

**HUBUNGAN ANTARA SPIRITUALITAS/RELIGIUSITAS DENGAN
PERILAKU BERISIKO PADA REMAJA**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara spiritualitas/religiusitas dengan perilaku-perilaku berisiko pada remaja. Penelitian ini melibatkan 108 orang subyek remaja yang berasal dari SMP dan SMA di beberapa daerah seperti Yogyakarta, Bali, dan Solo. Hipotesis penelitian ini adalah spiritualitas/religiusitas berkorelasi negatif dengan perilaku-perilaku berisiko (seperti konsumsi alkohol, perilaku makan, obat-obatan terlarang, kebersihan diri, kesehatan mental, aktivitas fisik, perilaku seksual, konsumsi tembakau, kekerasan dan cedera tidak disengaja, serta faktor protektif) pada remaja. Alat pengukuran dalam penelitian ini menggunakan skala *The Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS)*, dimensi Beliefs untuk variabel spiritualitas/religiusitas dan *Global School-Based Student Health Survey (GSHS) versi Indonesia* untuk variabel perilaku berisiko. Hasil penelitian ini 1) spiritualitas/religiusitas berkorelasi positif dan signifikan dengan kebersihan diri ($r = .297$, $p=.002$; $p < 0,05$), aktivitas fisik ($r = .191$, $p=.052$; $p < 0,05$), dan faktor pelindung pada remaja ($r = .302$, $p=.002$; $p < 0,05$) 2) spiritualitas/religiusitas berkorelasi positif dan tidak signifikan dengan perilaku makan ($r = .044$, $p=.675$; $p < 0,05$), konsumsi tembakau ($r = .074$, $p=.497$; $p < 0,05$), dan kekerasan dan cedera tidak disengaja ($r = .016$, $p=.875$; $p < 0,05$) 3) spiritualitas/religiusitas berkorelasi negatif dan tidak signifikan dengan kesehatan mental ($r = -.003$, $p=.976$; $p < 0,05$) 4) hubungan antara spiritualitas/religiusitas dengan konsumsi alkohol, obat-obatan terlarang dan perilaku seksual tidak muncul karena data bersifat konstan.

Kata kunci: spiritualitas/religiusitas, perilaku-perilaku berisiko, remaja.

**THE RELATION BETWEEN SPIRITUALITY / RELIGIOUSNESS WITH
RISK BEHAVIOR IN ADOLESCENT**

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ABSTRACT

This research is intended specifically to find out the relationship between spirituality/ religiousness and risk behaviors in adolescents. The study involved 108 adolescent subjects from junior and senior high schools in some areas, consists of Yogyakarta, Bali and Solo. The hypothesis of this study was spirituality / religiousness has negatively correlated with risk behaviors (such as alcohol consumption, dietary behavior, drug use, personal hygiene, mental health, physical activity, sexual behavior, tobacco consumption, violence and unintentional injury, and protective factors) in adolescents. Measurements used in this study are the Brief Multidimensional Measure scale of Religiousness / Spirituality (BMMRS), dimensions variable used was Beliefs spirituality / religiousness and the Global School-Based Student Health Survey (GSHS) Indonesian version for risky behavior variables. As the results, this research indicated that 1) spirituality / religiousness correlated positively and significantly with personal hygiene ($r = .297, \rho = .002; \rho < 0.05$), physical activity ($r = .191, \rho = .052; \rho < 0.05$), and protective factors in adolescence ($r = .302, \rho = .002; \rho < 0.05$) 2) spirituality / religiousness correlated positively and not significant with dietary behavior ($r = .044, \rho = .675; \rho < 0.05$), tobacco consumption ($r = .074, \rho = .497; \rho < 0.05$), and violence and unintentional injury ($r = .016, \rho = .875; \rho < 0.05$). 3) spirituality / religiousness and not significant with mental health ($r = -.003, \rho = .976; \rho < 0.05$), 4) spirituality / religiousness with alcohol consumption, drug use and sexual behavior did not arise because the data were constant.

Key words: spirituality / religiousness, risk behaviors, Adolescent.