

## **The Effect of Emotional Intelligence on Aggressive Behavior in Late Adolescence**

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### **ABSTRACT**

The high incidence of aggressive behavior in adolescence needs further study of factors that contribute to the emergence of aggressive behavior in adolescents. So, it is necessary to explore what factors influence aggressive behavior in adolescence. The purpose of this study was to determine the effect of emotional intelligence on aggressive behavior in late adolescence. This study was quantitative research, A cross-sectional analytical study was done in this research. The sample in this study consisted of 191 students at a private university in Kediri. The sampling technique used simple random sampling and the data analysis used a Spearman rank test. The research instruments used in this study were respondent demographic data, emotional intelligence questionnaire (an adaptation of Goleman's emotional intelligence questionnaire), and adolescent aggressive behavior questionnaire with the BPAQ (Buss-Perry Aggression Behavior) questionnaire. From the research, it was found that almost half of the respondents had a very good level of emotional intelligence, almost half of the respondents had a moderate level of aggressive behavior. Based on the results of the Spearman test, the p-value was 0.003 with a correlation coefficient of -0.212. This shows that there is a relationship between emotional intelligence and aggressive behavior. The higher a person's emotional intelligence, the lower level of aggressive behavior. It means That Emotional Intelligence gave an effect on aggressive behavior, but only a low effect.

**Keywords:** Aggressive, Emotional Intelligence, Adolescence

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**BACKGROUND**

Aggressive behavior is an action that aims to dominate or perform destructive actions verbally or physically aimed at an object. Aggressive behavior can occur at any stage of age including adolescence. Adolescents tend to be at high risk of engaging in aggressive behavior because adolescence is a transitional period marked by various changes, both physical changes and psychological changes. Emotional development is the most prominent psychological development in adolescents. Emotional development and changes in adolescents make adolescents more prone to engage in aggressive behavior. Based on a preliminary survey at one of the private universities in Kediri, the results of interviews with students on January 19, 2019, there were fights between male students between faculties which began with verbal abuse and mocked each other and issued words that were inappropriate to say even until a fight or physical fights. This shows the high incidence of aggressive behavior in adolescents. The high number of aggressive behavior in adolescents needs further research related to the factors that influence aggressive behavior. In theory, emotional intelligence is one of the factors that is thought to influence aggressive behavior in adolescents, so the purpose of this study is to determine the effect of emotional intelligence on aggressive behavior in adolescents.

The increasing incidence of mental disorders in Indonesia must be addressed from an early age. This mental disorder can originate from the emergence of psychosocial problems that are not handled properly. One example of a psychosocial problem that occurs in adolescents is juvenile delinquency or aggressive behavior. A study conducted by Hsiao, Cheng, and Chiu explained that aggressive behavior plays an important role in adolescent development. This aggressive behavior is associated with behavioral problems such as anxiety, depression, attempted suicide, social isolation, and violent behavior (Hsiao, Cheng, & Chiu, 2019), from that literature, if aggressive behavior in adolescents is not detected as early as possible and does not get the right treatment, it can cause the occurrence of mental disorders.

Aggressive behavior is behavior or actions that are intended to dominate or behave destructively, through verbal or physical strength, which is directed at the object of aggressive behavior. Behavioral target objects include the physical environment, other people, and themselves (Park, Chiu, Won, 2017). The high incidence of aggressive behavior in adolescents is caused by various factors. Previous research states that aggressive behavior in adolescents is caused by internal factors as well as external factors that must be well recognized. Previous research has stated that emotional intelligence is an indicator that can be used to assess whether adolescents are at risk of engaging in aggressive behavior or not (Mesurado, Vidal, & Mestre, 2018). Emotional intelligence is the ability to monitor the emotions of oneself and others, distinguish these emotions, and use them to exert one's thoughts and abilities (Aprilia & Indrijati, 2014)

**METHODS**

This study was quantitative research, data were collected using a cross-sectional approach, using google form. The sampling technique used simple random sampling and the data analysis using the Spearman rank test. The sample in this study consisted of 191 students at a private university in Kediri. The research instruments used in this study were the emotional intelligence questionnaire (an adaptation of Goleman's emotional intelligence questionnaire), and adolescent aggressive behavior questionnaire with the BPAQ (Buss-Perry Aggression Behavior) questionnaire.

**RESULT**

Based on the research, the following data were obtained

Table 1 Characteristic respondents based on age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	15-18 Year	2	1.0	1.0	1.0
	18-21 Year	138	72.3	72.3	73.3
	21-24 Year	51	26.7	26.7	100.0
	Total	191	100.0	100.0	

Source: Primary Data researcher, 2020

Most of the respondents (72.3%) were aged 18-21 years

Table 2 Characteristic respondents based on Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	147	77.0	77.0	77.0
	Male	44	23.0	23.0	100.0
	Total	191	100.0	100.0	

Source: Primary Data researcher, 2020

Almost all (77%) of the respondents were female

Table 3 The level of emotional intelligence respondents

Level of emotional intelligence	Frequency	Percent
Good enough	6	3.1
good	91	47.6
Very Good	94	49.2
	191	100

Source: Primary Data researcher, 2020

Almost half (49.2%) of respondents had very good emotional intelligence

Table 4 Gender and Emotional Intelligence Crosstabulation

		Kecerdasan Emosional				P-Value
		Good enough	Good	Very Good	Total	
Gender	Female	3	74	70	147	0.626
	male	3	17	24	44	
Total		6	91	94	191	

Source: Primary Data researcher, 2020

**Table 5 The level of aggressive behavior respondents**

Level of aggressive behavior	Frequency	Percent
Very Low	30	15.7
Low	67	35.1
Middle	72	37.7
High	18	9.4
Very High	4	2.1
	191	100

Source: Primary Data researcher, 2020

Almost half (37.7%) of respondents had a moderate level of aggressive behavior

**Table 6 Gender and Aggressive Behavior Crosstabulation**

		Aggressive Behavior					P-Value
		Very Low	Low	middle	High	Very High	
Gender	female	25	50	53	16	3	0.33
	Male	5	17	19	2	1	
Total		30	67	72	18	4	191

Source: Primary Data researcher, 2020

**Table 7. Emotional intelligence and aggressive behavior Crosstabulation**

		aggressive behavior					P-Value	r
		Very Low	Low	middle	High	Very High		
emotional intelligence	Good enough	0	0	5	1	0	0.003	-0.212
	Good	11	27	43	9	1		
	Very Good	19	40	24	8	3		
Total		30	67	72	18	4	191	

Source: Primary Data researcher, 2020

Based on the results of the Spearman test, the p-value was 0.003 with a correlation coefficient of -0.212. This shows that there is a relationship between emotional intelligence and aggressive behavior. The higher a person's emotional intelligence, the lower level of aggressive behavior.

## DISCUSSION

Based on the research, almost half (49.2%) of respondents had very good emotional intelligence. Emotional intelligence is a situation where individuals are can recognize and control the feelings of themselves and others, as well as the ability to manage emotions experienced or felt in the face of stressors or demands (Yunia, Liyanovitasari, & Saporwati, 2019). Respondents in this study were late adolescents. Based on the theory, in

late adolescence, self-concept and maturity have begun so they have good emotional intelligence. Based on the research, almost all respondents were female. The results of the correlation test obtained a p-value of  $0.626 > \alpha$  so that  $H_0$  was accepted, which means there was no relationship between gender and the level of emotional intelligence. The results of this study are in line with Yunalia's research which states that gender is not related to emotional intelligence (Yunalia & Etika, 2020).

Based on the research, it was found that almost half (37.7%) of respondents had a moderate level of aggressive behavior. From the correlation test between aggressive behavior and gender, it was found that the p-value was  $0.33 > \alpha$  so that  $H_0$  was accepted, meaning that there was no relationship between aggressive behavior and gender. The results of this study are in line with previous studies (Saputra, Hanifah, & Widagdo, 2017). Whereas in another study it is said that aggressive behavior is influenced by Family Functioning, Emotional Intelligence, and Values (Carmen, Molero, & Bel, 2019)

Based on the research it was found that the p-value is 0.003, so the p-value  $< \alpha$ , so that  $H_0$  is rejected and the hypothesis is accepted. This means that there is a significant relationship between emotional intelligence and aggressive behavior in adolescents with the correlation coefficient -0.212. it states that the higher the emotional intelligence, the lower the aggressive behavior, conversely the lower the emotional intelligence, the higher the aggressive behavior. This is in line with previous research which states that Emotional Intelligence can be used as a strategy in reducing the level of aggression (Coccaro, Solis, Fanning, & Lee, 2016). A similar result was also stated by Guswani and Kawuryan (2011) that emotional intelligence is one of the factors, not the only factor that affects aggressive behavior. Thus other factors that influence aggressive behavior such as peer pressure, the influence of violent media, anger, biological factors, generation gaps, erroneous disciplinary processes, frustration, stress, provocation, and alcohol (Guswani & Kawuryan, 2011).

## CONCLUSION

Based on Research, Emotional Intelligence gave an effect on aggressive behavior, but only a low effect. So to reduce aggressive behavior, emotional intelligence must be improved. The limitation of this study only examined the level of aggressive behavior in the late adolescent community, so the recommendation to further research is examined all types of adolescence, not just late adolescence, And also examined other factors that influence aggressive behavior.

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