

Spiritual Story Telling (SST) to Improve Violent Behavior Control Ability in Children

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Abstract: Introduction: Anger is often associated with aggressive behavior and other forms of violence. The purpose of this study is to prove that spiritual story telling is able to control anger behavior in children, especially violent behavior. Through tale, children will learn to understand a concept and cause; and learn to find solutions from every life event experienced. Method: The research type is Quasi-experiment with pre-posttest group design by giving a certain treatment to a subject group that is observed before and after intervention. The sample in this research was 30 respondents of treatment. This study has been tested statistically, the Wilcoxon test was done to identify the decline in behavior before and after Spiritual Story Telling treatment. Result and Analysis: By bivariate test using Wilcoxon ranks test, it was shown that the significant value was 0.00 and it was less than α (0.05). Therefore, it can be stated that there is a significant difference between before and after intervention. Conclusion: Spiritual Story Telling is significantly able to reduce violent behavior in adolescents.

1 BACKGROUND

Violent behavior is an extreme result of anger or fear (Yosep, 2010). Anger is a normal expression of feelings for the individual, but this feeling of anger can be manifested by behavioral changes from adaptive until maladaptive range. In the adaptive range, a person can usually express anger in a healthy way to achieve psychological satisfaction and it does not affect future interpersonal relationships. Healthy anger is expressed without blaming others and gives peace.

Anger that leads to violent behavior can occur at any age, ranging from the age of children, teens, adults to the elderly. The behavior that emerges can be a verbal, social, emotional, intellectual and spiritual expression. In the theory of excitement, behavior is a basic human need if the needs are not met through constructive behavior then the individual will meet his needs through destructive behavior.

Children, with all their limitations due to their growth factors that have not been optimal, have the inability to manage their wants or needs. A relatively small age makes them less able to control anger that leads to violent behavior ranging from mild to very

destructive violent behavior. A stable emotion is believed to be a dominant factor, so that, children are less able to manage the perceived anger through unhealthy behavior.

Learning theory stated that violent behavior is the result of individual learning to the nearest environment with examples of models and behaviors imitated from the media or the surrounding environment to allow individuals to imitate the behavior. We often find news in the media that a child is capable of performing behaviors that are very self-destructive to others and the environment. The incident is caused by the accumulation of frustration that occurs when the child's desire to achieve something is failed or inhibited.

2 METHODS

The research design used was Quasy Experiment with pre-post-test design. The population is the early adolescent in Semarang city. The sampling technique used simple random sampling with inclusion criteria of adolescence at the early age and willing to be a sample; and the middle-aged adolescents with exclusion criteria and not willing to

be respondents. Sample selection by selecting children who engage in violent behavior of 90 children, 30 of whom experienced violent behavior. There were 30 respondents obtained. The independent variable is Spiritual Story Telling, while the dependent variable is Improved Ability to control violent behavior. Instruments used are:

- 1) Questionnaire A: it is to collect demographic data which includes respondents' code, age, education, and occupation,
- 2) Questionnaire B: it is to measure Violent Behavior (RUFA)

3 RESULTS

The implementation of this research can be said successful and satisfying the research team. Technically, it began from the preparation of getting a very good response from the school and the respondent. During the study, all the respondents were enthusiastic to attend Spiritual Story Telling till the end.

Prior to Spiritual Story Telling, 89% of the children were unable to control violent behavior. From the respondents' explanation, it was revealed that violent behavior often becomes a means of satisfying emotions and expressing anger. Expression of anger is usually done in the form of insinuating, chasing, punching, being rude, insulting, doing activities that hurt the physical, social and emotion. While, 37% of them stated that they cannot recognize the anger they experience, and have a tendency to deny when they are angry.

After the Spiritual Story Telling, the children have got enlightenment in the form of the ability to control violent behavior and natural feelings of anger (89%).

Spiritual Story Telling has been proved to be able to improve the ability to control violent behavior on children. the introduction of the fairy tales was packed and tailored to their gender. Male students prefer the heroism-themed fairy tales, while the female students prefer the fantasy tales. The stories of the tales contain some inputs in the form of spiritual contents to increase the ability of understanding its spiritual aspects.

4 DISCUSSION

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Some obstacles experienced by the researchers were such as storytelling time that was considered less than optimal, because it requires additional sound effects through the sound system in order to strengthen the dramatization of the storyline. Also, the selection of story-telling hours that were on the sidelines of school lessons also reduced concentration, because children must share their attention and responsibility to follow the next learning process. Chamandar (2017), said from her research said that in order to evaluate the content of stories of aggressive children based on their drawings on DAS Test, the animal pictures, first a graph was prepared for analyzing the stories and then according to the research question, the finding were reported. The extent that the stories content emphasized on the aggression components was the main issues of her study.

5 CONCLUSION

After this research has been conducted, the next step is to do the conclusion analysis i.e. the answer from the research objectives that have been formulated. The conclusions that can be submitted are as follows : First; Violent behavior is a common occurrence in children. Most respondents have not been able to control violent behavior well. The violent behavior experienced is the result of their inability to recognize the sources of anger and express it well. Second: The results can be felt after the Spiritual Story Telling has been conducted, the respondents can recognize their anger and are able to control violent behavior in a good way.

Research in the future should consider to involve some supports including a more lenient time and to design supporting properties in the form of sound system with more supportive music background.

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