

ABSTRACT

Fitriani, Badriyah. 2012. *The Relationship Between Assertive Attitude With Happiness on Young Women Students* in Miftahul Mubtadiin Islamic Boarding School Nganjuk. Thesis. Faculty of Psychology. State Islamic University of Maulana Malik Ibrahim Malang.

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Key words: Assertive, Happiness

An assertive often assumed as an attitude that reflects on freedom of individual emotion in his motion in the social environment. This attitude is contribute positively to assertive actors and the people around him and becomes a weapon that makes an individual able to defend their rights and respect for the rights of others. During adolescence, social development characterized by the increase of relationship with their peers, so that assertiveness is important that teenagers can allocated their desires according to their heart and thoughts as well as teen mediation to fortify themselves from the negative effects of peer. It is closely related to life of adolescent satisfaction's that lead to happiness. Happiness itself is a positive emotion that is felt as a result of individuals perception of life so as to produce satisfaction, happiness, positive mindset, high self-esteem as well. The intersection between assertive and happiness is needs to be studied more on students who live in boarding school that have a distinctive culture and unique characteristics.

Referring to the background of study above, the problematic issues that to be discussed and which will be answered in this research is how the level of assertiveness of young women students at Miftahul Mubtadiin Islamic boarding school Nganjuk, how happiness level of young women students at Miftahul Mubtadiin Islamic boarding school Nganjuk, and how the relationship between assertiveness with happiness of young women students at Miftahul Mubtadiin Islamic Boarding School Nganjuk.

The research design using quantitative correlation. Research sample of 82 young women students of Miftahul Mubtadiin Islamic boarding school Nganjuk, and retrieval of data using the questionnaire and interview methods. In the processing of data using *Product Moment Correlation from Pearson*, test of validity and reliability using *Alpha Cronbach*. Processing of data was processed with the program SPSS 16.0 for Windows.

Based on the analysis of research, obtained the following results: the assertiveness variables, ie category of high assertiveness have percentage of 98.8%, while the medium assertiveness 1.2%, while the variables of happiness, that happiness have high percentage of 52.4%, 43.9% medium category of happiness, and low happiness 3.7%. In the analysis results testing the hypothesis obtained a significant association ie 0.325 ($r_{xy} = 0.325$; $\text{sig} = 0.003 < 0.05$). Thus the higher assertiveness students then the higher happiness they will feel.