

THE RELATIONSHIP OF THE LEVEL OF EMOTIONAL MATURITY WITH THE LEVEL OF STUDENTS' AGGRESSION

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ABSTRACT

This study aims to determine whether there is a relationship between the level of emotional maturity and the level of aggression at the Faculty of Psychology UIN Raden Fatah Palembang. Where the subjects we are looking for ourselves from the 2021 class of psychology faculty students at UIN Raden Fatah Palembang, Aggression Behavior itself is an act which aims to hurt someone either psychologically or physically. This aggression behavior is carried out by people who do not have emotional maturity where they often experience certain emotions such as angry emotions. The research method we conducted was a quantitative method using a cross sectional design. The sample we took amounted to 33 respondents from the Faculty of Psychology UIN Raden Fatah Palembang. The correlation coefficient (r) is 0.115 with a significance of 0.524. Variable X to variable Y has a correlation with the degree of relationship, namely moderate correlation and the form of the relationship is positive because $p < 0.05$ ($0.000 < 0.05$). So it can be concluded that emotional maturity and aggression have a strong correlation. This research is reinforced by research conducted that there is a negative and significant relationship between emotional maturity and aggression behavior of residents of the Ayu Sempaja Samarinda Dormitory Complex, meaning that the lower the emotional maturity of dormitory residents, the higher the aggressive behavior they have. Thus it can also be concluded that the hypothesis (H1) proposed in this study can be accepted.

Introduction

Aggressive behavior is an expression of a person's anger that is done violently and unnaturally and can also damage objects around him to defend himself or due to dissatisfaction (Saad, in Syarif 2017). This aggression is the behavior of harming other individuals who are not wanted from this behavior. According to Atkinson in Syarif (2017). Aggressive behavior is behavior that hurts other people or property and objects. Mac Neil & Stewart (in Syarif 2017) explain that aggressive behavior is an act intended to dominate a behavior or action in a descriptive manner, either through verbal or physical force directed at the aggressive target behavior. Aggressive behavior is a behavior associated with feelings of anger, physically, verbally injuring behavior and also conducting hostility by threatening and also demeaning others. Aggressive behavior is a deliberate action by the perpetrator with certain intentions and goals, there are two main goals of aggressive behavior that contradict

each other, namely defending themselves against aggressive behavior carried out by others and carrying out aggressive behavior with the aim of hurting others (Mashar, 2011).

The aspects of aggression behavior according to Bush & Denni (in Syarif, 2007). Among others: 1) Physical aggression is a form of aggressive behavior that is carried out by physically attacking with the aim of injuring or harming someone. This aggressive behavior is characterized by physical contact between the aggressor and the victim. 2) Verbal aggression is aggressiveness with words. Verbal aggression can take the form of swearing, innuendo, slander, and sarcasm. 3) Anger is one form of indirect aggression or indirect aggression behavior in the form of feelings of hatred for other people or things or because someone cannot achieve their goals. 4) Hostility is a cognitive component in aggressiveness which consists of feelings of wanting to hurt and injustice.

There are several factors that cause aggression behavior according to Davidoff in Syarif (2017). 1) Anger which is an emotion that has the characteristics of high parasympathetic nervous system activity and a very strong feeling of dislike which is usually caused by a mistake, which may or may not be wrong and when angry there is a feeling of wanting to attack, punch, destroy or throw something and cruel thoughts arise. 2) Biological factors, there are three biological factors that influence aggression behavior, namely: a) Genes that affect the formation of brain neural systems that affect aggression behavior. b) Brain systems that are not involved in aggression can strengthen or inhibit neural circuits that control aggression. Enjoyment-oriented people will commit less aggression than people who have never experienced pleasure or happiness. c) Blood chemistry (especially sex hormones which are partly determined by heredity) can also affect aggression behavior. Women who experience menstruation have decreased levels of the female hormones estrogen and progesterone as a result many women are irritable, restless, tense and hostile.

The level of aggression certainly triggers a relationship with emotional maturity. Emotional maturity is a development experienced by individuals in a growth in the life span. Emotional maturity owned by individuals is characterized by emotional responses that are not childish, providing emotional responses that are not excessive to the stimulus received, thinking critically before acting, solving a problem that is done with maturity so as not to harm themselves and their environment. Emotional maturity can be developed by individuals depending on a condition of growth, this is because the life of each individual will show an emotional pattern that will continue to develop starting from childhood and developing into adulthood in accordance with the demands of the environment Emotional maturity is an individual's way of critically assessing each behavior before acting, because it is more affected by momentary emotions. Individuals who are able to respond to every stimulus from their environment well can be seen from the healthy lifestyle they have, starting from having clear goals, taking responsibility for all decisions and every action on their environment. When each of these aspects is fulfilled, the individual can be said to be emotionally mature (Hurlock, in Alfikar, et al 2022).

Emotional maturity is important in developing positive capacities in relationships with other individuals. Individuals who have reached emotional maturity can be identified as individuals who can critically assess situations first before acting, no longer react without thinking beforehand like children or people who are emotionally immature, have good self-control, are able to express their emotions appropriately, or in accordance with the circumstances they face so that they are better able to adapt because they can accept a variety of people and situations and react according to the demands faced. (Hurlock in Syarif 2017). According to Walgito (2003) the aspects of emotional maturity are as follows: a). Can accept the situation of himself and others as it is in accordance with the actual situation. Does not force something to be obtained or must happen to him to achieve satisfaction. Individuals who accept their condition will always feel satisfied with whatever they have, b). Not impulsive. Impulsive is doing an action without reflection (without thinking) that cannot be held back and cannot be suppressed.

Usually people who are impulsive will act immediately before thinking well (Chaplin, 2008), c). Can control their emotions and emotional expressions well. Individuals can control their emotions well so that they can regulate when anger needs to be expressed. If the individual has high emotional control, the impulsiveness that he previously had will not be experienced again when dealing with a stimulus, d). Can think objectively and realistically, so that it is patient as well as understanding and has good tolerance. If these traits can be done, then emotions caused by impulsivity will be suppressed to be processed and decided what attitude to take, have good responsibility, can stand on their own, are not easily frustrated and will face problems with full understanding.

Factors that influence emotional maturity according to Young (in Yusuf, 2011) include:

- 1) Environment. Environmental factors include the family and community environment. Family situations that are not harmonious, there is a rift in family psychoborneo relationships where there is no peace in the family can cause negative perceptions in individuals. Likewise, a social environment that does not provide a sense of security and an unsupportive social environment will also interfere with emotional maturity.
- 2) Individual. Individual factors include personality factors that individuals have. The perception in each individual in interpreting something can also cause emotional turmoil in the individual. This is caused by negative thoughts, unrealistic, and not in accordance with reality. If individuals can control wrong thoughts into right thoughts, then individuals can help themselves to regulate their emotions so that they can perceive things well.
- 3) Experience. The experience gained by individuals in their lives will affect emotional maturity. Pleasant experiences will have a positive influence on individuals, but unpleasant experiences when repeated will have a negative influence on individuals and on the emotional maturity of these individuals.

Verbal aggressive behavior has been a problem for a long time, according to Berzkowitz 1993 (Susantyo, B. 2011) unpleasant situations cause negative emotions to

automatically develop into various physiological responses and motor responses, such as attacking and provoking feelings of anger, until now. Verbal Aggressive behavior is also found in Indonesia, and is still common among young people who engage in violent behavior, swearing, anger, cursing and suggestion (Putra & Mardison 2018). shows that 80% of verbal behavior occurs in young people (Hardoni et al., 2019). Internal factors such as not achieving life goals cause frustration and indirectly lead to angry outbursts (Isnaini, 2021) Explosive feelings of anger accompanied by frustration and provocation make aggressive factors seriously undermine emotional maturity Expected verbal aggressive behavior. to emotional maturity increases, so as to be able to control explosive angry emotions, so that verbal aggression towards others does not occur (Guswani & Kawuryan 2011), everyone has a different emotional response, the level of emotional maturity As you can see, negative Emotions accompanied by frustration lead to a process of aggression that has a significant impact on a person's emotional behavior. When an individual has good emotional maturity, the individual is able to control aggressive behavior that occurs according to Rahayu in (Asmoro, et al. 2018). Emotional maturity is defined in adolescence when it is called emotional maturity when it does not explode its emotions in front of others but waits for the right moment.

Based on the results of the analysis, it is stated that there is a negative and significant relationship between emotional maturity and verbal aggressive behavior in students of the Faculty of Psychology. That is, the lower the emotional maturity, the higher the verbal aggression, but the higher the emotional maturity, the lower the verbal aggression. So that the hypothesis is accepted. This is reinforced by Annisavitry's (2017) opinion that individuals who are able to control their emotions well can control their anger without hurting others verbally.

The phenomenon that has occurred lately is very alarming, because the tendency of the nation's moral decline is almost felt in all strata of life. This moral crisis is then followed by the proliferation of consumptive lifestyles, materialism, hedonism, and so on, all of which cause the elimination of a sense of humanity, togetherness, and social solidarity. Especially among teenagers, this socio-moral problem is characterized by arrogance, slandering fellow friends, low social awareness, increasing pre-marital sex, and even a decline in appreciation and respect for teachers or parents as figures who should be respected and respected. When examined carefully, it turns out that these events all hint at an increasing trend of aggressive behavior in adolescents. Students who behave aggressively consistently show deficiencies in interpersonal abilities towards aggression planning and management. That the emergence of aggression behavior can be caused by dealing with unpleasant situations or circumstances in their environment. Students who engage in aggression behavior are influenced by several factors, one of which is emotional maturity. Students who are not stable and emotionally immature can more easily appear aggressive behavior than those who have matured their emotions.

Method

This research uses a survey method, namely filling out questionnaires online by respondents as many as 33 respondents. Respondents taken were 4th semester students of the Faculty of Psychology, UIN Raden Fatah Palembang. Respondents. This study uses qualitative research because it only uses two variables, namely the relationship between emotional maturity and aggression behavior. The data analysis method in this study uses Statistical Product and Service Solutions (SPSS).

Results and Discussion

The purpose of this study is to see if there is a relationship between emotional maturity and aggressive behavior in 4th semester students of the Faculty of Psychology, UIN Raden Fatah Palembang. The scale used in this study is Nadia Safitri and Nurfauliyanti's scale from UIN Syarif Hidayatullah with their title The relationship between self-control and emotional maturity with social adjustment of gifted students in accelerated programs. Which we then distributed using a questionnaire to the psychology faculty of UIN Raden Fatah Palembang with our modified questionnaire title to avoid faking good when filling out.

This research is reinforced by research conducted by Firman Syarif (2017), there is a negative and significant relationship between emotional maturity and aggression behavior of residents of the Ayu Sempaja Samarinda Dormitory Complex, meaning that the lower the emotional maturity of the dormitory residents, the higher the aggressive behavior they have. Thus it can also be concluded that the hypothesis (H1) proposed in this study can be accepted. This is reinforced by the research of Resti Septina Damayanti, et al (2018), emotional maturity and aggression behavior in East Jakarta SMKN students show a negative relationship. This means that if students have a high emotional maturity attitude, then their aggressive behavior is low. Vice versa, students who have high emotional maturity have low aggressive behavior.

Table 1.1
Correlations

		emotional maturity	aggression
emotional maturity	Pearson Correlation	1	-.115
	Sig. (2-tailed)		.524
	N	33	33
aggression	Pearson Correlation	-.115	1
	Sig. (2-tailed)	.524	

N	33	33
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The table above shows that between maturity and aggression there is a correlation coefficient (r) of 0.115 with a significance of 0.524. Variable X to variable Y has a correlation with the degree of relationship, namely moderate correlation and the form of the relationship is positive because $p < 0.05$ ($0.000 < 0.05$). So it can be concluded that emotional maturity and aggression have a strong correlation.

Table 1.2
One-Sample Kolmogorov-Smirnov Test

Unstandardized Residual		
N		33
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	7.13287837
Most Extreme Differences	Absolute	.111
	Positive	.111
	Negative	-.076
Test Statistic		.111

Table 1.3
ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
aggression * emotional maturity	Between Groups	(Combined)	973.245	18	54.069	1.119	.422
		Linearity	21.784	1	21.784	.451	.513
		Deviation from Linearity	951.461	17	55.968	1.158	.395
		Within Groups	676.633	14	48.331		
		Total	1649.879	32			
Asymp. Sig. (2-tailed)			.200 ^{c,d}				

The table describes the results of statistical tests on the distribution of data using the One-Sample Kolmogorov-Smirnov Test technique. From the table it appears that the mean = .0000000, standard deviation = 7.13287837 and asymp. Sig (2-tailed) is 0.200. If the hypothesis is formulated

H1 is a normal distribution, and Ho is an abnormal distribution. Then H¹ is accepted if $p > 0.05$, and H¹ is rejected if $p < 0.05$. Based on the results of the normality test, it is known that the value of 0.200 is more than 0.05. So it can be concluded that the residual value is normally distributed.

In the Anova table, the results obtained where the probability value (p) = 0.422 which means greater than 0.050 or the value (p) > 4.22 so that H₀ is accepted and H¹ is rejected. It can be concluded that the independent variable and the dependent variable have a linear relationship.

Conclusion

Aggressive behavior is an expression of a person's anger that is carried out violently and unnatural things and can also damage objects around him to defend himself or due to dissatisfaction. Which of course triggers a relationship with emotional maturity. Emotional maturity is a development experienced by individuals in a growth in the life span. The emotional maturity of individuals is characterized by emotional responses that are not childish, providing emotional responses that are not excessive to the stimulus received, thinking critically before acting, solving a problem that is carried out with maturity so as not to harm themselves and their environment. Based on the results of the analysis, it is stated that there is a negative and significant relationship between emotional maturity and aggression behavior of residents of the Ayu Sempaja Samarinda Dormitory Complex, meaning that the lower the emotional maturity of the dormitory residents, the higher the aggressive behavior they have. Thus it can also be concluded that the hypothesis (H1) proposed in this study can be accepted.

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