

Hubungan Antara Emosi dengan Kecenderungan Perilaku Agresif pada Mahasiswa

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Abstrak

Perilaku agresif masih banyak ditemukan di kalangan mahasiswa. Penelitian sebelumnya telah menemukan hubungan antara emosi dan kecenderungan perilaku agresif (agresivitas). Namun, penelitian mengenai hubungan emosi dan kecenderungan perilaku agresif pada mahasiswa yang melibatkan pengukuran fisiologis emosi masih sedikit ditemukan. Penelitian ini dilakukan untuk mengetahui hubungan antara emosi dan kecenderungan perilaku agresif pada mahasiswa. Partisipan adalah 130 mahasiswa sarjana atau diploma di Yogyakarta (usia rata-rata = 20,97). Pengumpulan data menggunakan *Positive and Negative Affect Schedule-Expanded Form* (PANAS-X), *Buss-Perry Aggression Questionnaire* (BPAQ), HR/BVP Sensor, dan SC Sensor. Analisis data dilakukan menggunakan uji korelasi Spearman Rank. Hasil penelitian menemukan bahwa terdapat hubungan positif antara emosi negatif dan kecenderungan perilaku agresif pada mahasiswa dengan hubungan yang kuat ($Q = 0,634$). Semakin tinggi emosi negatif, maka kecenderungan perilaku agresif semakin meningkat. Emosi positif dan pengukuran fisiologis emosi tidak berhubungan dengan kecenderungan perilaku agresif.

Kata kunci: Agresi, emosi, galvanic skin response, heart rate variability



Abstract

Aggressive behavior is still widely found among college students. Research revealed that emotion was associated with aggressive behavior tendencies (aggressiveness). However, research on the relationship between emotions and aggressive behavior tendencies in college students involving physiological measurements is still slight. This study aims to determine the relationship between emotions and aggressive behavior tendencies among college students. The participants were 130 undergraduate or diploma students in Yogyakarta (mean age = 20,97). Data were collected using Positive and Negative Affect Schedule-Expanded Form (PANAS-X), Buss-Perry Aggression Questionnaire (BPAQ), HR/BVP Sensor, and SC Sensor. Data were analyzed using the Spearman Rank coefficient correlation. The results showed that negative emotions were positively associated with the tendency of aggressive behavior in college students in quite a strong relationship ($\rho = 0.634$). The higher the negative emotions, the more aggressiveness. Positive emotion and physiological measurements of emotions were not associated with aggressive behavior tendencies.

Keywords: *Aggression, emotion, galvanic skin response, heart rate variability*