

ABSTRACT

THE RELATIONSHIP BETWEEN PASSIVE-AGGRESSIVE BEHAVIOR WITH STRESS LEVELS IN ADOLESCENTS AT SMPN 2 RANCAH

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Background: Adolescents with passive-aggressive behavior are unable to face confrontation and express themselves, so they show negative emotions implicitly. The inability to express oneself can be caused by age, parenting, and situational circumstances. These three factors are predisposing factors that influence stress. Excessive stress in adolescents can be detrimental to academic achievement. This research analyzes the relationship between passive-aggressive behavior with stress levels in adolescents at SMPN 2 Rancah.

Methodology: This research used a cross-sectional design with correlation analysis. Sampling used a proportionate stratified random sampling, totaling 161 students. The instruments used are the TPA (Test of Passive Aggression) and the PSS-10 (Perceived Stress Scale). Data analysis used the Spearman Rank test.

Research Results: The majority of respondents had passive-aggressive behavior in the moderate category, with a total of 85 respondents (52.8%), and the majority of respondents' stress levels were in the moderate category with 106 respondents (65.8%). The bivariate analysis shows a p-value of 0.000 (<0.05), and r value of 0.333.

Conclusion: The result shows that there is quite a strong positive relationship between passive-aggressive behavior with stress levels in adolescents at SMPN 2 Rancah. Therefore, this research provides a basis for further efforts in guiding adolescent behavior and teaching effective coping mechanisms. It is hoped that these steps can help reduce the incidence of passive-aggressive behavior and stress levels in adolescents.

Keywords: Passive-aggressive behavior; Stress levels; Adolescents

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