



The Relationship Between Emotional Regulation and Aggressive Behavior in Adolescents at Al-Amin Orphanage, Sidoarjo District

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Abstract

Aggressive behavior can be in the form of physical, psychological, financial, and sexual violence. Aggressive behavior that is left unchecked and does not get attention can have an impact on juvenile delinquency. This study aimed to determine the relationship between emotional regulation and aggressive behavior in adolescents. This quantitative study used a correlational analytic type of research with a cross-sectional design. The research location was in Sidoarjo. The sample consisted of 34 adolescent children aged 10-15 years living in orphanages. The sampling technique used purposive sampling, and data were collected using a questionnaire, The Buss-Perry Aggression Questionnaire, and the statistical test used was the Spearman test. The study results showed that most respondents, 19 people (55%), had aggressive verbal behavior. Almost half of 13 respondents (37%) with moderate category emotional regulation had verbal aggressive behavior. The results of the Spearman test obtained $p(0.022) < \alpha(0.05)$, meaning that there is a relationship between emotional regulation and aggressive behavior in adolescents. The coefficient value (r) = 0.401 means that the nature of the relationship is in the medium category and with a positive direction, meaning that the higher the ability of adolescents to regulate emotions, the lower the aggressive behavior and vice versa. There needs to be supervision from the orphanage management regarding the emotional development of their foster children and the handling of perpetrators and victims through counseling with health workers.

Keywords: Emotional regulation, Orphanage, Adolescents, Aggressive behavior

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1. BACKGROUND

Aggressive behavior is a problem that often occurs in adolescents, and this incident does not only occur in formal educational environments but also non-formal educational environments such as

orphanages or Islamic boarding schools. Forms of aggressive behavior can be in the form of physical, psychological, financial, and sexual violence. Aggressive behavior that is allowed and does not get attention can have an impact on juvenile delinquency

(Hikmandayani et al., 2023). Bullying in the Islamic boarding school environment in the form of physical, verbal, and social bullying is generally caused by factors from within and outside the Islamic boarding school, which will have a negative impact on both the perpetrator and the victim (Emilda, 2022). The incidence of bullying in the world shows that there are 4,420 cases in students aged 13-15 years who have experienced it at least once in the last few months. In Indonesia, incidents of aggressive behavior in adolescents in the form of physical fights between students and students (aged 11-24 years) were recorded in as many as 0.22% of cases. In the Mojokerto area, 28 teenagers and children were recorded as being involved in juvenile delinquency (fighting) cases (BPS, 2023).

Many factors influence teenagers to behave aggressively, such as disharmonious family background, experiences of trauma or abuse, and poor parenting. These conditions affect the psychological development of adolescents and lead to negative behavior. This aggressive behavior is a reflection of themselves because when adolescents reflect on their emotions of anger, they will express it by committing aggression (Kahar et al., 2022)

The holistic approach and understanding in overcoming the phenomenon of aggressive behavior carried out by adolescents is the responsibility of all of us so that adolescents become a sound generation of the nation's successors (Salsabila, 2022). From the problems explained, it is necessary to know the factors that cause adolescents to behave aggressively. More effective management can be developed to help adolescents face problems better to prevent and overcome aggressive behavior and not develop into adulthood. This study aimed to determine the relationship between emotional regulation and aggressive behavior in adolescents.

2. METHODS

This research is quantitative and has a correlational analytic research type with a cross-sectional design. The research location is in Sidoarjo. The number of samples in this study was 34 adolescent children living in the orphanage aged 10-15 years with a sampling technique using purposive sampling. Data were collected using a questionnaire with an aggressive behavior scale research instrument, The Buss-Perry Aggression Questionnaire, owned by Buss and Perry. The statistical test used was the Spearman test.

3. RESULTS

Table 1. General and Specific Data of Respondents

Characteristics	Frequency (f)	Percentage (%)
Gender		
Male	9	26
Female	25	74
Age (years)		
10 – 12	23	68
13 – 15	11	32
Length of stay at the Orphanage (years)		
< 5	26	76
> 5	8	24
Family Background		
Yatim	8	23
Piatu	2	6
Yatim Piatu	4	12
Dhuafa	20	59
Marital Status of Parents		
Not Divorced	10	29
Divorced Living	19	56
Divorced Dead	5	15
Emotional Regulation		
High	6	18
Medium	17	50
Low	11	32
Aggressive Behavior		
Physical	8	23
Verbal	19	56
Angry	5	15
Hostility	2	6

Table 2. Cross Tabulation of Emotion Regulation with Aggressive Behavior

Emotional Regulation	Aggressive Behavior								Total	
	Physical		Verbal		Angry		Hostility		f	%
	f	%	f	%	f	%	f	%		
High	3	9	2	6	1	3	0	0	6	6
Medium	1	3	13	37	2	6	1	3	17	57
Low	4	12	4	12	2	6	1	3	11	37
Total	8	24	19	55	5	15	2	6	34	100

p=0,022 dan r = 0,401

4. DISCUSSION

Emotional Regulation in Adolescents in Orphanages

Based on the table above, half of the 17 respondents (50%) have a moderate level of regulation, which means that adolescents' ability to regulate their emotions still needs improvement. Based on the results of interviews with respondents with a moderate level of emotional regulation, it was found that when respondents felt positive emotions, they were careful not to express them. Respondents still felt hesitant and worried that their attitude would disturb others. Expressing positive emotions will impact good behavior, and they will still be hesitant to express them. The environment around them influences this, so respondents have not dared to express it.

According to (Muarifah, 2019), individuals who see their environment as a pleasant place tend to have good emotional regulation and will have positive emotions and vice versa. Respondents are residents of orphanages, where this condition is a challenge for teenagers, and they should be raised in a family environment with whole love. Most respondents from low-income families / dhuafa as many as 20 people (59%), based on the results of interviews with respondents stated that they rarely get attention from both parents because

they are busy working as casual laborers so that their daily interactions are more in the orphanage environment. This condition allows respondents to adjust to life in the orphanage environment. Research by Noviekayati et al. (2021) shows that most teenagers who live in orphanages have lives that teenagers do not desire. Psychological problems in orphanage teenagers are due to the difference in situations between life in orphanages and at home. The interview results showed that respondents came from families with divorced parents, as many as 19 people (56%). This less harmonious family condition impacts the decrease in family attention for teenagers. This lousy relationship causes teenagers to be neglected when they are outside the home and are at risk of aggressive behavior. This is to the results of research (Putryani et al., 2021) that there are factors that influence cyberbullying behavior in adolescents, namely neglect from parents, parenting patterns, and inability to adjust to the environment. According to researchers, mental health education is needed for caregivers of orphanages to be able to supervise and control adolescents who experience disorders in their emotional regulation. Counselors can maximize the application of psychodrama when intervening with children who tend to be aggressive as an alternative

counseling technique in helping children reduce their tendency to aggressive behavior (Luawo & Wildaranti, 2019).

Aggressive Behavior in Adolescents in Orphanages

Based on the table above, most 19 respondents (56%) have aggressive verbal behavior. The results of the interview showed that respondents who carried out verbally aggressive behavior mostly always argued when they did not agree/disagreed with an idea with their friends, even when disturbed by other people, respondents always argued until the other person gave up and said that arguing was part of their life.

According to (Ferdiansa, 2020), someone with verbally aggressive behavior usually swears, mocks, and belittles others. Someone with verbally aggressive behavior tends to attack others or provide detrimental and hurtful stimuli to others through their verbal. This is in line with the results of research from (Nabila et al., 2022) that as many as 86% of verbal bullying incidents where this incident lasted for a long time and harmed the victims. The most common negative impact is psychological stress. As many as 14 respondents (19.4%) are in the high category of students who often engage in verbal aggression towards others. Students

who often commit verbal aggression towards others are due to poor parenting behavior towards their children (Aridhona & Setia, 2022). Most respondents were between 10 and 12 years old, as many as 23 people (68%), which means they are still young and have minimal life experience, so they are still not good at regulating their emotions. According to the researcher, respondents have not been able to control themselves. Emotions carry them away because respondents still have minimal experience and ability to manage their emotional regulation. Adolescents who have good emotional regulation will be able to control negative stimuli into positive ones so that they can behave well and benefit themselves and others because they can understand emotions towards a situation (Kahar et al., 2022).

Relationship Between Emotional Regulation and Aggressive Behavior in Adolescents in Orphanages

Based on the table above, it is found that most respondents, 19 people (55%), have aggressive behavior in verbal form. Almost half of the 13 respondents (37%) who have emotional regulation in the moderate category have verbal aggressive behavior. Based on the table above shows that the results of the Spearman test obtained $p(0.022) < \alpha(0.05)$, meaning that

there is a relationship between emotional regulation and aggressive behavior in adolescents. The coefficient value (r) = 0.401 means that the nature of the relationship is in the moderate category and with a positive direction, meaning that the higher the ability of adolescents to regulate emotions, the lower the aggressive behavior and vice versa. In line with research by Widyayanti et al. (2022), the more positive the emotional regulation variable, the lower the cyberbullying variable will be.

Most of the respondents were female, as many as 25 people (74%). Based on the results of interviews with respondents who were all women, they stated that sometimes they were able to control and sometimes they were carried away by emotions, so they were unable to control their emotions. According to researchers, many factors influence why women are more likely to engage in verbal aggression. In addition to family factors and environmental influences, some factors influence how to solve previous problems or past experiences. Also, women have more subtle feelings, attitudes, personalities, prejudices, desires, and a high level of sensitivity. Both men and women have the same opportunity to engage in aggressive behavior; only boys tend to be physically aggressive, and

women tend to be non-physically aggressive, namely verbally. According to the results of the study by Sitasari (2017), there is no difference in the perception of bullying behavior between men and women. Based on the table above, most of the respondents, 19 people (56%), came from families that were less harmonious with their parents' marital status being divorced. The results of interviews with respondents said that their parents' divorce made the family's economy uncertain, so the respondents were placed in orphanages. This condition will affect the psyche of adolescents, meaning that their parent's marital status also influences changes in adolescent attitudes. An intact or harmonious family will provide warmth to the family so adolescents feel happy. This is according to research by Saputra et al. (2017), which states that one of the factors causing adolescents to behave aggressively is parental divorce. Students whose parents are divorced have less happiness, encouraging students to look for other things that can make them happy, including intentionally hurting others. According to researchers, supervision is needed from all parties, including the family, community, and school. Supervision can be in the form of attention and good communication with adolescents. Most respondents, 26 (76%),

have lived in orphanages for less than 5 years. The longer they live in an orphanage, the more they interact with the orphanage environment, including with fellow residents and administrators, and vice versa. This is suitable to the opinion of Nabila et al. (2022), who said that all parties and the community pay attention to bullying incidents in students, from school elements and health workers, to provide health counseling among adolescents. According to researchers, a sound parenting system is needed between the orphanage administrators and the family. Parenting styles needed to foster adolescent morals in orphanages are authoritarian, authoritative, and permissive. The method fosters adolescent morals through role models, habits, and advice (Salsabila, 2022).

5. CONCLUSION

Aggressive behavior in orphanages can be physical, verbal, angry, or hostile; in this study, the most aggressive behavior carried out by orphanage residents was verbal aggression. Most always argue when they disagree with an idea with their friends, even when disturbed by other people. Respondents always argue until others give up and say that arguing is part of their life. Factors influencing orphanage residents to behave aggressively can come

from internal factors, including emotional regulation, age, and gender, and external factors, including the influence of length of stay in the orphanage, marital status of parents, and family background. According to researchers, supervision is needed from the orphanage management and creating a good orphanage environment. Cooperation with health workers is also needed for psychological health counseling for perpetrators and victims of aggressive behavior.

AUTHOR CONTRIBUTIONS

The primary author was responsible for the planning, implementation, and writing of this research report. The second author contributed to the field data collection and analysis of the results.

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CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest in this research. All research activities were carried out without any external influence that could affect the objectivity of the results.

DATA AVAILABILITY STATEMENT

The data supporting the findings of this research are available from the corresponding author upon reasonable request.

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