Perbedaan Adversity Quotient Ditinjau Dari Tipe Kepribadian Ekstrovert

Dan Introvert Remaja SMAN 19 Medan

ABSTRAK

Adversity Quotient adalah respon individu terhadap kesulitan yang dihadapi, yaitu berupa respon yang dapat berfungsi untuk bertahan (tidak putus asa ataupun mengundurkan diri) dalam menghadapi kesulitan untuk diselesaikan. Salah satu faktor yang mempengaruhi *adversity quotient* adalah karakter. Karakter disebut dengan kepribadian. Kepribadian merupakan gaya hidup, atau cara karakteristik mereaksinya seseorang terhadap masalah-masalah hidup, termasuk tujuan-tujuan hidup. Kepribadian dibagi menjadi dua, yaitu tipe kepribadian ekstrovert dan tipe kepribadian introvert. Tipe kepribadian ekstrovert cenderung sanagt terbuka, agresif, ramah, dan impulsif. Sedangkan introvert cenderung pemalu, pendiam, terkontrol, dan sangat tertutup. Penelitian ini bertujuan untuk mengetahui perbedaan adversity quotient ditinjau dari tipe kepribadian ekstrovert dan introvert remaja SMAN 19 Medan. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Populasi dalam penelitian ini adalah remaja SMAN 19 Medan yang berjumlah 80 orang. Teknik pengambilan sampel adalah *purposive sampling*. Hasil penelitian yang diperoleh koefisient perbedaan F = 13.890 dengan p = 0.000, < 0,001. Berdasarkan hasil ini berarti hipotesis yang diajukan berbunyi ada perbedaan *adversity quotient* ditinjau dari tipe kepribadian ektrovert dan introvert, dinyatakan diterima. Hasil lain yang diperoleh dari penelitian ini berdasarkan perhitungan mean hipotetik dan mean empirik yaitu pada variabel *adversity quotient* diperoleh nilai rata-rata hipotetiknya, yakni 87,500 dan mean empirik secara total adalah 95,442. Mean empirik *adversity quotient* ekstrovert sebesar 91,666 sedangkan mean empirik *adversity quotient* introvert sebesar 99,892. Berarti pada variabel *adversity quotient* mean hipotetik < mean empirik, dimana selisihnya melebihi bilangan satu SB/SD, maka dinyatakan bahwa subjek penelitian memiliki *adversity quotient* yang tinggi

Kata kunci : kepribadian ekstrovert , kepribadian introvert, *adversitu quotient*

The Difference Adversity Quotient Viewed from a Personal Type as Extrovert and Introvert on Juveniles of SMAN 19 School of Medan

ABSTRACT

The Adversity Quotient is defined an individual response over difficulties dealt with, namely a response that may function to resist (not frustrated or withdrawn) while facing difficulties and to solve. One of factors influencing existed *adversity quotient* is character. Character is known with personality. Personality constituted a live style or how a characteristic reacted by someone against the problems of life, including the targets for living. Personality is divided into two, they are extrovert personality type and introvert personality type. The type of extrovert personality is tending highly open, aggressive, friendly, and impulsive. Whereas introvert is seemly tend in shy, quietly, controlled, and highly closed. The objective of this study is to determine the differences in *adversity quotient* viewed from an extrovert and introvert personality type of Juveniles SMAN 19 School of Medan. This study adopted a quantitative method research. The population in this research involved those juveniles as student of SMAN 19 School of Medan totally 80 people. In collecting the data used a purposive sampling. In this research obtained a difference coefficient of $F = 13.890$ means $p = 0.000$, $< 0,001$. Based on this result means then hypothesis submitted existing there are differences *adversity quotient* viewed from extrovert and introvert personality type is declared acceptable. The other point obtained from this research based on assessment hypothetic mean and empirical mean on variable *adversity quotient* obtained its hypothetic mean namely 87.500 and its empirical mean totally is 95.442. Its empirical mean in *adversity quotient* of extrovert is amount 91,666 while the empirical mean *adversity quotient* of Introvert is 99,892. It indicated on variable *adversity quotient* hypothetic mean < empirical mean, for the difference exceeding count one SB/SD, it may state that the research subject has a high *adversity quotient*.

Keywords : extrovert personality, introvert personality, adversity quotient.