

HUBUNGAN ANTARA KONTROL DIRI DAN PERSEPSI TERHADAP KONTROL SOSIAL DENGAN PERILAKU *BULLYING* DI PONDOK PESANTREN

Muchammad Iskandar
Fakultas Psikologi Universitas Islam Sultan Agung Semarang

ABSTRAK

Penelitian bertujuan untuk melihat hubungan antara kontrol diri dan persepsi terhadap kontrol sosial dengan perilaku *bullying* di pondok pesantren. Populasi dalam penelitian ini adalah santri pondok pesantren Raudlatul Muta'alimin Kudus. Teknik pengambilan sampel menggunakan teknik *simple random sampling* dan sampel yang diambil sebanyak 80 santri. Metode pengumpulan data menggunakan 3 skala yaitu skala perilaku *bullying* dengan reliabilitas sebesar 0,905, skala kontrol diri dengan reliabilitas sebesar 0,879 dan skala persepsi terhadap kontrol sosial dengan reliabilitas sebesar 0,889.

Hasil uji hipotesis pertama menunjukkan adanya hubungan yang sangat signifikan antara kontrol diri dan persepsi terhadap kontrol sosial terhadap perilaku *bullying* di pondok pesantren. Hasil uji hipotesis kedua antara variabel kontrol diri terhadap perilaku *bullying* dengan mengontrol variabel persepsi terhadap kontrol sosial diketahui bahwa terdapat hubungan yang negatif antara variabel kontrol diri terhadap perilaku *bullying* di pondok pesantren. Hasil uji hipotesis ketiga antara variabel persepsi terhadap kontrol sosial dengan perilaku *bullying* dan dengan mengontrol variabel kontrol diri diketahui bahwa terdapat hubungan yang negatif antara variabel persepsi terhadap kontrol sosial dengan perilaku *bullying*. Sumbangan efektif yang diberikan variabel kontrol diri dan persepsi terhadap kontrol sosial terhadap perilaku *bullying* di pondok pesantren sebesar 50,1% sedangkan sisanya 49,9% dipengaruhi oleh faktor lain.

Kata Kunci : perilaku *bullying*, kontrol diri, persepsi terhadap kontrol sosial

**THE RELATIONSHIP BETWEEN SELF-CONTROL AND
PERCEPTIONS TOWARDS SOCIAL CONTROL WITH *BULLYING*
BEHAVIOR AT ISLAMIC BOARDING SCHOOL**

Muchammad Iskandar

Faculty of Psycology, Sultan Agung Islamic University

ABSTRACT

The study aimed to determine at the relationship between self-control and perceptions towards social control with bullying behavior at islamic boarding school. The population in this study was students at Raudlatul Muta'alimin Islamic boarding school in Kudus. The sampling technique used simple random sampling technique and the samples taken as many as 80 students. Methods for collecting the data used 3 scales namely scale bullying with a reliability around 0.905, self-control scale with a reliability around 0.879 and perception scale towards social control with a reliability around 0.889.

The first hypothesis test results indicated that there was a significant relationship between self-control and perceptions towards social control of bullying behavior at the islamic boarding school. The second hypothesis test result between self-control variables with bullying behavior by controlling perception variables of social control known that there was a negative relationship between self-control variables towards bullying behavior at islamic boarding school. The third hypothesis test results between perception variables towards social control with bullying behavior by controlling self-control variables known that there was a negative relationship between perception variables towards social control with bullying behavior, so the third hypothesis was accepted. The effective contribution given to self-control variables and perceptions towards social control with bullying behavior at islamic boarding school was about 50.1% while the remaining 49.9% was influenced by other factors.

Keywords: bullying, self-control, perception of social control