

## **PENGARUH PELATIHAN *SELF-CONTROL FOR PUPILS* (STOP) TERHADAP KONTROL DIRI SISWA SMP**

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### **INTISARI**

Remaja merupakan masa transisi menuju kedewasaan. Pada masa itu, remaja mengalami berbagai macam perubahan dalam hidupnya. Remaja berisiko mengalami berbagai macam permasalahan. Karakteristik remaja tersebut membuatnya membutuhkan suatu keterampilan dalam mengatasi permasalahannya. Kontrol diri merupakan salah satu faktor penting dalam kehidupan remaja. Kontrol diri memiliki dua komponen utama, yaitu *emotion expression* dan *adaptive behavior*. Kontrol diri dapat ditingkatkan melalui pelatihan. Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan *Self-control for Pupils* (STOP) terhadap kontrol diri siswa SMP. Kontrol diri subjek penelitian diukur menggunakan skala kontrol diri. Subjek dalam penelitian ini adalah delapan orang siswa SMP yang menjadi kelompok eksperimen. Hasil uji *paired sample t-test* menunjukkan bahwa pelatihan *Self-control for Pupils* (STOP) tidak berpengaruh secara signifikan terhadap kontrol diri siswa SMP ( $t = -1,158$ ;  $p = 0,285$ ;  $p > 0,05$ )

**Kata kunci:** kontrol diri, pelatihan, eksperimen

***THE INFLUENCE OF SELF-CONTROL FOR PUPILS (STOP) TRAINING  
ON SELF-CONTROL OF JUNIOR HIGH SCHOOL***

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**ABSTRACT**

*Teenagers are a transition to adulthood. At that time, adolescents experienced various changes in his life. Teenagers are at risk of experiencing various problems. Characteristics of these teenagers make it requires a skill in coping with the problem. Self-control is one of the most important factors in adolescent life. Self-control has two main components, namely emotion expression and adaptive behavior. Self-control can be improved with training. This study aims to determine the effect of Self-control for Pupils (STOP) training on self-control of Junior High School. Student self-control is measured using self-control scale. The subjects in this study were eight people of Junior High School who became experimental groups. The results of the study indicate that Self-control for Pupils (STOP) training does not significantly affect student self-control ( $t = -1,158$ ;  $p = 0,285$ ;  $p > 0.05$ ).*

**Keyword:** *self-control, training, experimental.*