

Abstract

The aim of this research is to determine whether there is a relationship between mindfulness and aggression. Participants in this research involves 227 vocational students based on the Police's record and also get the referrals from counseling teacher at the school. with a probability purposive sampling. The research using 12 dimation theory of mindfulness by Langer and The aggression theory by Krahe. Based on the correlation analysis between mindfulness and aggression among the vocational students, the variable of mindfulness has the significant correlation with need for aggression. the dimation of patience, openness, gentleness has the most significant correlation with aggresion. If the dimation of need fo aggresion is decrease, the mindfulness is increase, also if on contrary. There is a negative and significant correlation on the dimation of mindfulness such as patience, openness, gentleness, and need for aggression, it show that if the mindfulness is decrease, the dimations that correlated will increase.

Keyword : Mindfulness dan Aggression