

ABSTRAK

**PENGARUH KONTROL DIRI TERHADAP PERILAKU MINUM-MINUMAN
BERALKOHOL PADA REMAJA LAKI-LAKI DI JABODETABEK**

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Masa remaja merupakan masa transisi dari masa kanak-kanak menuju ke masa dewasa yang ditandai dengan perubahan fisik dan emosional. Ketidaksiapan remaja dalam menghadapi perubahan dapat menimbulkan berbagai perilaku menyimpang salah satunya ialah perilaku minum-minuman beralkohol. Angka pengkonsumsian minuman beralkohol oleh remaja diwilayah Jabodetabek tergolong cukup tinggi dan remaja laki-laki memiliki presentase pengkonsumsian minuman beralkohol yang lebih tinggi dibandingkan dengan remaja perempuan. Salah satu penyebab terjadinya perilaku minum-minuman beralkohol dikarenakan lemahnya kontrol diri. Tujuan penelitian ini untuk mengetahui pengaruh kontrol diri terhadap perilaku minum-minuman beralkohol pada remaja laki-laki di Jabodetabek. Rancangan penelitian ini kuantitatif non-eksperimental berjenis kausal-komparatif dengan teknik *proporsional random sampling* dengan sampel sebanyak 271 responden remaja laki-laki di Jabodetabek. Instrumen yang digunakan berupa alat ukur kontrol diri berjumlah 17 aitem valid dengan reliabilitas (α) = 0,919. Dan juga alat ukur perilaku minum-minuman beralkohol berjumlah 11 aitem valid dengan reliabilitas (α) = 0,892. Hasil uji regresi menunjukkan terdapat pengaruh negatif signifikan kontrol diri terhadap perilaku minum-minuman beralkohol pada remaja laki-laki di Jabodetabek dengan sig. (p) sebesar 0,000 dan $Y = 83,159 - 1,036X$, artinya hipotesis diterima. Kontrol diri mempengaruhi perilaku minum-minuman beralkohol sebesar 35,1%. Remaja laki-laki di Jabodetabek lebih banyak memiliki kontrol diri tinggi (52,8%) dan perilaku minum-minuman beralkohol dominan melakukan (53,9%).

Kata kunci: Kontrol Diri, Perilaku Minum-minuman Beralkohol, Remaja.

ABSTRACT

THE EFFECT OF SELF-CONTROL ON BEHAVIOR OF DRINKING ALCOHOLIC BEVERAGE IN ADOLESCENT BOYS IN JABODETABEK

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Adolescence is a period of transition from childhood to adulthood that is marked by physical and emotional changes. The unpreparedness of adolescents in facing change can lead to various deviant behaviors, one of which is the behavior of drinking alcoholic beverages. The rate of consumption of alcoholic beverages by adolescents in the Jabodetabek area is quite high and male adolescents have a higher percentage of alcohol consumption compared to female adolescents. One of the causes of the behavior of drinking alcoholic beverages is due to weak self-control. The purpose of this study was to determine the effect of self-control on the behavior of drinking alcoholic beverages in adolescent boys in Jabodetabek. The design of this research is a non-experimental quantitative causal-comparative type with a proportional random sampling technique with a sample of 271 male adolescent respondents in Jabodetabek. The instrument used is a self-control measuring instrument totaling 17 valid items with reliability (α) = 0.919. And also measuring the behavior of alcoholic beverages totaling 11 valid items with reliability (α) = 0.892. The results of the regression test showed that there was a significant negative effect of self-control on the behavior of drinking alcoholic beverages in adolescent boys in Jabodetabek with sig. (p) of 0.000 and $Y = 83.159 - 1.036X$, meaning that the hypothesis was accepted. Self-control affects the behavior of drinking alcoholic beverages by 35.1%. Adolescent boys in Jabodetabek have more high self-control (52.8%) and the behavior of drinking alcoholic beverages is dominant (53.9%).

Keywords: Self Control, Alcoholic Beverage Behavior, Adolescents.