

# THE RELATIONSHIP OF SELF-CONTROL AND MOTIONAL MATURITY WITH AGGRESSIVE BEHAVIOR TENDENCIES DISTRICT PAMONG PRAJA POLICE UNIT TANAH ABANG IN CENTRAL JAKARTA

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## ABSTRACT

The purpose of this study was to determine the relationship between self-control and emotional maturity with the tendency of aggressive behavior in SATPOL PP sub-district Tanah Abang. In this study, the tendency of aggressive behavior is a dependent variable, self-control is an independent variable 1, and emotional maturity is an independent variable 2. The population in this study is SATPOL PP sub-district Tanah Abang. The sampling method of this study used a proportional random sampling technique and the sample used was 97. Based on the results of data analysis using bivariate correlation between self-control variables and the tendency of aggressive behavior obtained  $r = 0.195$  with  $p = 0.023$  which means there is a negative relationship between the self-control variables with the tendency of aggressive behavior. The results of data analysis between the variables of emotional maturity with the tendency of aggressive behavior obtained the value of the correlation coefficient of  $r = -0.376$  with  $p = 0.000$  which means there is a negative relationship between the variables of emotional maturity with the tendency of aggressive behavior. Multivariate correlation in the regression test known coefficient of determination R square of 0.149 and based on multivariate correlation regression obtained correlation coefficient values  $R = 0.386$  and  $p = 0.000$  which means there is a relationship between self-control and emotional maturity with the tendency of aggressive behavior.

**Keywords:** SATPOL PP, Tendency to Aggressive Behavior, Self-control, Emotional Maturity.

## INTRODUCTION

The Civil Service Police Unit (Satpol PP) has the task of maintaining peace, public order, enforcing regional regulations and Governor's regulations as well as supervising the public so that they obey and comply with regional regulations.

The role of the Civil Service Police Unit is increasingly needed, the government considers it necessary to create peace and public order for the community in an effort to maintain the Unitary State of the Republic of Indonesia.

Acts of aggression by Satpol PP members are not uncommon in carrying out their duties. There are often clashes between the community and Satpol PP when carrying out control. Krahe (2005) states that aggressive behavior that appears in individuals can be influenced by personality factors, one of which is self-control. Guswani and Kawuryan (2011) stated that self-control is one of the supporting factors for reducing aggressive behavior in individuals. Ghufroon and Risnawita (2014) state that self-control is the ability to organize, guide, regulate and direct forms of behavior that can lead individuals towards positive consequences.

When aggressive urges become stronger, self-control can help a person to ignore the urge to fulfill their aggressive needs, and help the individual to respond in accordance with personal or social standards by warning against aggression. Looking at this, it can be understood that if there are things that weaken, self-control is weakened then aggression will increase, and conversely if there are factors that strengthen self-control, then that is where aggression will decrease.

A person's ability to control or control aggressive behavior varies. This ability depends on many factors, one factor that is very possible is emotional control, because the level of individual ability in emotional skills varies, some individuals may be skilled in controlling their own emotions, but it is a little difficult for certain individuals to understand other people's feelings.

Emotional maturity is the ability to accept negative things from the environment without responding with a negative attitude, but with wisdom (Martin, 2003).

Individuals with a high level of emotional maturity are able to reduce aggressive impulses and control their emotions, are good at reading other people's feelings, and can maintain good relationships with their environment, so that if the individual has good emotional maturity, then the individual is able to control their aggressive behavior (Rahayu, 2008).

The problem in this paper can be formulated "Is there a relationship between self-control and emotional maturity and the tendency for aggressive behavior in the Tanah Abang sub-district civil service police unit in Central Jakarta".

This research aims to determine the relationship between self-control and emotional maturity and the tendency for aggressive behavior in the Tanah Abang District Civil Service Police Unit in Central Jakarta.

## **LITERATURE REVIEW**

Psychologists define aggression as behavior that is intended to cause harm. Bandura (in Susantyo, 2011) believes that aggressive behavior is something that is learned and not a behavior that individuals are born with.

According to Baron and Richardson (in Krahe, 2005), aggressive behavior is behavior that is manifested in various forms that are intended to harm or injure other living creatures who are motivated to avoid such treatment.

According to Myres (2002), the definition of aggression is physical or verbal behavior that is intentional or unintentional, but has the intention to hurt, destroy or harm another person, or to injure the object that is the target of aggression.

Based on the description above, it can be concluded that aggression is a behavior that is manifested in various forms which is intended to hurt or injure other living creatures, while the person concerned is motivated to avoid this treatment.

According to Buss and Perry (in Hidayat and Bashori, 2016), there are four aspects of aggressiveness which are based on three basic dimensions, namely motor, affective and cognitive. The four aspects of aggressiveness in question are:

1. Physical Aggression

A form of aggressive behavior carried out by physically attacking, with the aim of injuring or endangering other people. This aggressive behavior is visible because it is characterized by physical contact between the aggressor and the victim. In the field, this aggression is the easiest to see because there is visible physical evidence, such as an injured victim.

## 2. Verbal Aggression

Aggressiveness carried out with words. Verbal aggression can take the form of swearing, insults, sarcasm, slander, sarcasm, and uttering dirty and harsh words. Attacking with words, although often carried out in society, is often misunderstood as not being a form of aggressiveness. In fact, as a form of verbal "attack" against other people who do not want to receive hurtful words, this action is definitely included in the category of verbal aggression.

## 3. Anger

A form of indirect aggression, which is a feeling of hatred towards another person or something because someone cannot achieve their goals. Feelings of disappointment, failure, or betrayal can turn into anger which is shown not only towards the object that is the cause, but can also spread to other parties who are not directly related. Such feelings - even though they are stored or suppressed in the heart - if not managed properly, can come out in the form of verbal or physical aggression.

## 4. Hostility

One of the cognitive components of aggressiveness consists of the desire to hurt and fight injustice. This action expresses hatred, hostility, antagonism, or deep anger towards another party. Hostility is a form of aggression that is classified as covert aggression (invisible aggression), which includes hatred (jealousy and envy of others) and suspicion (distrust and worry).

Every individual has the ability to control themselves within themselves. Self-control is the ability to control oneself. If humans do not have the ability to control themselves then what will happen to them? It is possible that they behave abnormally like people in general.

The term self-control in everyday life is often heard by individuals. Self-control is indeed possessed by every individual, but in different degrees and abilities. Goldfield and Merbaum (in Ghufon and Risnawati, 2014) suggest that self-control means a process that makes the individual the main agent in guiding, organizing and directing forms of behavior that can lead to positive consequences.

Diponegoro & Malik (2013) stated that self-control is the ability to organize, guide, organize and direct behavior that leads to a positive direction so that you can take effective decisions and actions to get the desired results without offending other people's feelings.

Ghufon and Risnawati (2014) define self-control as the ability to organize, guide, regulate and direct forms of behavior that lead individuals towards more positive consequences.

According to Chaplin (2005) self-control is the ability to guide one's own behavior in the sense of a person's ability to suppress or inhibit impulses or impulsive behavior. This self-control concerns how strongly a person holds his values and beliefs as a reference when he acts or makes a decision.

Based on the description above, it can be concluded that self-control is an activity of controlling behavior, which contains the meaning of making considerations first before deciding on something to act on.

Averill (in Ghufon & Risnawati, 2014) states that there are three aspects of self-control, namely:

a. Behavior Control

Behavioral control is the readiness to provide a response that can directly influence or modify an unpleasant situation. The ability to control behavior is broken down into two components, namely regulating implementation (regulated administration) and the ability to modify stimuli (stimulus modifiability).

b. Cognitive Control

Cognitive control is an individual's ability to process unwanted information by interpreting, assessing, or connecting an event in a cognitive framework as a psychological adaptation or reducing stress.

c. Controlling decisions

Controlling decisions is a person's ability to choose an outcome or an action based on something he believes or agrees with.

Chaplin (2005) explains emotional maturity as a state or condition of reaching a mature level of emotional development, therefore the person concerned no longer displays emotional patterns that are appropriate for children.

According to Yusuf (2011) emotional maturity is an individual's ability to be tolerant, feel comfortable, have self-control, feel willing to accept himself and others, apart from that he can express his emotions constructively and creatively.

Emotional maturity is the ability to accept negative things from the environment without responding with a negative attitude, but with wisdom (Martin, 2003).

Kartono (2005) defines emotional maturity as a state or condition of achieving a mature level of emotional development, therefore the individual concerned no longer displays emotions as in childhood.

Semiun (2006) defines emotional maturity as a person's capacity to react in various life situations in more useful ways.

Asmiyati (2001) stated that emotional maturity is a condition of reaching a mature level of emotional development in an individual.

Emotional maturity is that individuals assess situations critically first before reacting emotionally, no longer reacting without thinking beforehand like children or immature people (Hurlock, 2017).

Chaplin (2005) said that emotional maturity is a state or condition of reaching a mature level of emotional development, and therefore the person concerned no longer displays emotional patterns that are appropriate for children.

Based on the description above, it can be concluded that emotional maturity is an individual condition characterized by emotional development and the emergence of appropriate behavior appropriate to adulthood.

According to Walgito (2003) aspects of emotional maturity are as follows:

1. Can accept the situation of oneself and others as they are according to the real situation.  
Don't force something to happen or have to happen to him to achieve satisfaction.

Individuals who accept their circumstances will always feel satisfied with whatever they have.

2. Not impulsive. Impulsiveness is carrying out an action without reflection (without thinking) that cannot be restrained and cannot be suppressed. Usually people who are impulsive will act immediately before thinking it through properly.
3. Can control emotions and express emotions well. Individuals can control their emotions well so they can regulate when anger needs to be expressed. If an individual has high emotional control, the impulsive nature that he previously had will no longer be experienced when faced with a stimulus.
4. Can think objectively and realistically, so that he is patient and full of understanding and has good tolerance. If these qualities can be implemented, then the emotions caused by impulsiveness will be able to be suppressed to be processed and decided on what attitude to take.
5. Have good responsibility, can stand alone, do not easily experience frustration and will face problems with full understanding. According to Martono (2010), having good responsibility means being able to bear everything so that there are risks that must be borne and carrying out all of one's obligations.

## **METHODOLOGY**

The operational definition that will be used in this research:

1. The tendency to aggressive behavior is an action that is deliberately carried out by a SATPOL PP individual with the intention of injuring or harming another person physically or verbally as a form of outlet for negative feelings to obtain satisfaction or a desired goal as measured by a scale of aggressive behavior tendencies using aspects Aggressive behavior, namely physical aggression, verbal aggression, anger, hostility.
2. Self-control is the ability of SATPOL PP individuals to guide, regulate and direct behavior, emotions and impulses from within themselves so that they can lead to a positive direction as measured by the self-control scale using aspects of self-control, namely behavioral control, cognitive control, control decisions.
3. Emotional maturity is the condition of a SATPOL PP individual which is characterized by emotional development and the emergence of appropriate behavior in accordance with adulthood as measured by the emotional maturity scale using the emotional maturity aspect, namely being able to accept the situation of oneself and others, not being impulsive, being able to control emotions, can think objectively and realistically, have good responsibility.

According to Sugiyono (2015), population is a generalized area consisting of: objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then conclusions drawn. In accordance with the objectives of this research, the population in this research is the Central Jakarta City Satpol PP. The characteristics of the subjects that are appropriate for the research that will be taken are: SATPOL PP in the Tanah Abang District area, numbering 127.

After the population has been determined, the next step is to determine the research sample. In this study, probability sampling techniques were used. A sampling technique that provides equal opportunities for each element (member) of the population to be selected as a sample member. The appropriate sampling technique is using a simple random sampling technique. Sampling of population members is carried out randomly without paying attention to the strata in the population.

The data collection method used in this research is scale. The scale model used in this research is a Likert scale which has five alternative answers, namely Very Suitable (SS), Suitable (S), Neutral (N), Not Suitable (TS), and Very Unsuitable (STS).

A valid instrument means that the measuring instrument used to obtain data (measure) is valid. Valid means that the instrument can be used to measure what it wants to measure (Sugiyono, 2015).

In this research, item validity was tested by comparing Cronbach's alpha with Cronbach's alpha if item deleted for each statement. If the Cronbach's alpha for each factor is greater than the Cronbach's alpha if the item is deleted, then the item is declared valid. Conversely, if the Cronbach's alpha for each factor is smaller than the Cronbach's alpha if the item is deleted, then the item is declared invalid or dropped (Yunanto, 2016).

According to Sugiyono (2015), a reliable instrument means an instrument that, when used several times to measure the same object, will produce the same data. In this research, the calculations used to measure reliability used the Cronbach's alpha formula with the help of the SPSS vers 22.0 for Windows program. To determine the level of reliability, Guilford's standard rule is used.

## DATA ANALYSIS AND DISCUSSION

Based on the results of the bivariate correlation statistical analysis between the variables of self-control and emotional maturity, a correlation coefficient value of  $r = .501$  was obtained. This shows that there is a negative relationship. The first null hypothesis (H01) which states "there is no relationship between self-control and the tendency for aggressive behavior in the SATPOL PP Tanah Abang District in Central Jakarta" is rejected, and this also states that the alternative hypothesis (Ha1) which states "there is a relationship between self-control with a tendency to aggressive behavior at the Tanah Abang Subdistrict SATPOL PP in Central Jakarta" was accepted. This is in line with research by Tangney, Baumeister, and Booner (2004) which states that the higher an individual's self-control, the more positive impact it will have on him. This is because self-control is able to direct and regulate behavior in a better direction when faced with negative encouragement. When aggressive urges occur, self-control can help individuals put aside their desire to be aggressive, and be able to respond in accordance with personal or social norms that can minimize aggressive behavior (DeWall, Finkel, and Denson, 2011).

Based on the results of statistical analysis in the second hypothesis by testing the variable emotional maturity with the tendency for aggressive behavior using bivariate correlation, a correlation coefficient of  $r = .470$  was obtained. This shows that there is a negative relationship. The second null hypothesis (H02) which states "there is no relationship between emotional maturity and the tendency to aggressive behavior SATPOL PP Tanah Abang District in Central Jakarta" is rejected, and this also states that the alternative hypothesis (Ha2) which states "there is a relationship between emotional maturity and the tendency for aggressive behavior by the Tanah Abang Subdistrict SATPOL PP in Central Jakarta" was accepted.

Based on the results of statistical analysis in the third hypothesis by testing the variables of self-control and emotional maturity with the tendency for aggressive behavior using multivariate correlation, the correlation coefficients were obtained  $R = .514$  and  $R^2 = .264$ , which means there is a relationship between self-control and emotional maturity and the tendency for aggressive behavior. With a negative Beta (B) value, this indicates that there is a

negative relationship. The third null hypothesis (H03) which states "there is no relationship between self-control and emotional maturity and the tendency to aggressive behavior SATPOL PP Tanah Abang District in Central Jakarta" is rejected, and this also states that the alternative hypothesis (Ha3) which states "there is a relationship between "self-control and emotional maturity with a tendency to aggressive behavior by SATPOL PP Tanah Abang District in Central Jakarta" was accepted.

Based on the results above, the direction of the relationship is negative, that is, the higher the self-control and emotional maturity, the lower the tendency for aggressive behavior at the Tanah Abang Satpol PP in Central Jakarta.

## CONCLUSION

Based on the results of the data analysis and discussion that has been presented, it can be concluded that: There is a significant and negative relationship between self-control and the tendency for aggressive behavior by the SATPOL PP Tanah Abang District in Central Jakarta. There is a significant and negative relationship between emotional maturity and the tendency for aggressive behavior by the Tanah Abang Subdistrict SATPOL PP in Central Jakarta. There is a significant and negative relationship between self-control and emotional maturity and the tendency for aggressive behavior at the Tanah Abang Subdistrict SATPOL PP in Central Jakarta.

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