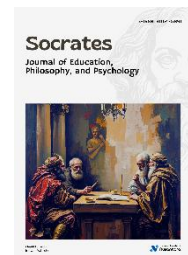




Socrates: Journal of Education, Philosophy, and Psychology

| ISSN (Online) [3064-5891](https://issn.org/3064-5891) |
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DOI: [10.63217/socrates.v2i3.311](https://doi.org/10.63217/socrates.v2i3.311)



The Relationship Between Emotional Dysregulation and Aggressive Tendencies in Late Adolescent Who Are Sensitive to Criticism and Feel Unappreciated

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Abstract: This study aims to examine the relationship between emotional dysregulation and aggressive tendencies among late adolescents in Bekasi City. A quantitative method with a correlational approach was used. The subjects of this study were late adolescents residing in Bekasi City. Data were collected using the Emotional Dysregulation Scale and the Aggressive Tendencies Scale. The results of the study indicate that there is a significant positive relationship between emotional dysregulation and aggressive tendencies, with a correlation coefficient of 0.555 and a significance level of 0.001 ($p < 0.05$). This suggests that the higher an individual's level of emotional dysregulation, the higher their aggressive tendencies. The strength of the relationship falls into the moderate category, indicating that other factors also influence aggressive tendencies. Additionally, the majority of respondents fall into the moderate category for both emotional dysregulation and aggressive tendencies. Based on the research findings, it is recommended that individuals improve their emotional regulation skills and manage their emotions more adaptively to reduce aggressive tendencies. Further research is recommended to expand the scope of the study and use direct measures of aggressive behavior.

Keywords: Emotional Dysregulation, Aggressive Tendencies, Late Adolescents.

INTRODUCTION

Late adolescence is a developmental stage characterized by emotional sensitivity and increased concern regarding social evaluation. Adolescents who are sensitive to criticism and feelings of being unappreciated often experience emotional displacement, which occurs when negative emotions directed toward authority figures, such as parents or teachers, are redirected toward safer targets, including peers or themselves. This condition occurs because emotional regulation abilities are still developing during adolescence, making individuals more vulnerable to emotional instability when facing threats to self-esteem and social acceptance (Minihan et al., 2023). In addition, late adolescents generally have a stronger need for social recognition and self-

worth, causing criticism or feelings of rejection to trigger intense emotional reactions that may not accurately reflect the actual situation (van Houtum et al., 2022). As a result, adolescents may respond through anger, sarcasm, emotional withdrawal, or other maladaptive reactions as a temporary coping mechanism (Jiang et al., 2021).

Emotion dysregulation may increase aggressive tendencies due to difficulties in managing negative emotions effectively. Emotion dysregulation is not merely a lack of emotional understanding, but also reflects functional difficulties in returning to emotional balance after experiencing distress (Gratz & Roemer, 2004). Individuals who interpret criticism as a form of social rejection tend to experience intense negative emotions that are difficult to regulate constructively, which may lead to displaced aggression toward safer targets (Gao et al., 2021). Repeated emotional displacement without adequate emotional regulation strategies may gradually develop into aggressive tendencies, including anger and hostility, even if these tendencies are not always directly expressed through observable aggressive behavior (Chester & West, 2020). Buss & Perry, (1992) explained that anger and hostility are important dimensions of aggression that represent emotional and cognitive aspects of aggressive tendencies. Furthermore, ineffective emotion regulation strategies, such as emotional suppression and impulsive emotional expression, may intensify aggressive responses in emotionally challenging situations (Young et al., 2019).

Previous studies have shown that difficulties in emotion regulation are associated with higher levels of aggression among adolescents. Research conducted by Gutiérrez-Cobo et al., (2023) demonstrated that the absence of effective emotion regulation strategies, such as cognitive reappraisal, is related to increased aggression in adolescents. Similarly, Rakhmawati et al., (2023) found that adolescents with poor emotion regulation are more likely to respond to stress with aggressive impulses, although these tendencies may not always appear in direct aggressive actions. International findings also indicate that adolescents who struggle to regulate emotions tend to redirect anger toward unrelated targets, reflecting latent aggressive tendencies (Liu et al., 2024). In addition, sensitivity to criticism from parents has been associated with greater emotional regulation difficulties among adolescents (Skripkauskaite et al., 2015).

Several studies have also reported the prevalence of emotion dysregulation and aggressive tendencies among adolescents. Baroud et al., (2024) found that approximately 6–11% of individuals above the age of 12 experience significant emotion dysregulation. In Indonesia, Muliani et al., (2021) reported that 92% of adolescents in Sumedang demonstrated moderate levels of aggressive tendencies. These findings indicate that emotional difficulties and aggressive tendencies are relatively common during adolescence and deserve further attention. Aggressive tendencies among adolescents are often reflected through irritability, hostility, verbal aggression, emotional withdrawal, and impulsive reactions, especially in socially stressful situations (Evans et al., 2024). Adolescents who are highly sensitive to criticism also tend to focus excessively on negative feedback, increasing the likelihood of indirect or direct aggressive responses (Purwadi et al., 2020).

Based on these explanations, emotion dysregulation appears to play an important role in the emergence of aggressive tendencies among late adolescents who are sensitive to criticism and feelings of being unappreciated. However, studies specifically examining the relationship between emotion dysregulation and aggressive tendencies among late adolescents within the context of sensitivity to criticism and emotional displacement remain limited. Therefore, this study aims to examine the relationship between emotion dysregulation and aggressive tendencies among late adolescents. The findings of this study are expected to contribute to the development of psychological research regarding emotion regulation and aggression, as well as provide insight into preventive efforts focused on emotional regulation among adolescents.

METHOD

This study employs a quantitative approach using a correlational research design to investigate the relationship between emotional dysregulation and aggressive tendencies among late adolescents who experience sensitivity to criticism and feelings of being undervalued. The

population in this study consists of late adolescents in the city of Bekasi, with the following subject characteristics: aged 18–21 years, residing in Bekasi, and experiencing sensitivity to criticism and feelings of being unappreciated. The sample in this study comprises 150 respondents selected through purposive sampling, which involves selecting samples based on specific criteria aligned with the study's objectives.

This study was conducted in Bekasi City at a time aligned with the data collection process. Instruments: The instruments used in this study were the Emotional Dysregulation Scale and the Aggressive Tendencies Scale, which were developed based on indicators for each variable. The scales used were Likert scales, which allowed respondents to choose from various answer options to measure the extent to which they agreed with the statements presented.

The research procedure was carried out in several stages: development of research instruments, validity and reliability testing, distribution of questionnaires to respondents, and data processing and analysis. The distribution of questionnaires was conducted indirectly via social media platforms such as WhatsApp, Line, and Twitter.

The data analysis technique used in this study was Pearson Product Moment correlation analysis to determine the relationship between the emotional dysregulation variable and aggressive tendencies. Data analysis was performed using JASP software to obtain accurate results.

RESULTS AND DISCUSSION

This section contains data in summary form, data analysis, and interpretation of the results. The results are presented in both narrative and tabular form to provide a clearer and more informative explanation. The discussion addresses the research problem and the hypothesis that has been formulated previously.

The data were analyzed using Pearson Product Moment correlation with the assistance of JASP software to examine the relationship between emotion dysregulation and aggressive tendencies among late adolescents in Bekasi City. The results of the analysis are presented in Table 1.

Table 1. Correlation Test			
Variable		Emotional dysregulation	Aggressive tendencies
1. Emotional dysregulation	Pearson's r	-	-
	p-value	-	-
2. Aggressive tendencies	Pearson's r	0,555***	-
	p-value	< .001	-

Based on Table 1, the results indicate a positive and significant relationship between emotion dysregulation and aggressive tendencies ($r = 0.555$; $p < 0.05$). This finding suggests that higher levels of emotion dysregulation are associated with higher levels of aggressive tendencies. Therefore, the proposed hypothesis is accepted.

Descriptive analysis further shows that the majority of respondents fall into the moderate category for both emotion dysregulation and aggressive tendencies. This indicates that individuals generally possess a sufficient ability to regulate emotions and control aggressive impulses, although difficulties may still arise in certain emotionally challenging situations.

These findings indicate that emotion dysregulation plays an important role in influencing aggressive tendencies among late adolescents. Individuals who experience difficulties in regulating their emotions tend to express negative emotions through aggressive behavior as a form of externalizing response (Garofalo et al., 2019). In this context, aggression may function as a way to release emotional tension, even though it does not effectively resolve the underlying problems. This suggests that individuals rely on less adaptive coping strategies when facing emotional distress (Velotti et al., 2021).

Furthermore, difficulties in emotion regulation are associated with maladaptive responses when individuals encounter emotionally challenging situations (Gratz & Roemer, 2004). When

individuals are unable to manage emotions effectively, negative emotions such as anger and frustration are more likely to be expressed in impulsive and uncontrolled ways. In late adolescence, individuals may experience emotional instability when facing challenging situations, which can increase the likelihood of aggressive responses. This condition makes individuals more vulnerable to difficulties in regulating emotions, especially under emotional pressure.

The findings of this study are consistent with previous research showing a positive relationship between emotion dysregulation and aggression (Gong & Popescu, 2024). This supports the assumption that emotion dysregulation is an important factor associated with aggressive tendencies.

However, the moderate strength of the relationship indicates that emotion dysregulation is not the only factor influencing aggressive tendencies. Other factors, such as self-control and social support, also play important roles in shaping aggressive behavior. Individuals with better self-control are more capable of managing their impulses (Hastuti, 2018), while adequate social support can help reduce the likelihood of aggressive responses (Madjid et al., 2021). Therefore, these findings highlight the importance of emotion regulation while also emphasizing the need to consider other psychological and environmental factors in understanding aggressive tendencies among late adolescents.

CONCLUSION

Based on the results of the study, it can be concluded that there is a positive relationship between emotional dysregulation and aggressive tendencies among late adolescents in Bekasi City. These findings indicate that an individual's ability to manage emotions plays a significant role in influencing the emergence of aggressive tendencies. Individuals who have difficulty regulating their emotions tend to be more prone to expressing negative emotions in the form of aggression; thus, emotional regulation is a crucial aspect in understanding aggressive behavior among late adolescents.

This study contributes to the development of psychological research by strengthening the understanding of the role of emotional dysregulation as one of the factors associated with aggressive tendencies among late adolescents, particularly within an urban context. Furthermore, these findings also indicate that aggressive tendencies are not influenced by a single factor but involve various other psychological aspects, thereby serving as a foundation for the development of further research and interventions focused on improving emotional regulation skills.

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