

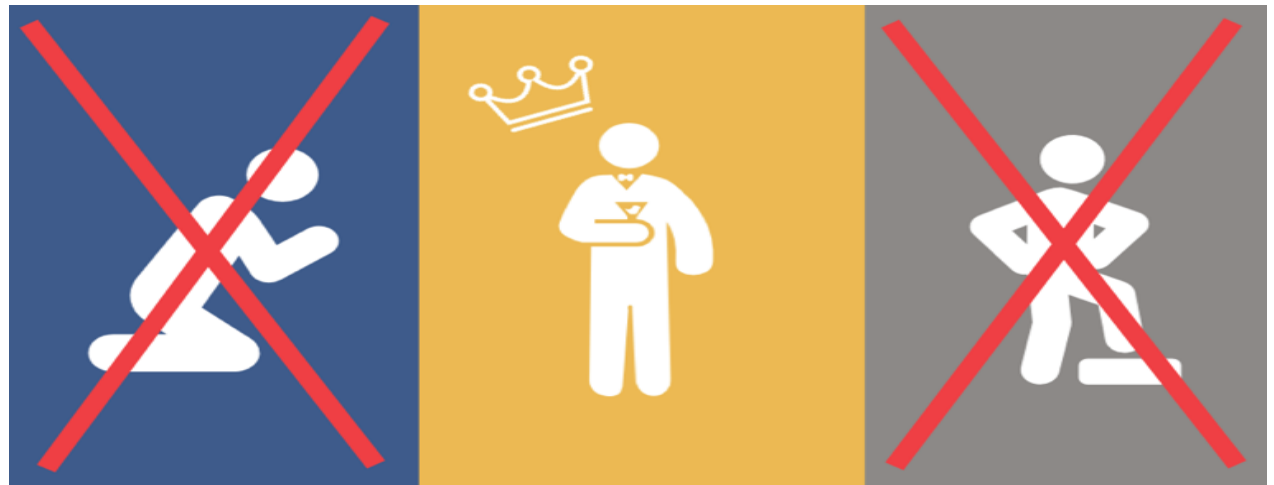


Assertiveness

Syifa SA., M.Comm
FISIP UPN Veteran Jawa Timur

Sikap Asertif

Adalah kemampuan individu untuk mengekspresikan perasaan positif ataupun negatif dan pikirannya secara tegas dan bebas dengan tetap memperhatikan perasaan orang lain atau dengan kata lain mempertahankan hak sendiri dengan tidak mengganggu hak orang lain



Perilaku asertif

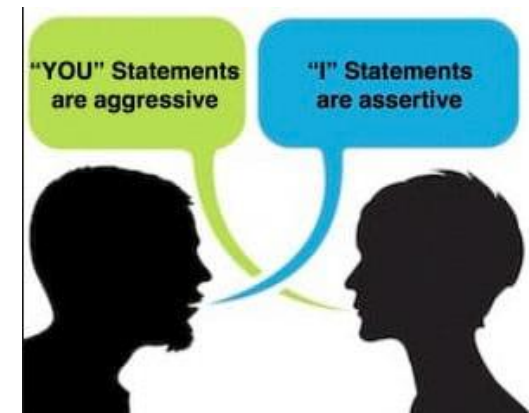


- Orang yg memiliki tingkah laku asertif adalah orang yang berpendapat orientasi dari dalam, memiliki kepercayaan diri yang baik, dapat mengungkapkan pendapat dan ekspresi yang sebenarnya tanpa rasa takut dan berkomunikasi dengan orang lain secara lancar
- Orang yang kurang asertif (submisif) memiliki ciri terlalu mudah mengalah/ lemah, mudah tersinggung, cemas, kurang yakin pada diri sendiri, sukar mengadakan komunikasi dengan orang lain dan tidak bebas mengemukakan masalah atau hal yang telah dikemukakan

Karakteristik perilaku asertif

- Memulai interaksi
- Menolak permintaan yang tidak layak
- Mengekspresikan ketidaksetujuan dan ketidaksenangan
- Berbicara dalam kelompok
- Mengekspresikan pendapat dan saran
- Mampu menerima kecaman dan kritik
- Memberi dan menerima umpan balik
- Bicara jujur
- Memperlakukan orang lain dengan hormat, begitu pula sebaliknya
- Menampilkan diri sendiri dan menyayangi orang lain
- Memiliki hubungan yang baik dan efektif dengan orang lain
- Tenang dalam keseharian dan memperlihatkan selera humor dalam menghadapi situasi sulit

(Lange dan Jakubowski,



Passive, Aggressive and Assertive Communication

Passive Behaviors	Aggressive Behaviors	Assertive Behaviors
Hoping the other person will guess your feelings	Using “you” messages to blame the other person	Using “I” messages to explain your feelings
Always listening, rarely talking	Interrupting, being sarcastic	Actively listening to the other person
Denying your own feelings; making excuses	Making fun of the other person’s feelings	Trying to understand the other person’s feelings
Criticizing yourself; always apologizing	Criticizing the other person; never giving a compliment	Expressing appreciation; being respectful
Always giving in to the other person	Always wanting your own way	Seeking a compromise that does not go against either person’s values
Mumbling; looking away; fidgeting nervously	Yelling; refusing to talk; finger pointing; glaring; using physical force	Speaking confidently and clearly; making eye contact; showing interest

Faktor yang mempengaruhi perilaku asertif

- Jenis kelamin
- Self esteem
- Kebudayaan
- Tingkat pendidikan
- Tipe kepribadian
- Situasi tertentu lingkungan sekitarnya





Aspek perilaku asertif

- Mengungkapkan perasaan positif
 - Dapat memberi pujian dan penghargaan
 - Meminta pertolongan
 - Mengungkapkan perasaan suka, cinta, kasih sayang kepada orang yg disenangi
 - Memulai dan terlibat percakapan
- Afirmasi diri
 - Mempertahankan hak
 - Mengungkapkan pendapat
- Mengungkapkan perasaan negatif
 - Menolak permintaan
 - Mengungkapkan ketidaksenangan
 - Mengungkapkan kemarahan



Manfaat perilaku asertif

- Pengungkapan diri membantu individu memenuhi kebutuhan, perasaan, dan ide diri sendiri
- Dapat mengenal diri lebih baik, bertindak konkrit terhadap apa yang dirasakan, kesempatan untuk mengembangkan diri
- Memungkinkan memenuhi kebutuhan pokok serta dapat bekerjasama dan menerima bantuan orang lain
- Membuat pribadi lebih menarik, mencegah terjadinya keretakan hubungan

Do you believe that this could've a
different story?



Pingin Anak Gemuk Lalu Digelonggong hingga Tewas, Ibu: Saya Khilaf

Sabtu, 26 Oktober 2019 — 12:15 WIB



Tersangka pembunuh anak kandungnya diamankan di Mapolsek Kebon Jeruk, Jakarta Barat. (ist)



Ternyata Ibu yang Menggelonggong Anak Hingga Tewas Ingin Putrinya Segemuk Kembarannya

Sabtu, 26 Oktober 2019 — 7:41 WIB



Six ideas to win friends and influence people



Am I assertive?



Read the questions
and keep track of
how many times
you answer yes.

I am comfortable
meeting new
people in **social
situations**.

I am able to
say "no"
without feeling
guilty or
anxious.

I can express
strong feelings
such as anger,
frustration or
disappointment.

I can easily
request help
and information
from others.

I feel capable of
**learning new
things** and
performing
new tasks.

I am able to
acknowledge and
take responsibility
for **my own
mistakes**.

I can **discuss
my beliefs**
without judging
those who don't
agree with me.

I am able to express
my honest opinion
to others, even if they
don't agree.

I tell others when **their
behavior** is not
acceptable to me.

How many times
did you answer yes?

I can speak
confidently in
**group
situations**.

I believe **my
needs** are as
important as
those of others
and should be
considered.

I can **assert** my
beliefs even when
the majority
disagrees with me.

I can **express
anger** or
disappointment
without blaming
others.

I am comfortable
**delegating
tasks** to others.

I **value my own
experience** and
wisdom.

Am I assertive?



Read the questions and keep track of how many times you answer yes.

I am comfortable meeting new people in **social situations**.

I am able to **say "no"** without feeling guilty or anxious.

I can express **strong feelings** such as anger, frustration or disappointment.

I can easily **request help** and information from others.

I feel capable of **learning new things** and performing new tasks.

I am able to acknowledge and take responsibility for **my own mistakes**.

I can **discuss my beliefs** without judging those who don't agree with me.

I am able to express **my honest opinion** to others, even if they don't agree.

I tell others when **their behavior** is not acceptable to me.

How many times did you answer yes?



More than 10

You are consistently assertive and probably handle most situations well.



Less than 10

Learning assertive behavior techniques would boost your score. Read the article closely.

I can speak confidently in **group situations**.

I believe **my needs** are as important as those of others and should be considered.

I can **assert** my beliefs even when the majority disagrees with me.

I can **express anger** or disappointment without blaming others.

I am comfortable **delegating tasks** to others.

I **value my own experience** and wisdom.