

ABSTRACT

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“Penerapan *Solution Focused Brief Group Therapy* (SFBGT) Untuk Menurunkan Perilaku Agresi Remaja Yang Pernah Terlibat Tawuran”

(Prof. Dr. Ediasri Toto Atmodiwirjo and Naomi Soetikno, M. Pd., Psikolog) Psychology Study Program, Master program (Strata Two), Tarumanagara University; p.151

The number of students' brawl in Jakarta tend to increase from year to year, and it gives negative impact to many parties, including the person who involves in its. The purpose of this research is to know the effectiveness of solution brief group therapy (SFBGT) approach in reducing adolescents' aggressive behavior that causes students' brawl. The research method used is one-group pretest-posttest design which measure the change of aggressive behavior before and after the intervention. The sampling method used is mixed sampling method, which combine purposive sampling, and confirming sampling method. The participants in this research were 5 adolescents who were involved in students' brawl with aggressions scored above average on *Buss-Perry Aggression Questionnaire-Short Form* (AQ-SF). The result showed that the use of SFBGT approach for 7 session is effective to reduce adolescents' aggressive behavior. This conclusion was made based on statistical test result using paired sample t test which generated $t = 4.333$ with 0.012 for probability. For two-tailed test, the probability become $0,012/2=0.006$ which mean $0.006 < 0.025$. This mean that the pre-test and post-test score is reduce significantly.

Keywords: adolescents, aggressive behavior, solution focused brief group therapy, and students' brawl.