

Harmony Effect Of Family And Self-Control On Aggressive Behavior In Adolescent

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ABSTRACT. Aggression can occur in the environment, in the school environment, in the community. The purpose of this study to determine the influence of family harmony, self-control and aggression behavior in students. This research uses quantitative approach with correlational design. The subject of this study amounted to 50 students vocational high School 2 city of Bima. Data collection using family harmony scale, self-control scale and scale of aggression behavior. Data analysis using multiple regression. Correlation analysis results obtained a negative relationship between harmonious family and aggression behavior ($r = -0,726$, $p < 0,01$), While self-control variables and aggression behavior show a significant negative relationship ($r = -0,815$, $p < 0,01$) while, regression analysis showed a significant correlation between family harmony, self-control and aggressive behavior ($F = 46,553$, $p = 0,000$ dan $R^2 = 0,650$).

Keywords: Family Harmony, Self-Control, Aggressive Behavior

Introduction

Aggressive behavior among adolescents from year to year is worrisome, variations of aggressive behavior that is often raised is increasing in adolescents. Aggressive is an emotional state experienced by adolescents with mixed feelings of frustration and hatred towards their peers as well as people who are nearby. The violence done teenagers occur in the environment of the school, the community, even within the family environment often aggressive stance. Aggressive behavior yaotu includes four factors: (a). The purpose to injure or harm, (b). Teenagers who become actors, (c). Teenagers who become victims and (d). Unwillingness juvenile offender accept violent behavior.

Aggressive behavior is a behavior by adolescents to harm, threaten and endanger the teenagers targeted both physically aggressive behavior or verbal (Eric Zhi-Feng Liu, et al, 2012). Increasingly widespread

occurrence of aggressive behavior among adolescents, especially among teenagers, this behavior is very worrying for other youth and are very disturbing people who are around the school and around the school. Social life, there are three sources of the emergence of aggressive behavior, namely: (a). Environmental influences, (b). Modeling and (c). The influence of parenting parents (Sahida, 2013).

Family harmony and Aggressive

household life between husband and wife demanded a good relationship in the sense required harmonious atmosphere by creating a mutual understanding, mutual maintain, mutual respect and meet their individual needs. Foster family harmony is the biggest mandate when two people decide to form a household. With affection from both parents teens can grow with the child's moral development is strongly influenced by factors of family harmony, both parents and the family (NorhayatiMohd, 2014).

Teenagers who grew up in a harmonious family environment and intact, will experience growth and moral development of more targeted from both parents. In the Qur'an explains: "And

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among His signs is His is He created for you wives of your kind alone, that you tend to be and feel at ease to him and made him among you a sense of compassion. Verily in this is truly there are signs for a people who disbelieve (QS. Ar-Rum, 21: 406). Likewise, the community most people only have low education, no awareness of education because most people who get married at an early age do not have the maturity and maturity in the household and ultimately children who are victims. This is in line with previous studies, showed no significant relationship with the aggressive behavior of family harmony (Cheah, et.al, 2013).

Self-Control and Aggressive

Self-control is one of the potential that can be developed and used teen for life processes, including in encountering conditions contained in the environment. The ability to control and manage the behavioral factors of age with conditions to present themselves in socializing. In the psychological theory of self-control is a strong protective factor to prevent negative behaviors are risky, especially adolescence (Dent, et.al,2013).

Self-control is often paired with self-regulation and self-regulation in an effort to control and modify the response owned by teenagers. Regulation dirimeliputi conscious and unconscious processes are typically related to all aspects of behavior that is guided by a wide range of objectives as well as specific standards (RIBEAUD, et.al, 2016). Development of psychology in recent years seem to ignore the role of self-control in the study of aggressive behavior and more focused external influences adolescents such as environmental influences, influence groups, and other social influences. While self-control is defined as the ability to suppress, inhibit impulses or behavior implusif (Chaplin, 2008). Self-control is specifically related to the effort to direct the behavior, especially in resisting the urge or impulse and resist interference as well as the impulse that appears.

Self-control in making decisions before acting adolescents can be said is very influential, when self-control is reduced teen will likely not aggressive impulse control and attention that causes teens to experience emotions in the act(Wal,et.al.,2011). Self-control is influenced by the quality of interpersonal gubungan family, friends, faith and spiritual quality, educational level, occupation, socioeconomic and marital status

(McCullough & Willoughby, 2009). Results of other studies have also revealed that youth who behave aggressively are likely to have self-control is low and characterized by relationships that are less close to their parents, little interest in the activities of a verbal, feelings less genuine, low self-esteem and emotional level high raises aggressive behavior (Terregrosa, et.al., 2011). This is in line with previous studies, indicate that there is a significant relationship with the aggressive behavior of self-control(Dou, et.al.,2014).

The influence of family harmony and Control Yourself Against Aggressive Behavior In Teens

Aggressive is a form of feeling and action angry and rages from physical abuse, invective form of words such as complaints and slander and fantasy violence and invasion (Zamzami, 2007). Based on some notion that aggressive behavior is their tendency keinginnan to negative behavior, violence for hurting people or damaging an object carried out physically or verbally.

Aggressive behavior in this study was shown to fight or carry out attacks in reply to his opponent in the form of provocation, humiliation and anger and attempts to defend itself as a form of denial to a friend or group.

This study draws on research (Tacket&Ostrove, 2010) that the aggressive behavior occurs because individuals respond to provocation, attacks or insults from others realized with action to defend themselves with anger. Because of the aggressive behavior that respond to provocations, attacks or insults, and manifested in acts of self-defense and angry, aggressive behavior that is harmful to others. Instances cited by Moore and Fine (Koeswara, 1988) the share of aggressive behavior in two forms ie physically and verbally, among other things: 1) Aggressive physical that is aggressively performed using physical abilities such as kicking, biting, pinching, throwing and hit, 2) aggressive verbally aggressive is done by verbally attacking such a taunt, yell, insult and slander.

As for the external influences that affect children in aggressive behaviors such as environmental influences, modeling, and pengaruh family harmony, there are also internal influences that affect the aggressive behavior that is self-control. As well as individuals with good self-control or high or control him of aggressive behavior, and vice versa, individuals with good self-control lacking the ability to control himself is also lacking. The higher a

person's self control, the lower aggressiveness, conversely the lower the self-control, the higher the level of aggressiveness.

Self-control in this study is the ability of adolescents to not behave not impulsive, can think of risk and behavior before acting, seek information before making a decision, do not rely on physical strength in solving other problems and not be selfish or irritable. Self-control in this study as a mediator variable between family harmony with aggressive behavior in adolescents.

Hypothesis

Based on the theoretical background above, the hypothesis is formulated as follows: "There is a harmony of Family Influence and Control Yourself Against Aggressive Behavior in Adolescents".

Method

Subjects used is 50 students with a sampling technique sampling probability that is incidental sampling. The research instrument was distributed to a class XI student of SMK Negeri 2 Kota Bima.

Research instruments used measuring devices Aggressive behavior Aggression scale (AS) with the reliability of 0,833 (Praptiani, 2012). The instrument to measure family harmony with instrument reliability of .839 (Lam et.al, 2010). , To measure self-control using measuring instrument the Grasmick self-control scale with the reliability of the instrument of 0433 (Stewart, et.al, 2003).

This is a quantitative correlation with the harmony of the family and self-control toward aggressive behavior in students of SMK Negeri 2 Kota Bima. Research data analysis using analysis multiple Regression. This test uses the help of Statistics Product And Service Solution (SPSS) IBM 2.0. This analysis is used to predict the magnitude of the relationship between the dependent and independent variables variabel (Ghozali, 2011).

Result

The following is a study the influence of family harmony, self-control and aggressive behavior.

On the correlation between family harmony with aggressive behavior there is a negative correlation with sig 0.000, meaning that the higher the lower the family harmony aggressive behavior (-, 726 = strong correlation). In correlation with aggressive self-control there is also a negative

correlation, meaning that the higher the lower the self-control behavior of aggression.

F test or ANOVA, the value of F count equal to 46.553 means the harmony of the family and self-control have a significant relationship with the aggressive behavior. It is clear that changes in family harmony and control oneself lead to aggressive behavior. Selanjutnya R values obtained 2 at 0,815a meaning that this value shows the harmony of the family and self-control together have a stake equal to (81.5%) on aggressive behavior.

Discussion

The findings of the above analysis provides information that the harmony of the family and self-control have a relationship with aggressive behaviors in students. This study shows that family harmony and self-control to contribute jointly towards aggressive behavior in students, meaning family harmony and good self-control will reduce aggressive behavior in students. Each independent variable is the harmony of the family and self-control of its own contribution to the dependent variable is the aggressive behavior.

Independently of family harmony has a significant correlation with aggressive behavior in students. The results showed that the harmony of the family have proved to be insufficient to reduce aggressive behavior in students. Intensitas level of anger and aggressive behavior have a significant relationship to parenting styles (Gasa, 2012). Teens need parents to direct involvement to achieve psychological well-being that will influence the behavior of life. Aggressive behavior appears when viewed as a reaction against the depression that aims to reduce the sense of dissatisfaction within a family.

Involvement of parents who have little conflict between members of the family in educating children is the success of parents in the aspect of moral good planting early, and care and genuine affection. The role of parents in child development greatly affects the formation of a child's personality can serve to take into account the magnitude of the effect of the emergence of aggressive behavior. It is powered by Zhou, King & Chassin (2006) that children raised in families that are not in harmony can lead to the emergence of aggressive behavior. Harmony in the family can affect the child's development of self-control. In families who have a good family harmony can affect the child's self control, so that aggressive behavior can be controlled.

Failure to control themselves can trigger aggressive behavior, and vice versa strong self-control will reduce aggressive behavior (Denson et al., 2012). In the study conducted on students who have bladder practice phenomena in N 2 Bima, control themselves contribute to aggressive behavior, meaning that when students have low self-control will tend to behave aggression.

This study found a negative correlation between family harmony and self-control on aggressive behavior in students, can be described by the higher harmony of the family and self-control then decreases aggressive behavior in students. To reduce their aggressive behavior, family harmony is a solution that will create the psychological needs met. fulfillment of psychological needs such as family harmony will reduce the tendency of students to behave aggressively. Improving self-control will also reduce violent or aggressive behavior, previous research supports this, that there is a relationship between low self-control against violent behavior (Hay, 2001; Vazsonyi & Crosswhite, 2004).

Conclusion

Based on the results showed that: (1). Family harmony has a significant negative correlation with aggressive behavior, (2). Self-control has a significant negative correlation with aggressive behavior, (3). Family harmony and self-control have a significant relationship with the aggressive behavior.

Results of research conducted in accordance with the research hypothesis that there is a relationship of family harmony and self-control against aggressive behavior. This suggests that the higher harmony family and self-control, the lower the aggressive behavior.

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