

# The Relationship between Self-control with Aggressive Behavior

Andik Matulesy, Yanto Prasetyo, and Riska Tantri Maharani

*Fakultas Psikologi, Jl. Semolowaru No.45, Surabaya, Indonesia*

*Universitas 17 Agustus 1945 Surabaya*

**Keywords:** Self-control, aggressive behavior, student association for environmental and adventure activity

**Abstract:** This research is motivated by the rampant cases of violence happened to the students association for environmental and adventure activity in Indonesia. Therefore there should be prevention of violence that occurs in these students who are often performed by their seniors in the framework of the training of new members. This research was conducted in student association secretariat of Airlangga University, Widya Mandala Christian University Surabaya, and University of 17 Agustus 1945 Surabaya with 53 subjects. Both scales were arranged with Likert model. The technique used in this research is parametric statistic in the form of correlation. Data analysis in this research used product moment statistic technique. The higher the self-control the less aggressiveness occurs in the student association members. It is important to improve and familiarize the members of nature lovers to control themselves in all situations and conditions, so that aggressiveness can be avoided.

## 1 INTRODUCTION

College students are those who are studying in college (Poerwadarminta, 2005). For most people, being a student is a challenge and pride since they are expected to be the next generation that can determine the direction toward a good nation. Students are not just studying in college. Students are also expected to be actively involved in formal organizations such as student executive bodies as well as in student activities units (SMEs) to channel hobbies. Organizations facilitated by the college make students learn to interact, coordinate, and apply science and ideas and achieve achievement. Students will be more forged into a mature person and ready to plunge into the community. Widayanto (in Sitepu, 2014) describes the organization is a place for students to develop a mindset in organization and in social life.

Decree of the Minister of Education and Culture Number 155 / U / 1998 concerning General Guidelines for Student Organizations explained that student organizations is a vehicle and means of self-development students towards the expansion of insight and increased skill and integrity personality to achieve goals higher education (Caesari, 2013). Association for environmental and adventure activity is one of the organizations that accommodate

students who have fun with the open nature such as mountains, forests, caves, rafting, rock climbing, and the environment. In addition to channeling interest in life in the wild that challenged, this organization have the most important goal of the love of the homeland, care and love for the environment and uphold the cooperation among members of the organization. Based on the environmental conditions faced, members of the organization are required to live in a state of limited and draining physically and mentally. Now it is much preached about the unpleasant behavior of senior member of the organization to new members that occurred in one of the Universities in Indonesia. Responding to the issue, this organization in other universities should be able to reflect from the bad experiences that befell the university concerned. Many senior members in the organization use the authority inappropriately. Such as the case of the death of three members of basic education of students for environmental and adventure activities and fourteen injured who are still treated. It occurs due to violence committed by senior members to new members. The behavior concerned is a deliberate act of hurting by a person or institution against another person or institution that is deliberately called aggressiveness.

Berkowitz (in Sarwono, 2009) explains that aggressiveness is a behavior that intentionally wants

to hurt or give pain to others. Of course, the behavior is bad for others, more precisely the victim. The impact of aggressiveness on the victim is usually not only cause pain, but also can cause trauma to the victim which will even lead to the feeling of grudge to do the same to the weaker in time, in this case to their juniors. Aggressiveness will continue to be repeated in the classroom and become a culture.

Of course this should be avoided. As described above that the goals of student organizations should be positive. But, in the implementation, it sometimes occasionally raises negative things such as aggressiveness which subsequently became a culture of galvanizing new members. Of course this should be avoided and, even more, prevented.

Aggressiveness is related to the low ability of students to control themselves. Students are said to have good self-control if they are able to arrange, guide, assist, and direct the form of behavior that can bring the individual toward the positive consequences (Goldfried and Merbaum). Meanwhile, according to Papalia (2004), self-control is important to adjust the behavior to what is considered socially acceptable by society. If the students are able to adjust the behavior in accordance with the norms of society, it means they have good self-control, so it is not encouraged to behave negatively or be able to avoid aggressive actions in any situation. It is important for students to grow or maintain good self-control in everyday life. Based on the above description it is necessary to examine deeper the relationship between self-control with the tendency of aggression on student of student association for environmental and adventure activity.

## 2 LITERATURE REVIEW

### 2.1 Aggressive Behavior

According to Berkowitz (Sarwono, 2009), aggressive is a deliberate act of intentional injury by a person or institution against a person or other institution that is in fact deliberate. Moyer (1976) argues that aggressiveness is associated with a lack of control over the emotions within the individual. Aggressive behavior is any form of behavior intended to harm or injure a person against the will of the person (Breakwell 1998: 17). Aggressive behavior can be physical or verbal. Physical aggression is aggression behavior that is done by doing physical violence such as slapping, punching,

and throwing with objects against others around him. Verbal aggression is aggression behavior done by way of expression to attack other people, can be mockery, insult, or verbal abuse.

According to Myers (2002), the factors that influence aggressive behavior are frustration, aggression learning which contains reward, social learning, and environmental influences. What is meant is an environmental situation which includes painful incidents, hot air temperatures, attacks, crowds that trigger aggressive actions, brain nervous system, genetic or hereditary factors, and chemical factors in the blood (alcohol and drugs).

Medinus (Dayaksini & Hudaniah, 2009) mentions four forms of aggression behavior, namely physical attack, which includes punching, pushing, spitting, kicking, biting, punching and robbing, attacking an object, intended here to attack the dead or animals, verbally or symbolically, which includes verbally threatening, aggravating others, threatening attitudes and demanding attitudes, infringement of property rights or invading other areas.

### 2.2 Self Control

Goldfried and Merbaum (Zulkarnain, 2002) define self-control as an ability to organize, guide, arrange, and direct behavioral forms that can lead individuals to positive consequences. When it comes to self-control, all individuals should be able to organize and manage all their behaviors in a positive way. Someone who has the ability to control themselves will be able to use common sense, and can still bring up a calm and positive view. According to Logue (1995) self-control has characteristics such as: a) Holding fast or staying afloat with tasks that should be done despite many burdens. b) Changing its own behavior through changes as a consequence of effects of the existing rules. c) Does not show or involve behavior that is affected by anger (emotional). d) Can control the stimulus; know which is good and which is not by preventing or steering away.

### 2.3 Research Hypothesis

The hypothesis in this research is whether there is a negative relationship between self-control with aggressive behavior on the members of student association for environmental and adventure activities. This shows that the higher the self-control the lower aggressive behavior arises.

### 3 RESEARCH METHODS

The subjects of this study are students who are active in the organization of environmental and adventure activities totaling 53 people. The subjects are taken by using Purposive Sampling. There are two scales used, Aggressive Behavior and Self Control scale likert model with five alternative answers.

#### 3.1 Operational Research Variables

##### 3.1.1 Aggressive Behavior (Y)

The Aggressive Behavior Scale taken from the indicator according to Medinus (in Dwi, 2013) consists of:

- a) Physical attack
- b) Attacking an object
- c) Verbally or symbolically
- d) Violation of property rights or attacking other people's territory

##### 3.1.2 Self Control (X1)

Self-control is the ability of individuals to organize, guide, arrange, and direct behavioral forms that can lead individuals to positive consequences. Students who have self-control in this study are measured through characteristics consisting of:

- a) Stand firm in the task
- b) Able to change its own behavior from the influence of existing norms
- c) Does not exhibit behavior that is affected by anger
- d) Able to control the stimulus.

##### 3.1.3 Hypothesis Testing Design

Research data were analyzed by data analysis using SPSS version 20.0. The data are previously analyzed. Process is done by measuring instrument test:

1. Dependent variable distribution normality test (Aggressive Behavior) obtained result  $p = 0,474$  ( $p > 0,05$ ) which means that the distribution of Aggressive Behavior variable is normal.
2. The relationship linearity test between: Self Control (X1) with Aggressive Behavior (Y) obtained  $F = 144.925$  with  $p = 0,000$  ( $p < 0,05$ ) which means that the relationship between Self Control and Aggressive Behavior is linear with the Cronbach Alpha correlation technique.

### 4 RESEARCH RESULT

Research on the relationship of self-control with aggressive behavior on the students of student association of environmental and adventure activities is conducted from June 23 until July 7, 2017 with 53 individuals who follow the organization with used tryout system. The 53 subjects were gathered from data collection through questionnaires. After collecting data, the researcher then performed the analysis process of validity and reliability test on the results that have been obtained to collect items with level of validity and reliability of measuring instruments. The prerequisite test is performed. The first one is the normality test by using Smirnov Kolmogorov technique assisted by SPSS version 20.0 for Windows program to obtain result for dependent variable (Aggressive Behavior). The value obtained was significant value equal to  $0,474$  ( $p > 0,05$ ) while the independent variable (self-control) obtained was significant  $p = 0,991$  ( $p > 0,05$ ). Hence, the result of analysis shows that dependent variable (aggressive behavior) and independent variable (self control) in this research is distributed normally. The second prerequisite test is a linear test of the relationship between self-control and aggressive behavior by using Curve Estimation-Linear technique with SPSS version 20.0 for Windows program which showed significant value  $p = 0,000$  ( $p < 0,01$ ). This means that both variables have linear relationship.

The next stage is the hypothesis test. Correlation techniques used to determine the relationship between self-control variables and aggressive behavior is product moment (parametric) technique. The calculation by using SPSS version 20.0 for Windows shows the correlation value of  $r_{xy} = -0,860$  with significant  $p = 0,000$  ( $p < 0,01$ ), which stated that there is a significant negative correlation between self-control variable with aggressive behavior variable in student of the organization

Based on the results of this study, the hypothesis of research which states that there is a negative relationship between self-control with aggressive behavior on student association of environmental and adventure activity is accepted. This suggests that the research hypothesis is proven. The linearity result obtain is the value of R Square = 0.740 which means there is an effective contribution of self-control variables to aggressive behavior variable of 74% compared with other variables that affect aggressive behavior variables including those which are not studied. This shows that there are other variables that affect the variable Y (aggressive

behavior) by 26%. Then there is a negative relationship between self-control and aggressive behavior.

## 5 DISCUSSION

The results of the research that has been described above shows that there is a very significant negative relationship between self-control with aggressive behavior on students who become the members of the organization. This shows that the self-control of these students can influence their aggressive behavior.

Goldfriend and Merbaum (in Zulkarnain, 2002) define self-control as an ability to organize, guide, arrange and direct behavioral forms that can lead individuals to positive consequences. A person who has good self-control will be able to organize and arrange all his behavior using common sense so as to lead to a positive behavior.

According to Krahe (in Noor, 2005) one of the factors that influence aggressive behavior is the personality factor, one of which is self-control. Borba (in Noor, 2005) states that in an attempt to control behavior, self-control provides an important role for the individual. Self-control makes individuals able to act right. Self control can stop dangerous actions from individuals. Furthermore, the ability to control yourself relates to how one controls the emotions and impulses in him. In this case, to control the emotion in question is by doing something by using a rational attitude to respond to the situation and prevent excessive reactions. Self-control can make students to be able to control themselves in performing acts contrary to the existing provisions. Students of this organization who have good self-control will certainly have the ability to manage their behavior that leads in a positive, while those who have poor self-control will result in their inability to control their own behavior.

In connection with the explanation above, Soekadji (in Noor, 2013), mentions that self-management is the procedure by which a person directs or regulates his own behavior. So, a good self-control will avoid individuals with aggressive behavior to harm themselves and others.

Based on this research, it is clear that self-control is one of the factors associated with aggressive behavior. So, according to the above explanation, the hypothesis of the researcher is accepted. There is a relationship between self-control and aggressive behavior in student of the association of environmental and adventure activity.

## 6 CONCLUSIONS AND RECOMMENDATIONS

### 6.1 Conclusion

This study aims to determine the relationship between two variables, namely self-control variables and aggressive behavior in the members of student association of environmental and adventure activities. So, the hypothesis in this study is "There is a negative relationship between self-control with aggressive behavior in student of student association of environmental and adventure activities".

From the result of validity and reliability test on aggressive behavior variable, there are 36 valid items obtained with a level of reliability that move from 0,326 until 0,820 with Cronbach's Alpha value of 0,960. Self control variables get 30 valid item results with a level of reliability that move from 0.331 to 0.744 with Cronbach's Alpha value of 0.935. Both variables are valid and reliable based on the validity and reliability test. The result of product moment correlation analysis shows  $r_{xy} = -0,860$  at significance level  $p = 0,000$ . So, the research hypothesis states "There is a relationship between self-control with aggressive behavior on students of student association for environmental and adventure activities" is accepted. It states that the higher self control the lower aggressive behavior. In contrary, if they have lower self control, then the aggressive behavior is higher. This study has limitations on respondents who refused to be given a scale of aggressive behavior.

### 6.2 Suggestion

Further Research needs to be done on the same aspect to test the consistency of the result of this study. Research suggest to take a broader subject than the University in Surabaya both public and private ones. For the prganization, the existence of the "high" category results in self-control variables and the "low" category on aggressive behavioral variables, which is derived from 53 subjects, is a fairly good result. So, the researcher suggest the organization to try to improve the personal condition both physical and psychic which affect self control on fellow members of the organization

## REFERENCES

- Adam, Herwantho H. Interaksi simbolik komunitas Pecinta Alam (KPA) OTANAHA di kota Gorontalo. *Essay of Faculty Ppsychology*. Universitas Negeri Gorontalo. Gorontalo. <https://eprints.ung.ac.id> . Downloaded on 17 April 2017
- Azwar, S. (2012). *Penyusunan skala psikologi. Jilid II*. Yogyakarta: PustakaPelajar.
- Breakwell, G. M. 1998. *Coping with aggressive behavior*. Translation : Bernadus H. Yogyakarta : Kanisius
- Berkowitz, L. 2003. *Emotional behavior*. Buku ke satu. Translate by Hartanti Waro Susiatni. Jakarta : PPM. [digilib.binadarma.ac.id](https://digilib.binadarma.ac.id). Downloaded on 15 Maret 2017
- Burger, J. M. (2008). *Personality*. Canada: Nelson Education.ltd.
- Caesari, Yasinta. 2013. Kuliah versus organisasi : Studi kasus mengenai strategi belajar pada mahasiswa yang aktif dalam organisasi Mahasiswa Pecinta Alam Universitas Diponegoro. Semarang : *Jurnal Psikologi Undip*.
- Dayakisni, T & Hudaniah. 2009. *Psikologi sosial*. Malang: UMM Press. <https://digilib.binadarma.ac.id> Downloaded on 17 April 2017
- Hadi, S. 2002. *Metodologi research : untuk penulisan paper, skripsi, thesis dan disertasi*. Jilid II. Yogyakarta: Andi Offset.
- Hurriyati, Dwi. 2013. Hubungan antara kontrol diri dengan perilaku agresif pada anggota Polisi Resort Pagar Alam. <https://jurnal.binadarma.ac.id> Downloaded on 17 April 2017
- Krahe. 2005. *Perilaku agresif*. Yogyakarta : Pustaka Belajar. <https://digilib.binadarma.ac.id> Downloaded on 17 April 2017
- Situmorang, Lasro Bonaventura. 2009. *Konsep diri pada anggota Mapasadha (Mahasiswa Pecinta Alam Universitas Sanata Dharma)*. <https://repository.usd.ac.id>. Downloaded on 4 April 2017
- Zhafarina, Dina. 2015. “hubungan antara sensation seeking dengan self efficacy pada mahasiswa pecinta alam di Universitas Sriwijaya”. <https://jurnal.digilib.binadarma.ac.id>. Downloaded on 4 April 2017
- Zhafarina. 2013. *Perilaku agresif remaja ditinjau dari konformitas teman sebaya*. <https://ilib.usm.ac.id> Downloaded on 4 April 2017.
- .....Diksar Mapala UII. <https://m.detik.com> . Downloaded on 20 Maret 2017