

## THE EFFECT OF SUPPORTIVE GROUP THERAPY FOR REDUCING AGGRESSION IN ADOLESCENTS

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### Abstract

Adolescent is period of transition between childhood and adulthood which very susceptible to aggressive behavior. This study examined the affectivity of supportive group therapy for reducing aggression in risk's adolescents. The design of the study is quasy-experiment with pre and post test without a control group. The study was conducted in Pandau Jaya District Siak Hulu with 20 respondents based on purposive sampling technique. The instrument used was aggressive scale questionnaire which had been tested for validity and reliability. 20 respondents in group following four sessions of supportive group therapy in 3 week. The result showed that majority of the respondents were in the middle age stage (15 – 17 years) and (75%) of the respondents were male. T dependent test result showed that there is a decrease of aggression score after the intervention supportive group therapy with *p value* < 0.05. The result of this study indicate that the supportive group therapy has meaningfull and useful for reducing aggression score in adolescents. Future studies with larger samples may be able to detect the significant contributions of supportive group therapy for reducing aggressive behavior for adolescents .

**Keywords** : Aggression, adolescents, supportive group therapy

### BACKGROUND

Adolescence is a period when individuals become physically and psychologically mature and gain personal identity ( Kozier , 2010) . Adolescence is a stage of a person where he is between the child and the adult phase is marked by changes in physical , behavioral , cognitive , biological and emotion ( Effendy , 2009) .

Ali and Asrori (2009 ) suggests the adolescent is often build interaction among peers is typically to get together to do activities together to form “a genk” . Activity or activity jointly undertaken by adolescent sometimes stimulate the occurrence of aggressive behavior whether physical or verbal projecting to themselves or others . Aggressive behavior is an action taken to harm or injure a person , which is an emotion in reaction to the failure of an individual that is displayed in the destruction of people or objects with the element of intent is expressed in words ( verbal ) and behavioral ( nonverbal ) ( Sudrajat 2011 ) .

Aggressive behavior among adolescents from year to year, increasing both the number and variation of forms of aggressive behavior were raised. As an example of adolescent aggressive behavior is more and more obvious that the news is served daily in the media , both print and electronic on adolescent violent behavior , both individually and in groups , such as the brawl, persecution , torture , and even loss of life ( Sarwono & Meinarno 2009 ) .

In the years 2012-2013 in the city of Pekanbaru Riau there are also cases of violence by adolescent who join a motorcycle gang . In 2012 , there were 25 criminal cases were carried gengmotor ; January to May of 2013 recorded 8 cases . The crimes that they do include theft with violence , vandalism , assault, to rape ( Anggoro , 2013 ) .

Some research about the aggressive behavior of teenagers in a high school in pekanbaru show of 94 respondents as many as 42 people ( 44.7 % ) had high aggressive behavior ( Trisnawati , 2014 ) . Aggressive



behavior displayed by these students, among others said harshly, threatening and fight / brawl. In addition, research is also carried out by Nauli (2014) of the 110 teenagers who live in the area of highway pekanbaru Tenayan obtained as many as 51 people (46.4%) had high aggressive behavior. From some of the results of these studies indicate a tendency among adolescents to aggressive behavior.

The occurrence of aggressive behavior in adolescents can be caused by several factors: frustration, observations and responses adolescent disorders, problems with thinking and intelegency adolescents, as well as disruption feeling / emotional teenagers while external factors include family factors, school factors and environmental factors (Kartono, 2011). Gustina research results (2011) states that one of the factors that affect aggressive behavior is parenting and behavior of parents towards children. And research Prastyani (2011) found that there is a relationship between peers and the media to aggressive behavior by adolescents.

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From some research above indicates many factors that can influence the occurrence of aggressive behavior in adolescents. Several studies of the factors that affect aggressive behavior in adolescents in pekanbaru suggests that peer influence is very closely related (Nauli, 2014 and Trisnawati, 2014). So that based on the results of these studies need to be done either intervention measures to reduce aggressive behavior of teenagers one of whom is a supportive group therapy.

Supportive group therapy is a type of therapy that focuses on the benefits of shared

experience that involves a number of members and therapists aimed at helping members of the group with cognitive problems, psychological and behavioral (Fontaine, 2009). According Viedebeck (2008) supportive therapy may provide an opportunity to the youth as a member of the group to be able to make contact and socialization with other members outside the therapy sessions. Olehkarena that this therapy is said to be effective because it can be performed in adolescents in groups (Toseland & Siporin, 1986 in Viedebeck, 2008).

### THE PURPOSE OF THIS STUDY

This study examined the affectivity of supportive group therapy for reducing aggression in risk's adolescents in Pandau Jaya District Siak Hulu

### METHODS

The design of the study is quasy-experiment with pre and post test without a control group. Samples are taken using purposive sampling. Respondents consisted of 20 people, divided into 3 groups, each group consisting of 6-7 people teenager. Then do the supportive group therapy consisting of 4 sessions, with each session conducted during 45-60 minutes.

Respondents consisted of 20 people, divided into 3 groups, each group consisting of 6-7 people teenager. Then do the supportive group therapy consisting of 4 sessions, with each session conducted during 45-60 minutes. Before the supportive group therapy on adolescents performed pre-test to see scores such aggression in adolescents. Implementation of supportive group therapy conducted with the help of an assistant, where the implementation is carried out for 3 weeks. to 3 groups.

Data collection tool that have been used in this research is questionnaire and data was taken in August – September 2015. Univariate analysis of data using frequency distribution and bivariate analysis of data using Dependent T test.

Data collection tool used in this study is a questionnaire that has tested the validity and reliability. The questionnaire



consists of four (2) sections demographic data and adolescent aggressive behavior .

**RESULTS**

**Table 1. Characteristic of Respondents Age**

Age	Frequency (f)	Percentage (%)
13 years	2	10
14 years	3	15
15 years	10	20
16 years	3	15
17 years	2	110
<b>Total</b>	<b>20</b>	<b>100</b>

**Table 2. Characteristic of Respondents Sex**

Sex	Frequency (f)	Percentage (%)
Male	15	75
Female	5	15
<b>Total</b>	<b>20</b>	<b>100</b>

**Table 3. Analysis about score aggressive behavior before and after intervention**

Variable Aggressive behavior					
	Mean	SD	Mean	SD	P value
Before	13	3.2	1.85	0.82	0.003
After	10.58	2.05			

**DISCUSSION**

The results showed there are significant parenting parents , a history of violence , peer social support and electronic media on adolescent aggressive behavior ( P value < 0.05 ) . The results are consistent with research conducted Fortuna (2008 ) states that there are authoritarian parenting relationship with aggressive behavior in adolescents .

Gustina (2011 ) also stated , one of the factors that influence behavior and aggressiveness is parenting behaviors of parents of children . parenting parents too overprotective are a few examples that could cause a person to behave aggressively ( Rumini & Sundari , 2004 ) .

The essence of the relationship between parents and children is largely determined by the attitude of the parents in parenting . Namely parenting are parents a child's interactions with parents not only physical needs and psychological needs but also teach norm performance life so that children can live in harmony with the environment . So that namely parenting is one factor that has an important role in the formation of the child's personality ( Sarwono , 2011 ) .

The study states there are significant history of violence against adolescent aggressive behavior . According to the theory cognitiveneoassociationist model ( Berkowitz , 1995 ) and the theory of General Affective Aggression Model ( GAAM ) of Anderson (in Lindsay & Anderson , 2000 ) the causes of aggressive behavior is an unpleasant situation or interfere , and the presence of individual factors and situational interacting influence internal condition of a person . Aggressive behavior is not only triggered by events in the environment outside the individual , but also raised from the incident received and processed cognitively ( Berkowitz , 1995 ; Knorth et al . , 2007 ) . Adolescent who are angry and aggressive often have biases in attribution , especially in perceiving social situations , and this encourages them to behave aggressively when faced with conflict or unpleasant conditions ( Whitfield , 1999; Berkowitz , 2003) . Under these conditions, a adolescent who had previously had a history of violence or fights will have the potential to behave aggressively .

The results showed the effect of peer support on adolescent aggressive behavior . According to Hurlock (2008 ) peer relationships affect adolescent emotional maturity , emotional maturity of adolescents characterized by adequate emotional attitudes such as the presence of love , sympathy , willing to help people, respectful and

appreciative of others, friendly, not easily offended, optimistic, and able to control emotion. Widyatuti Research (2002) concluded that there is a relationship between peers with violent behavior. The study also concluded that peer influence for 1,227 times to cause violent behavior.

Peer group influence on adolescent reasoning and decision to behave. Papalia, Olds and Feldman (2009) suggested that the peer group is a major source of adolescents in terms of perceptions and attitudes related to lifestyle. When the peer group displays a positive attitude adolescent will likely show positive attitude, otherwise when the peer group displays a negative attitude then chances teens will show the person who is less good. This study is also in line with the Mar-see and Frick (2011) on relational aggression which explains that aggressive behavior in peer friendships due to the rejection by his friends and the conflict in the relationship the friendship.

The results of this study suggest that there are influences of electronic media on adolescent aggressive behavior. Bandura (in Masykouri, 2005) reveals some of the effects of violence exposure in the mass media provide a lesson that the aggressive behavior of all problems can be solved. The mass media is television and media spectacle naturally have more opportunity for the audience to observe what is delivered clearly included in the scene and see the aggressive behavior.

These results concur with those of Apollo (2003) states that there is a relationship between the intensity signifikan watching television with violent tendencies adolescent aggressiveness. In line with these findings, Murray (2008) states that the intensity of watching violence on television proved to be positively and significantly related to aggressive behavior in adolescence.

## CONCLUSION

1. Most respondent were male (75%)
2. Most respondent age is 15-17 years (75%)

3. T dependent test result showed that there is a decrease of aggression score after the intervention supportive group therapy with  $p$  value  $< 0.05$ .

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