students. The PIK-R program aims to provide information and counseling services, maturity of marriage age, eight family functions, TRRIAD TRC (sexuality, HIV and AIDS and drugs), life skills (life skills), advocacy skills and IEC (Counseling, Information, and Education.) (BKKBN, 2012). For lab skills, there are also teenage ambassadors, whose focus is to discuss everything related to adolescent problems.

Most of PIK-R in Pekanbaru High School are in the GROWING stage (Husanah, 2019). At SMA Negeri "Z" Pekanbaru, PIK - R is actively implemented. The implementation of PIK-R that has been carried out is in the form of training students to become genre ambassadors. After that the students are trained to become counselors for their peers under the guidance and supervision of BK teachers. Providing counseling is initiated between peers. If the problem faced is big, the counseling will continue with the authorized BK teacher. Problems that are often discussed by students in PIK-R counseling are problems related to Bronkenhome, romance, bullying, and aggressive youthful actions. In addition, in the PIK _ R program there is also counseling that

brings in people outside the school who are experts in their fields. The topics that have been discussed are related to drugs, HIV and AIDS, juvenile delinquency, etc.

The activities of PIK-R in this school have yielded good results. Based on the results of research conducted at SMA Negeri "Z", with the implementation of PIK-R, the aggressive behavior shown by adolescents was only 48%. Teenagers can control themselves if someone instigates them so they don't beat others. To protect his rights, not by force. Facing trivial matters teenagers do not get angry easily.

When interviewed, most of SMA Negeri "Z" Pekanbaru teenagers answered that after participating in PIK-R there were many benefits that were felt, in addition to gaining knowledge about reproductive health, preventing and dealing with bullying, controlling aggressive actions. In addition, during the extension, students are taught to think mature and think critically. The same results as this study stated by Raiwi (2016), he shows that after the implementation of PIK-R, the average teenager does not show aggressive behavior.

5. CONCLUSION

Aggressive Behavior of Adolescents After Implementing PIR-R at SMA Negeri "Z" Pekanbaru in 2020, the results obtained from 227 respondents, 110 (48%) showed aggressive behavior, and 117 (52%) respondents did not show aggressive behavior.

It is hoped that schools (schools) will continue to activate the PIK-R program in schools because in some way this program has proven to be a means of suppressing aggressive behavior that occurs in students in Pekanbaru and its surroundings.

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