

The Effect of Neuroticism Personality Towards Agression Moderated by Self Control

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ABSTRACT. Aggression among students is one of the things that often happens in school. Aggression can occur because of anxiety experienced by students so that they choose to perform acts of aggression. An act of aggression can be minimized in the presence of a good self-control. This study involves 127 junior high school students in Malang as research subjects (Male = 82, Woman = 45). Subjects are given a scale on the level of their neuroticism, self-control, and aggression. The results showed that moderation model can explain aggression by thirty point five percent ($R^2 = 0,305$). Good self-control will weaken the relationship between neuroticism and aggression while poor self-control will further strengthen the relationship.

Keywords: Neuroticism, self-control, aggression, youth, junior high school students

Introduction

Lately, brawl became one of the problems that often occur in the community. Brawl today are not only done by adults but also done by children. Some clashes occur in the context of inter-village, between students with police, or even one school students with another school students.

Brawl numbers that occur today are very high. Based on data obtained from kompas.com recorded if there are sixty-three cases of brawl that occurred in Jakarta in the period of January 2015 to July 2015. This statistics is certainly quite astonishing for many parties considering the data is only taken in one province with a range of time is only about less than eight months (Carina, 2015).

One thing that attracts attention is that student involvement in acts of brawl is very high. Yet if we look at the current schools there

are parts of counseling and guidance services that aims to address the emotional problems of students. As in a study conducted by Restu & Yusri mentions that BK service assistance can give more attention to the students so that students will be able to channel their emotions to more positive things. The act of aggression that students often do is physical violence such as hitting and also verbal violence such as cursing their friends or even someone older than them.

In the field of psychology, brawl can be included in one form of aggression committed by individuals or one group against individuals or other groups. Aggression can pose a problem in social relationships e.g. in a family relationship or in dealing with friends in everyday relationships (Cheung, Choi, & Cheung, 2014; Leff, Baker, Waasdorp, Vaughn, Bevans, Thomas, Guerra, Hausman, & Monopoly, 2014).

Aggression consists of two forms of reactive aggression and proactive aggression. Reactive aggression is a form of aggression which can usually be caused by poor regulation of behavior possessed by individuals and also poor metacognition ability. While proactive

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aggression does not have a relationship with the low self-regulatory capacity of individuals, but has a relationship with the low acceptance that exists within a person and also with the low self-control possessed by the individual. (Latzman & Vaidya, 2013; White, Jarrett & Ollendick, 2013).

The aggression that occurs can be caused by anxiety that exists within the individual (Moyer, 1968). If the individual is faced with a situation that is less comfortable for him then the individual may have aggression either against the original object, substitute object, or even to himself. The act of aggression that is done is one form of self-defense to be able to cover themselves against feelings of helplessness that can be caused by the frustration and individual anxiety.

This is further strengthened by a study conducted by Tassy and Winstead (2014). The study conducted on students who are still trapped in feelings of their past love. Based on these studies, it is known if neuroticism can be one predictor of aggression that may occur.

Based on the above explanation then we can draw the conclusion while stating that if the personality of neuroticism can be one cause of the emergence of aggression in the individual where the higher level of neuroticism in the individual then it will have an impact on the level of aggression owned by the individual.

In addition, to personality factors, anxiety can also be influenced by the level of self-control possessed by individuals. Self-control is one form of ability possessed by individuals to exercise control over their condition when getting stimulus. Low self-control can lead to increased aggression in individuals, especially forms of reactive aggression and will also increase the likelihood of violence in a domestic relationship or bullying behavior that occurs in school children (Latzman & Vaidya, 2013; Cheung et al, 2014; Chui & Chan, 2015).

One study that suggests that self-control has an impact on aggression is a study conducted by Chui and Chan (2015) which mentions that self-control has a negative relationship with bullying behavior. Bullying behavior itself is one form of aggression that is launched by someone against others either in physically or verbally form. Based on this research seen if the poor self-control will increase the behavior of bullying done by individuals.

Based on the above description, we can draw a simple conclusion if the aggression

behavior has a positive relationship with the level of neuroticism that exist in the individual itself. This certainly makes the higher the neuroticism in the individual will also make the higher the aggression behavior possessed by the individual. However, the relationship between the two can still become stronger or even weaker with the placement of self-control variables as moderating variables in the relationship. Good self-control will weaken the relationship between neuroticism and the degree of aggression in the individual. Meanwhile, low self-control will actually make individuals who have high neuroticism will increasingly become aggression.

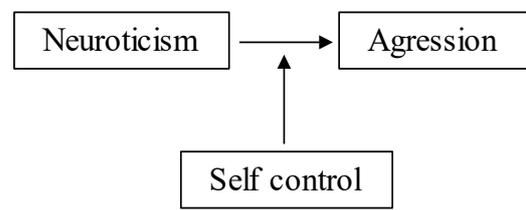


Chart 1.1 - Thinking Framework

Research Methods

Research Subject

This study aims to examine the influence of neuroticism personality towards aggression on students who are moderated by self-control. Subjects were students of Muhammadiyah 6 Malang Junior High School and MTS Nurul Iman Malang aged between 12 to 16 years old (M = 13.86, SD = 0.48). The number of subjects consisted of one hundred and twenty-seven students in which 82 were male and 45 were female.

The selection of students were in this category because at this age students are at the stage of finding their identity vs. identity confusion on Erik Erikson's developmental theory. At this stage the individual is in adolescence stage where this is a period where teenagers seek to find out their true identity and need to explore new things in order to find their identity. The circumstances in the search for a new identity will make the individual in a situation that could have made him uncomfortable, causing anxiety that can lead to aggression. The research subjects used all the students in 7th and 8th grade in Muhammadiyah 6 Malang Junior High School and MTS Nurul Iman Malang.

Research Instruments

The measuring tool used to measure the independent variables in this study is a big five personalities scale revised by Ramdhani (2012). In this study, researchers used this tool to measure the level of neuroticism in individuals. An example of a statement of this scale is “I am a melancholic person”. This measuring tool using Likert scale with five choices of answers which are strongly agree, agree, neutral, disagree, and strongly disagree. This scale consist of eight items with validity ranging from 0.378 to 0.760. While the reliability for this test is 0.848.

To measure the dependent variable in this study, researchers were using the aggression scale compiled by Orpinas and Frankowski (2006). This measuring instrument aims to measure the level of aggression in individuals. Examples of statements of this scale are like “I teased student to make them angry”. This scale uses the likert model with five choices of answers which are strongly agree, agree, neutral, disagree, and strongly disagree. The number of items in this test is eleven items and has a reliability of 0.88.

Meanwhile, to measure the moderation variables, researchers were using a brief self-control scale developed by Tangney, Baumeister, and Boone (2004) aimed at measuring how the subject’s ability to exercise control over himself. Examples of items on this scale are like “I have a hard time breaking bad habits”. Just like the previous measuring tool, this tool also uses the likert model with five choices of answers which are strongly agree, agree, neutral, disagree, and strongly disagree. This measuring tools consists of thirteen items with a reliability value of 0.85.

Data Analysis Research

This data research will use the help of one of the software called Statistic Package for the Social Sciences or better known as SPSS by using process method from Hayes. This method is used to determine the effect of neuroticism personality on aggression moderated by self-control.

Research Result

Based on research conducted on 127 subjects, it was obtained the following results:

Table 2. Research Results Description

Variable	Range	Mean	SD
Neuroticism	15-39	22,53	4,08
Self Control	17-54	41,92	6,61
Agression	14-47	27,74	6,39

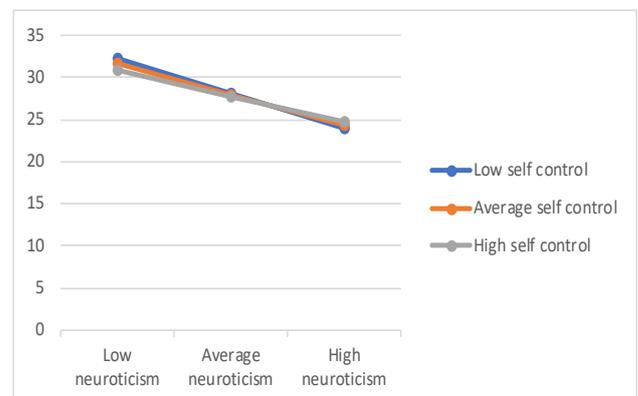
There are three variables in this research that is neuroticism, self control, and aggression. Descriptive analysis results (Table 2) showed that subject’s neuroticism was in the range of 15-39 (M = 22.53 SD = 4.08), self-control 17-54 (M = 41.92 SD = 6.61), and aggression in the range of 14-47 (M = 27.74 SD 6.39).

Table 3. Regression Test Results

	R	R2		Sig
X-Y Direct Test	0,198	0,039	0,198	0,026*
Moderation Model	0,552	0,305	-	-
Neuroti cism (X)	-	-	-0,567	0,272*
Self Control (M)	-	-	-1,04	0,024*
X*M	-	-	0,590	0,275*

Based on the result of regression analysis (Table 3), it is concluded that neuroticism variable has significant influence on aggression variable (p = 0,026). Then after a moderation test, obtained a result that the self-control variable is not a significant moderator variable in the influence of neuroticism against aggression (p = 0.275). The self-control variable is not a variable that moderates the relationship between neuroticism and aggression as seen in Graph 1.

Graph 1. Effect of Self-Control Moderation Against Independent Influence and Dependent Variables



Discussion

The results of this study indicate if neuroticism personality has a positive influence on the level of students aggression ($p = 0.026$). This study is in line with previous studies such as a study conducted by Barlett & Anderson (2012) which mentioned if neuroticism has a positive relationship with aggressive behavior. In addition, findings from Tassy & Winstead (2014) also mentioned that neuroticism can be a predictor in predicting the level of aggression that individuals have. It can happen because individuals who experience high levels of anxiety feel uncomfortable so that the tendency of aggression is increasing.

Meanwhile, many other studies have also linked self-control with aggression behavior. One study that states it, is a study conducted by White, Jarrett, & Ollendick (2012) who found that self-regulatory ability has a relationship with aggression, especially reactive aggression. If the individual can exercise self-control well then they can lower the level of aggression (Latzman & Vaidya, 2013; Cheung et al, 2014; Roll, Koglin, & Pettermann, 2012).

The results of this study indicate that self-control cannot be a significant moderator in the influence of neuroticism on students aggression. This finding is in contrast to the initial hypothesis presented by the researcher. Regression test results that place self-control as a variable that moderates the influence of neuroticism on aggression suggests that moderation of self-control can strengthen the influence of neuroticism on aggression.

It can be reviewed from other factors such as the level of students depression. Individuals who have high neuroticism will then be more susceptible to depression. Adolescent self-control ability here will not give a significant impact because adolescents who are depressed will choose to provide resistance in order not to be more depressed. As in a study conducted by Olenik-Shemesh, Heiman, & Eden (2012) who found that the feelings of depression have a close relationship with bullying behavior shown by adolescents. In this case, the act of aggression becomes one of the students' self-defense in order not to cause greater anxiety effects.

Conclusion and Implications

Based on the research done it can be concluded if the personality of neuroticism can be a predictor in aggression in the individual. Meanwhile, when the self-control variable is placed as a moderating variable, the strength of the relationship becomes stronger. This study also shows that students' self-control ability does not significantly affect the influence of neuroticism on student aggression.

The implications of this study suggest that the placement of self-control as a moderating variable may strengthen the influence of neuroticism on aggression. With these findings, it is expected for further researchers to be able to develop other variables in the future such as attachment between students as a moderation variable or by using depression as a mediation variable in the influence of neuroticism against aggression.

Although self-control cannot be a moderate influence of neuroticism against aggression, but based on other studies described above it can be concluded that self-control ability can decrease student aggression. Therefore, the school can help students to develop their self-control ability, one of them is providing "if-then" form. This form is one of the approach techniques that can improve student self control because students are trained to be able to analyze the cause and effect before doing an action.

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