

## ABSTRAK

Basysyasy Muthi. K3114008. **EFEKTIVITAS TEKNIK *CONTINGENCY CONTRACTING* UNTUK MENGURANGI PERILAKU AGRESIF VERBAL PESERTA DIDIK KELAS XI SMK BATIK 2 SURAKARTA TAHUN AJARAN 2018/2019**. Skripsi, Fakultas Keguruan dan Ilmu Pendidikan Universitas Sebelas Maret Surakarta, Januari 2019.

Tujuan dari penelitian ini adalah untuk menguji keefektifan teknik *contingency contracting* untuk mengurangi perilaku agresif verbal peserta didik kelas XI SMK Batik 2 Surakarta tahun ajaran 2018/2019. Penelitian ini menggunakan metode eksperimen *single case experimental design* dengan rancangan desain A-B. Subjek dalam penelitian ini adalah dua orang peserta didik laki-laki kelas XI SMK Batik 2 Surakarta. Teknik pengumpulan data dalam penelitian ini menggunakan wawancara, instrumen pedoman observasi perilaku agresif verbal dan lembar observasi frekuensi. Analisis data yang digunakan dalam penelitian ini adalah *split-middle technique* dan analisis klinis dengan metode evaluasi subjektif oleh *significant other*.

Hasil analisis statistik dengan metode *split middle technique* terdapat level perubahan dikondisi intervensi dibanding dengan fase *baseline*. Hasil dari data analisis *split-middle technique* menunjukkan perubahan *slope* pada subjek RRF 1,24 dan perubahan level 2. Sedangkan pada subjek MRA dengan *baseline* menunjukkan perubahan *slope* 1,28 dan perubahan level 2,16. Hasil tersebut juga didukung hasil analisis klinis oleh *significant other* yang menjelaskan bahwa perilaku agresif verbal subjek penelitian mengalami perubahan yaitu menurun. Hal ini dibuktikan dengan usaha kedua subjek yang berusaha untuk mengurangi frekuensi dalam melakukan perilaku agresif verbal. Maka dapat disimpulkan bahwa Teknik *contingency contracting* efektif untuk mengurangi perilaku agresif verbal peserta didik kelas XI SMK Batik 2 Surakarta tahun ajaran 2018/2019. Berdasarkan hasil tersebut, diharapkan peneliti-peneliti selanjutnya dapat membuat media untuk teknik *contingency contracting* menggunakan desain penelitian pengembangan.

**Kata Kunci:** *contingency contracting*, agresif verbal, *split middle technique*

## ABSTRACT

Basysyasy Muthi. K3114000. **THE EFFECTIVITY OF CONTINGENCY CONTRACTING TECHNIQUE TO REDUCE VERBAL AGGRESSIVE BEHAVIOR IN XI CLASS STUDENTS AT BATIK VOCATIONAL HIGH SCHOOL 2 SURAKARTA 2018/2019 ACADEMIC YEAR.** Thesis, Teacher Training and Education Faculty of Sebelas Maret University Surakarta, January 2019.

The aim of this study was to examine the effectiveness of self contingency contracting techniques to reduce verbal aggressive behavior in XI class students at Batik Vocational High School 2 Surakarta in the academic year of 2018/2019. This study was using an experimental method, namely a single case experimental design with a design plan of A-B. The subjects in this study were two male students of XI class Surakarta Batik Vocational High School 2 Surakarta. Data collection techniques in this study used interviews and observation guidelines for verbal aggressive behavior and frequency observation sheets. The data analysis used in this study were split middle technique and clinical analysis, namely subjective evaluation methods by significant other.

The results of the statistical analysis with the split middle technique method have a level of change in the intervention condition compared to the baseline phase. The results of the split-middle analysis data show the change in slope on the RRF subject 1.24 and the change in level 2. While the MRA subject with the baseline shows a change in slope of 1.28 and a change in the level of 2.16. These results are also supported by the results of clinical analysis by a significant other who explained that verbal aggressive behavior of research subjects experienced a change that is decreasing. This is evidenced by the efforts of the two subjects who try to reduce the frequency of verbal aggressive behavior. Then it can be concluded that the contingency contracting technique is effective for reducing verbal aggressive behavior of students of class XI of Batik 2 Surakarta Vocational High School 2018/2019. Based on these results, it is expected that further researchers can create media for contingency contracting techniques using development research designs.

**Keywords:** contingency contracting, verbal aggressive, split middle technique