

Effect of Prosocial Children's Film on Reducing Aggressiveness

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Aggressiveness may lead to various negative effects on children. Therefore, early intervention on aggressiveness is necessary. One approach of the intervention is to teach prosocial behavior by using media, especially children film. The purpose of this study was to determine the effect of children prosocial film on aggressiveness. Total subjects were 56 first grade students. Instrument used in this study was an aggressiveness observation sheet designed and based on the physical aggression theory (Tremblay & Nagin, 2005) and verbal aggression theory (Vissing, Straus, Gelles & Harrop, 1991). Result showed that children prosocial film reduces the students' aggressiveness. Moreover, students who watched the children prosocial film have lower aggressiveness compared to students who watched a neutral children film. Therefore, parents and educators could use children prosocial film as an effective way to treat aggressiveness.

Keywords: aggressiveness, children film, media, prosocial

Agresivitas dapat menimbulkan berbagai dampak negatif pada anak-anak sehingga penanganan agresivitas sejak dini perlu dilakukan. Salah satu cara menangani agresivitas adalah dengan mengajarkan perilaku prososial melalui media, terutama film anak. Tujuan penelitian ini ialah untuk mengetahui pengaruh film anak bertema prososial terhadap agresivitas. Total subjek berjumlah 56 orang siswa kelas I Sekolah Dasar. Instrumen penelitian yang digunakan adalah lembar observasi agresivitas yang dirancang berdasarkan teori mengenai perilaku agresif fisik (Tremblay & Nagin, 2005) dan agresif verbal (Vissing, Straus, Gelles & Harrop, 1991). Penelitian ini memperoleh hasil bahwa film anak bertema prososial mampu menurunkan agresivitas. Agresivitas siswa yang menonton film anak bertema prososial juga lebih rendah dibandingkan agresivitas siswa yang menonton film anak netral. Oleh karena itu, orang tua dan pendidik dapat menggunakan film anak bertema prososial sebagai salah satu cara yang efektif untuk menangani agresivitas anak.

Kata kunci: agresivitas, film anak, media, prososial

Aggressiveness has emerged since the child was two or three years old, even when the child was younger (Tim Pustaka Familia, 2006; Tremblay, 2012). Forms of aggressiveness, such as biting or hitting another person if the desire is not fulfilled, which is named tantrums, are normal in two or three year old children. However, according to Coie and Dodge (as cited in Papalia, Olds & Feldman, 2007), the child's aggressiveness began intentionally directed to harm others when the child is entering the period of elementary school.

An initial survey conducted to ninety first-grade elementary students in Surabaya was held for four days during the active hours of the school. The survey obtained results that form of aggressiveness shown by

the first grade children, both when attending classes and at break time. Most of the students often hit other children with their hands and sometimes with a ruler, pencil or book. Many students often punched or pushed their friend. These behaviors increased at break time. They sometimes pulled other children's hair, said harsh words to each other, gave a nickname to other children, and often yelled or taunted if they were hit or other behaviors. Some of them sometimes complained about one's bad behavior to the teacher or another child, especially when they were studying.

Even though aggressiveness is an important instinct for survival (Lorenz, 2002) or is a significant factor to develop social skills when playing with other children (Papalia, Olds & Feldman, 2007), the continuous aggressiveness may carry serious impacts for both the offenders and the victims (Crick & Nelson, 2002; Hawadi, 2008; Schattler, 2000). Children who are

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