Abstract

The elderly are a vulnerable age group that often experiences physical, psychological, and social changes that can affect emotional stability. One common issue is difficulty in managing anger, which can impact both physical health and the quality of social relationships. Assertive training is a form of behavioral therapy that can help the elderly express their emotions appropriately, honestly, and in a controlled manner. This research aimed to determine the influence of assertive training on anger management in the elderly in Sidomukti Village, Mootilango District, Gorontalo Regency. The research employed a quantitative method with a pre-experimental design using a one-group pre-test and Post-Test Design. A sample of 18 elderly individuals was selected using accidental sampling according to inclusion and exclusion criteria. Data analysis was conducted using univariate and bivariate tests with the Paired Sample T-Test. The results indicated a significant increase in anger management abilities after the assertive training was provided, with a p-value of 0.000 ($p < 0.05$), which meant that the alternative hypothesis was accepted. Therefore, it was concluded that there was a significant influence of assertive training on anger management in the elderly in Sidomukti Village.

***Keywords**: Emotions; Elderly; Assertive Training; Anger.*

Abstrak

Psikologis, dan sosial yang dapat memengaruhi kestabilan emosi. Salah satu masalah yang sering muncul adalah kesulitan dalam mengendalikan marah, yang dapat berdampak pada kesehatan fisik maupun kualitas hubungan sosial. Latihan asertif merupakan salah satu bentuk terapi perilaku yang dapat membantu lansia dalam mengekspresikan emosi secara tepat, jujur, dan terkontrol. Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan asertif terhadap kemampuan mengendalikan marah pada lansia di Desa Sidomukti Kecamatan Mootilango Kabupaten Gorontalo. Metode penelitian yang digunakan adalah kuantitatif dengan desain pra-eksperimental menggunakan One Group Pre-Test and Post-Test Design. Sampel berjumlah 18 lansia yang dipilih dengan teknik accidental sampling sesuai kriteria inklusi dan eksklusi. Analisis data dilakukan dengan uji univariat dan bivariat menggunakan Paired Sample T-Test. Hasil penelitian menunjukkan adanya peningkatan signifikan kemampuan mengendalikan marah setelah diberikan latihan asertif, dengan nilai p=0,000 ($p < 0,05$) yang berarti Ha diterima. Dengan demikian, dapat disimpulkan bahwa terdapat pengaruh yang signifikan latihan asertif terhadap kemampuan mengendalikan marah pada lansia di Desa Sidomukti.Kata Kunci: Emosi, Lansia, Latihan Asertif, Marah

Kata Kunci : Emosi, Lansia, Pelatihan Asertif Kemarahan