

## PERAN *SELF-CONTROL* TERHADAP PERILAKU KENAKALAN REMAJA PADA SISWA SMA DI D.I. YOGYAKARTA

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### Abstrak

Kenakalan remaja semakin marak terjadi di Indonesia, khususnya di Daerah Istimewa Yogyakarta. Beberapa kasus kenakalan remaja yang sering terjadi seperti aksi klitih, tawuran, vandalisme, seks bebas, minum-minuman keras, narkoba, dan sebagainya. literatur terkait menunjukkan bahwa banyak faktor yang dapat mempengaruhi kenakalan remaja, salah satunya yaitu rendahnya *self-control* pada remaja. Penelitian ini bertujuan untuk mengetahui peran *self-control* terhadap perilaku kenakalan remaja pada siswa SMA di D.I. Yogyakarta. Alat ukur yang digunakan dalam penelitian ini adalah skala kenakalan remaja dan skala *self-control* yang disusun oleh Munawaroh (2015). Penelitian dilakukan dengan pendekatan kuantitatif menggunakan metode survei. Partisipan penelitian ini merupakan 103 siswa SMA di D.I. Yogyakarta. Analisis data menggunakan regresi linear sederhana, hasil penelitian menyatakan bahwa *self-control* memberikan sumbangan efektif sebesar 36,3% terhadap perilaku kenakalan remaja pada siswa SMA di D.I. Yogyakarta.

**Kata kunci :** remaja, kenakalan remaja, *self-control*

### Abstract

*Juvenile delinquency is increasingly prevalent in Indonesia, especially in the Special Region of Yogyakarta. Some cases of juvenile delinquency that often occur such as klitih, brawls, vandalism, free sex, drinking liquor, drugs, and so on. Related literature shows that many factors can affect juvenile delinquency, one of which is low self-control in adolescents. This study aimed to examine the role of self-control to juvenile delinquency behavior among high school students in D.I. Yogyakarta. The measuring instrument used in this study is the juvenile delinquency scale and the self-control scale created by Munawaroh (2015). This study used a quantitative approach by using a questionnaire. Participants in this study were 103 high school students in D.I. Yogyakarta. Data analysis using simple linear regression analysis, the results of the study stated that self-control has an effective contribution of 36,3% to juvenile delinquency behavior among high school students in D.I. Yogyakarta.*

**Keywords :** *juvenile, juvenile delinquency, self-control*