

HUBUNGAN HARGA DIRI DENGAN PERILAKU ASERTIF REMAJA

KORBAN KEKERASAN PSIKIS

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INTISARI

Penelitian ini bertujuan untuk mengetahui hubungan antara harga diri dengan perilaku asertif pada remaja korban kekerasan psikis di SMKN 5 Jember. Pendekatan yang digunakan adalah kuantitatif korelasional dengan harga diri sebagai variabel independen dan perilaku asertif sebagai variabel dependen. Subjek penelitian berjumlah 100 siswa kelas XI dan XII yang pernah atau sedang mengalami kekerasan psikis, yang dipilih menggunakan teknik random sampling. Instrumen penelitian terdiri dari skala harga diri berdasarkan teori Coopersmith dan skala perilaku asertif berdasarkan teori Alberti dan Emmons, yang telah dimodifikasi sesuai konteks korban kekerasan psikis. Analisis data dilakukan menggunakan uji korelasi Pearson Product Moment dengan bantuan SPSS 25 for Windows. Hasil penelitian menunjukkan adanya hubungan positif dan signifikan antara harga diri dan perilaku asertif ($r = 0,618$; $p = 0,000 < 0,05$). Mayoritas responden memiliki tingkat harga diri rendah (56%) dan perilaku asertif rendah (51%). Temuan ini menunjukkan bahwa semakin tinggi harga diri remaja korban kekerasan psikis, semakin tinggi pula perilaku asertif yang ditampilkan. Oleh karena itu, penguatan harga diri diperlukan sebagai upaya meningkatkan kemampuan asertif dan mengurangi dampak psikologis kekerasan psikis pada remaja.

Kata Kunci : *Harga Diri, , Korban Kekerasan Psikis, Perilaku Asertif*

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**THE RELATIONSHIP BETWEEN SELF-ESTEEM AND ASSERTIVE
BEHAVIOR IN ADOLESCENTS WHO ARE VICTIMS OF
PSYCHOLOGICAL ABUSE**

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ABSTRACT

This study aims to examine the relationship between self-esteem and assertive behavior among adolescent victims of psychological abuse at SMKN 5 Jember. A quantitative correlational design was employed, with self-esteem as the independent variable and assertive behavior as the dependent variable. The participants consisted of 100 eleventh and twelfth-grade students who had experienced psychological abuse, selected using random sampling techniques. The research instruments included a self-esteem scale based on Coopersmith's theory and an assertive behavior scale based on Alberti and Emmons' theory, both of which were modified to suit the context of psychological abuse victims. Data were analyzed using Pearson Product Moment correlation with SPSS 25 for Windows. The results indicated a significant positive relationship between self-esteem and assertive behavior ($r = 0.618$; $p = 0.000 < 0.05$). Most respondents demonstrated low levels of self-esteem (56%) and low assertive behavior (51%). These findings suggest that higher self-esteem is associated with higher assertive behavior among adolescent victims of psychological abuse. Strengthening self-esteem is therefore essential to enhance assertive behavior and reduce the psychological impact of psychological abuse in adolescents.

Keywords : Assertive, Psychological Violence, Self Esteem

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