

The Effect of Emotion Regulation on The Aggressiveness of Adolescent Online Game User During The Covid-19 Pandemic

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Abstract: This study aims to determine the effect of emotion regulation on the aggressiveness of adolescent online game users during the COVID-19 pandemic. This research uses descriptive quantitative method. The population in this study were all students of SMP N 5 Temanggung and SMP N 1 Kedu totaling 479 respondents, then for the sample taken as many as 128 respondents with non-probability sampling technique. The data analysis technique used multiple linear regression test technique. The results of this study show the effect of emotion regulation on the aggressiveness of online game users during the covid-19 pandemic, this is shown by the results of the partial significance test / t test with the results of $0.005 < 0.05$ and the t value of -2.884 which means that "emotional regulation has an effect on negative on aggressiveness and if the emotional regulation of online game users increases, the aggressiveness of online game users will also decrease. So if the emotion regulation of teenagers who use online games is high or can manage their emotions well, it will reduce the level of aggressiveness of teenagers who use online games. Counseling service programs that can be provided to students are related to increasing emotional regulation in adolescents.

Keywords: emotion regulation, aggressiveness, adolescents.

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Introduction

During the COVID-19 pandemic, students are required to take lessons from home or commonly known as online. By being online, Counseling teachers are faced with many problems, one of which is online games (Saha, 2021). Based on a survey conducted by the company Verizon in (Makkl, 2020) stated that the percentage of online game users during the COVID-19 pandemic experienced a significant increase. This increase occurred because hundreds of millions of people were advised to stay at home to prevent the spread of COVID-19, so many people chose to play games to fill their spare time at home (Mugianti, 2022). The ease of accessing this online game will have a bad impact if it is done for a long time, so that it will lead to addiction in playing online games (Rosyati, 2020).

Adolescence is a period of transition from childhood to adulthood. Many changes occur both physically, emotionally, and socially (Lovelace, 2019). Changes in behavior in adolescents are also unavoidable if there is stimulation from family, friends, or the surrounding environment. With this change, adolescents will tend to show unstable behavior (Videler, 2019). Exposure obtained from using excessive online games will make teenagers addicted to online games (López-Bueno, 2021). If there is a continuous negative external stimulus, it is possible that aggressive behavior will appear (Bell, 2020). Avedon & Sutton Smith (1971); Berkowitz (1989); Zimmerman (2004) in Eden & Eshet-Alkalai (2014) says that the level of aggression after playing is higher than before playing and regardless of the type or strategy of the game, can be explained with the help of a model that claims that conflict and competition can increase frustration and encourage aggression (Leander, 2020). This statement is in accordance with the general aggression assumption of the Anderson and Bushman model which states that exposure to situations encourages and results in increased aggression (Gabbadini, 2022).

The behavior of adolescents when playing online games will affect the emotion of this statement as evidenced by research conducted by Robertson et al., (2012) which states that maladaptive emotion regulation can increase aggressiveness, which means that emotional regulation can reduce aggressiveness. Robertson et al., (2012) stated that emotion regulation can be used to modulate both positive and negative emotional experiences. Gross and John in (IKE Saputri & Sugiariyanti, 2016) suggest that emotion regulation is the process of recognizing, maintaining, and regulating positive and negative emotions, both automatically and controlled, visible or hidden, conscious or unconscious.

After reviewing the above problems, further research is needed to find out whether emotional regulation affects the aggressiveness of online game users during the COVID-19 pandemic (Nadeak, 2021). The purpose and benefits of this study were to find out how the influence of emotion regulation on the aggressiveness of adolescent online game users during the covid-19 pandemic. In addition, the purpose of this study is to determine the level of emotional regulation and aggressiveness of adolescent online game users during the COVID-19 pandemic. The benefit of this research is because during the pandemic students learn from home or online, so the researchers see the importance of conducting this follow-up research as a means of information to find out the problems that exist in schools during the pandemic when students do online learning. The hypothesis in this study is that there is an influence of regulation on the aggressiveness of adolescent online game users during the covid-19 pandemic.

Method

This study uses quantitative methods with descriptive methods. The design used in this research is ex post facto. Ex post facto is research that is carried out after an event occurs and aims to find the causes that allow changes in behavior, symptoms or phenomena caused by an event, the behavior of things that cause changes in the independent variables which as a whole have occurred. In this study, we want to see the effect of emotion regulation on aggressiveness in adolescents, so this research is not possible to conduct experiments because it is impossible to manipulate the condition of the subject.

The population in this study were all students of SMP Negeri 5 Temanggung and all grade 7 and 8 students of SMP Negeri 1 Kedu, so that the total population in this study was 479 students. Sampling technique in this study will use a probability sampling technique, the sampling technique used by the researcher is purposive sampling. Determination of the sample used as research will be carried out using Isaac and Michael with an error rate of 5%. Based on the population in this study which amounted to 479 students, the samples to be taken were in accordance with the Isaac and Michael with an error rate of 5%, namely 128 students.

The measuring instrument used in this study is a psychological scale. In this study, we will use the aggressiveness scale based on the theory of Buss and Perry, the self-regulation scale based on the theory of Gross. The psychological scale is presented in the form of a Likert scale. According to (Sugiyono, 2016) the Likert scale is a scale used to measure attitudes, opinions, and perceptions of a person or group of people about social phenomena. The data analysis technique used in this research is simple linear regression. Before performing the regression analysis, the researcher will conduct a normality test and a linearity test as a condition for conducting a regression test.

Results and Discussion

Normality test

Test in this study uses SPSS version 23. The following are the results of the normality test carried out in this study.

Table 1. One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		128
Normal Parameters ^{a,b}	Mean	0,000000
	Std. Deviation	0,74383221
	Most Extreme Differences	
	Absolute	0,076
	Positive	0,076
	Negative	-0,063
Test Statistic		0,076
Asymp. Sig. (2-tailed)		0,064 ^c

Based on table which is the result of the normality test using the Kolmogorov-Smirnov p is 0.064. That way the resulting data can be said to be normal because $p > 0.05$ ($0.064 > 0.05$).

Linearity test

Test in this study uses SPSS version 23. The following are the results of the linearity test carried out in this study.

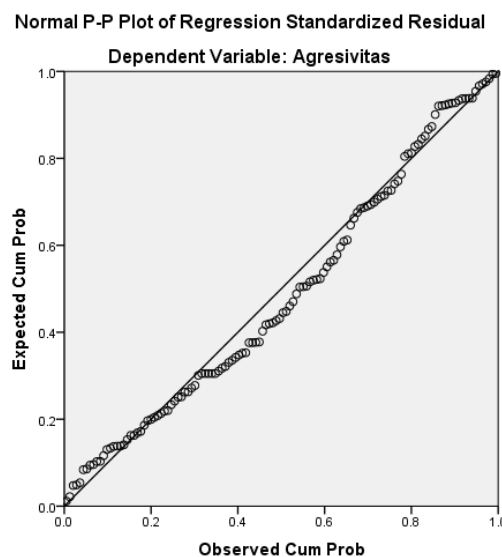


Figure 1. Normal P Plot Regression standardized residual

Based on table the graph from the P Plot shows the result that the standardized residual depicted by the dots follows or corresponds to the diagonal line. Thus, it can be concluded that there is a linear relationship between the variables, namely aggressiveness, emotional regulation, and permissive parenting in this study.

Simple linear regression analysis

Hypothesis testing is carried out if the assumptions test conditions (normality test and linearity test) are met. Hypothesis testing was performed using a simple linear regression analysis technique. The following are the results of a simple linear regression hypothesis test:

Table 2. Simple linear regression hypothesis test

Model	Sum of Squares	df	Mean Square	F	Sig
Regression	131,594	1	131,595	60,461	0,000 ^b
Residual	274,239	126	2,177		
Total	405,833	127			

In the calculation results above, it can be seen that the calculated F value is 60.461 with a significance level of $0.000 < 0.05$, then the regression model can be used to predict the participant variables, in other words, there is an influence of the emotional regulation variable on the aggressiveness variable.

Discussion

Based on the results of quantitative descriptive analysis in this study, it shows that the level of aggressiveness, emotion regulation is based on three categories, namely low, medium, and high. The level of aggressiveness of online game users during the pandemic based on the results of quantitative descriptive analysis in this study resulted that aggressiveness was in the moderate category with an average of 11.334. Furthermore, the level of emotion regulation in online game users during the pandemic based on the results of quantitative descriptive analysis in this study resulted that emotion regulation was in the moderate category with an average of 16,446.

Based on the results of the hypothesis test that has been presented previously, it shows that there is an influence of emotional regulation on the aggressiveness of adolescent online game users in their childhood covid-19 pandemic. Emotional regulation has an influence on aggressiveness, it is shown by the results of the partial significance test or t test with the results of $\text{sig} < 0.05$ which is $0.005 < 0.05$ and the calculated is based on Figure 4.11 which is -2.884. So it can be concluded that emotion regulation has a negative effect on aggressiveness, which means that if the emotional regulation of online game users increases, the aggressiveness of online game users will also decrease.

Research conducted by (Wibowo & Nashori, 2017) the results of the study prove that there is a significant negative relationship in adolescents. This proves that the higher the self-regulation score, the lower the aggressive behavior possessed by adolescents. On the other hand, the lower the self-regulation score, the more adolescents tend to exhibit aggressive behavior.

Makmuroch (2014) (Harta Dvikaryani & Jannah Miftakhul, 2020) suggests that high emotional regulation shows high emotional regulation ability, showing the ability to change mindsets and understand situations that occur and change judgments to be positive so that they can control their emotions. Thus emotion regulation can suppress aggressiveness in adolescents, emotion regulation that can be carried out by adolescents such as individual beliefs in overcoming problems at hand, having the ability not to be affected by negative emotions, reflecting emotional control when facing unpleasant situations, and individual abilities in accept events that cause negative feelings.

Based on the results of the analysis above, it shows that it is in line with research conducted by (Wibowo & Nashori, 2017) which shows that emotional regulation has a negative effect on the aggressiveness of online game users at SMP Negeri 5 Temanggung and SMP Negeri 1 Kedu.

Conclusion

Based on the results and discussion of the research above, it can be concluded that there is an influence between emotion regulation on the aggressiveness of online game users. Then emotion regulation has an influence on aggressiveness, it is shown by the results of the partial significance test or t test with the results of $\text{sig} < 0.05$ which is $0.005 < 0.05$ and the $t_{\text{calculated}}$ is based on Figure 4.11 which is -2.884. So it can be concluded that emotion regulation has a negative effect on aggressiveness, which means that if the emotional regulation of online game users increases, the aggressiveness of online game users will also decrease. Therefore, the researcher recommends that Counseling teachers can provide basic services and individual planning services as soon as possible so that students can regulate emotions well, including regulating emotions when playing online games so that aggressiveness is expected to decrease.

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