

ABSTRAK

Perbedaan Sikap Agresi Langsung Antara Kelompok Meditasi Pria-Wanita dan Non Meditasi Pria-Wanita

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Penelitian ini bertujuan untuk melihat ada/tidaknya perbedaan sikap agresi langsung antara kelompok yang terbiasa bermeditasi dengan kelompok non meditasi dan juga untuk mencari ada/tidaknya perbedaan sikap agresi langsung antara pria dan wanita. Penelitian ini memiliki dua variabel, yaitu latihan meditasi sebagai variabel bebas, dan sikap agresi langsung sebagai variabel tergantung serta satu jenis variabel lagi yang ditambahkan, yaitu variabel kontrol yang meliputi usia subjek penelitian.

Lebih lanjut, jumlah subjek dalam penelitian ini melibatkan 60 orang anggota Perguruan Pencak Silat bela Diri Tangan Kosong Merpati Putih, Cabang Sleman, Yogyakarta yang sudah \pm 1 tahun menjadi anggota dan 60 orang mahasiswa/i Universitas Sanata Dharma, Yogyakarta yang belum pernah melakukan meditasi. Mereka diklasifikasikan berdasarkan usia yang sama, yaitu 18-26 tahun.

Selain itu, proses pengumpulan data menggunakan skala pengukuran sikap agresi langsung yang memiliki koefisien reliabilitas sebesar 0.8295 dan setelah melalui proses pengujian terhadap daya beda item diperoleh 53 item sah dan 10 item gugur.

Selanjutnya analisis data pada penelitian ini menggunakan dua teknik uji hipotesis, yaitu uji T dan uji Mann-Whitney. Pengujian ini mendapatkan hasil bahwa sikap agresi langsung:

- wanita meditasi (mean= 22.75) < pria meditasi (mean= 38.25)
- wanita non med. (mean= 16.32) < pria non med. (mean= 44.68)
- pria meditasi (mean= 102.5667) < pria non med. (mean= 135.9333)
- wanita meditasi (mean= 90.6000) < wanita non med. (mean= 118.4000)
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ABSTRACT

The Differences of Direct Aggression Attitude between Meditation Men-Women and Non Meditation Group Men-Women

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This research is intended to know whether there are differences of direct aggression attitude between the meditation and non meditation group and also to find out whether there are differences of direct aggression attitude between men and women. This research has two variable, that are meditation exercise as free variable, and direct aggression attitude as dependent variable and one variable added that is control variable that include the age of research subject.

Furthermore, the subject in this research involve 60 members of Perguruan Pencak Silat Bela Diri Tangan Kosong Merpati Putih (PPS Betako Merpati Putih), district Sleman who have been members for \pm 1 year and 60 students of Sanata Dharma University who have never meditated before. They are classified based on the same age, 18-26 years old

Besides that, the process of data gathering use measurement scale of direct aggression attitude which has reliability coefficient 0.8295 and after throughing the examination process toward item discrimination ability has got 53 valid items and 10 failed items.

Moreover, the data analysis in this research apply two technique of hypothesis test, they are T-test and Mann-Whitney test, and the result is that direct aggression attitude:

- meditated women (mean=22.75) < meditated men (mean=38.25)
- non med. women (mean=16.32) < non med. men (mean=44.68)
- meditated men (mean=102.5667) < non med. men (mean=135.9333)
- meditated women (mean=90.6000) < non med. women (mean=118.4000)
- meditated men (mean=102.5667) < non med. women (mean=118.4000)
- meditated women (mean=90.6000) < non med. men (mean=135.9333)