

ABSTRAK

PENGARUH *SELF AWARENES* TERHADAP KENAKALAN REMAJA DI SMAN 1 SUNGKAI SELATAN

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Penelitian ini bertujuan untuk menganalisis pengaruh *self awareness* terhadap kenakalan remaja di SMAN 1 Sungkai Selatan. Pendekatan yang digunakan adalah kuantitatif dengan jenis asosiatif. Populasi berjumlah 254 siswa kelas X dan XI, dengan sampel 72 responden yang dipilih melalui teknik simple random sampling. Data dikumpulkan menggunakan angket dan dianalisis menggunakan regresi linier sederhana. Analisis dilakukan untuk mengetahui besarnya pengaruh variabel *self awareness* terhadap kenakalan remaja.

Hasil penelitian menunjukkan nilai signifikansi sebesar $0,046 < 0,05$ yang berarti terdapat pengaruh signifikan antara *self awareness* dan kenakalan remaja. Nilai koefisien determinasi sebesar 0,056 menunjukkan kontribusi *self awareness* sebesar 5,6 persen. Persentase sebesar 94,4 persen dipengaruhi oleh faktor lain di luar penelitian. Faktor tersebut meliputi teman sebaya, pola asuh keluarga, kontrol sekolah, dan lingkungan sosial. Temuan ini menunjukkan bahwa pengaruh *self awareness* bersifat terbatas.

Self awareness merupakan faktor internal yang berkaitan dengan kemampuan mengenali emosi, memahami diri, dan mengendalikan perilaku. Peran tersebut tetap penting dalam upaya pencegahan kenakalan remaja. Kontribusi yang relatif kecil tidak mengurangi relevansi variabel ini untuk dikaji. Upaya pencegahan perlu memperhatikan faktor internal dan eksternal secara bersamaan. Kesimpulan penelitian menunjukkan bahwa *self awareness* berpengaruh signifikan, namun bukan faktor utama dalam menentukan kenakalan remaja.

Kata kunci : *self-awareness, kenakalan remaja, peserta didik, sekolah menengah atas.*

ABSTRACT

THE INFLUENCE OF *SELF AWARENESS* ON JUVENILE DELINQUENCY AT SMAN 1 SUNGKAI SELATAN

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This study aims to analyze the effect of self-awareness on juvenile delinquency at SMAN 1 Sungkai Selatan. The research employed a quantitative approach with an associative design. The population consisted of 254 students in grades X and XI, with a sample of 72 respondents selected through simple random sampling. Data were collected using a questionnaire and analyzed using simple linear regression. The analysis was conducted to determine the extent of the influence of self-awareness on juvenile delinquency. The results showed a significance value of $0.046 < 0.05$, indicating a significant effect of self-awareness on juvenile delinquency. The coefficient of determination (R^2) was 0.056, which means that self-awareness contributed 5.6 percent to juvenile delinquency. A total of 94.4 percent was influenced by other factors outside the scope of this study. These factors include peer influence, parenting patterns, school control, and social environment. The findings indicate that the effect of self-awareness is relatively limited. Self-awareness is an internal factor related to the ability to recognize emotions, understand oneself, and control behavior. This role remains important in efforts to prevent juvenile delinquency. The relatively small contribution does not reduce the relevance of this variable for further study. Prevention efforts should consider both internal and external factors simultaneously. The conclusion shows that self-awareness has a significant effect, but it is not the main factor determining juvenile delinquency.

Keywords : *self-awareness, juvenile delinquency, students, senior high school.*