

# Relationships Of Emotion Maturity And Aggressivity In Players Of First Two Adolescent

Eko Supriyanto

Mayors of Psychology, Faculty of Psychology, Gunadarma University

[Eckhov1990@gmail.com](mailto:Eckhov1990@gmail.com)

## ABSTRACT

*Football is the most popular type of game in Indonesia. The final teenage soccer player himself is required to be able to manage the emotions so as not to behave aggressively in playing the field. Emotional maturity is a state in which the individual can control his emotions unlike previous times, both psychically and in interaction with his environment so that individuals are able to achieve a healthy emotional level. Aggressiveness is a deliberate physical or verbal behavior with the intent to harm a person both physically and mentally, as well as a painful act or method whose purpose is to harm or hurt someone. The purpose of this study was to test empirically the relationship between emotional maturity and aggressiveness in late teen soccer players. This study uses a questionnaire consisting of two measuring instruments, namely the scale of emotional maturity Smitson (in Katkovsky, 1976) developed using the characteristics of individuals who have emotional maturity. Aggressiveness according to Buss and Perry (1992), namely: physical and verbal aggressions, anger and hostility. The population in this study were SSB students with 150 SSB students from Jakarta and Depok as samples. Sampling technique used purposive sampling. Hypothesis test using correlation technique of Spearman Corelation equal to -0,527 minus value means containing reverse direction, significant level 0,000 ( $p < 0,001$ ). These results indicate that there is a negative relationship between emotional maturity and aggressiveness in the final teenage soccer player.*

**Keywords:** Emotional Maturity, Aggressiveness, Football Players, Teenagers.

## INTRODUCTION

Football is the most popular type of game in the world, including in Indonesia. Football team games are played with all parts of the body other than the hands except the goalkeepers are allowed to use the hands and this game prioritizes teamwork as well as trying to enter the ball into the opponent's goal as much as possible and maintain the goal itself so as not to concede. Football is a team game played by each team of eleven players including a goalkeeper. The game may be performed with all members of the body other than the hand, unless the goalkeeper

is allowed to use his hands (Soekatamsi, 1994).

In Indonesia, soccer is the most popular sport in the community. According Aryo (2014) it is seen from the full stands of the audience when there is an official match. No one if football is a sport that most fans compared with other sports. Indonesia has an official football organization that is well known in all circles, the Football Association of Indonesia (PSSI) which has the authority to organize a league or competition, this competition is divided into several stages,

ranging from Division 2, Division 1, Division Main and Super League.

The aggressiveness of the football players in the competition is not unfamiliar either. According to Sudibyo (2009) aggressive players are indispensable to winning games such as in football, boxing and so on, but aggressive nature and attitude if uncontrollable can lead to dangerous actions, injuring opponents, breaking rules and ignoring sportsmanship.

Adolescence according to Sarwono (2008) ranges from 12-25 years old, biological changes include all the biological process reflexes, whereas socioemotional changes include adolescent interactions with others, including emotions, personality and the role of social context.

The problem of aggressiveness is complicated and the response is not only individually, but the environment must also be created so that aggressiveness does not develop so that it is out of control. Aggressive behavior is often negatively affiliated because the impact is destructive and frightening. Thus, if the individual has good emotional maturity then the individual is able to control his aggressive behavior (Rahayu, 2008).

According to Moore and Fine (in Koeswara, 1998) aggressiveness as a violent behavior physically or verbally against other individuals or objects. Physical aggression includes physical violence, such as hitting, slapping, kicking and so on. In addition, verbal aggression is the use of harsh words.

Aggressiveness is an attempt to injure or destroy others, both physically and psychologically. Furthermore, aggressiveness is any form of deliberate behavior against other beings in order to harm it and the injured party tries to avoid it (Faturochman, 2006).

The development of late teen emotions has entered the maturity in which adolescents are able to provide a stable emotional reaction, not changing from one emotion or mood to another, as in previous periods. The level of emotion is a state where a person is able to control his emotions and not blow his emotions in front of others so that the individual can reach the level of maturity, this is known as emotional maturity.

Semiun (2006) defines emotional maturity as one's capacity to react in various life situations in more useful ways. Teens must have good emotional maturity to control their aggressiveness because they have to interact with friends and how they can solve problems. Therefore, adolescents are required to be able to have emotional maturity because many activities that are commonly done by teenagers such as social interaction, taking time to play, walk with friends, and do sports activities diem (Sobur, 2003).

The condition of adolescents who are very vulnerable to aggressiveness and unstable and changing emotional development can affect the behavior of these adolescents. Like teenagers who are playing football in the field. If they can not control their emotions then there is an attitude of aggression. (Word 2010). The phenomenon that occurs in the Persija U-21 team shows the lack of emotional maturity and leads aggressively in playing football as when the opposing team is ahead of the players being rude, the team should be able to control the emotions to make the game more quiet and uphold sportsmanship.

Dawn (2014) said that individuals who are less able to control their emotions can result in harm to the individual itself, such as the example of the Indonesian national team U-19 who lost the ball at home to Yemen at Maguwoharjo Stadium.

Because they can not control their emotions they have to get six yellow cards because of the hard tackle of emotion due to the loss of the ball. Uncontrolled emotion when losing the ball is depending on the typical emotions of the players themselves.

According to Jasulmei (2013) as the club coach Persija explained through an open interview conducted by researchers said in Indonesia there are many variations in the practice of playing soccer, there are schools or football clubs that teach the ways and abilities in playing football. Schools or teenage football clubs are taught how they manage the accuracy of the ball kicks and regulate their emotions while defeated while competing. Almost partially on the pitch, soccer players experience high aggressiveness, thus becoming a constraint for the team, such as starting to play roughly when his team is being lost, playing individualists so that he is more likely to stand out in the field, less sporty like biting opposing players, tackling opponent legs and nudging his chest as well as the opponent's face. It causes a fight between players in the field. Therefore Isman Jasulmei teaches to regulate emotions and reduce individual attitudes when in the field, because if they can not and manage their emotions, it will hurt the team.

Therefore based on it appears the desire of researchers to find out whether there is a relationship between emotional maturity with aggressiveness to the final teenage soccer player.

## RESEARCH METHODS

### Instrument

#### 1. Emotional Maturity

Emotional maturity is a state or condition that reaches the maturity level of emotional development, therefore the person concerned no longer displays an

unfavorable emotional pattern, but they are able to suppress or control it better, especially in the midst of social situations. Emotional maturity is measured by the characteristic scale of emotional maturity proposed by Smitson (in Katkovsky, 1976), namely: independence, the ability to accept reality, self-adjustment, readiness to respond appropriately, balance capacities, empathy ability, anger control.

#### 2. Aggressiveness

Aggressiveness is any form of behavior intended to harm a person both physically and mentally. Aggressive behavior is measured using the aggressiveness aspects proposed by Buss and Perry (1992), namely: physical and verbal aggression, anger and hostility.

### Population and Sample

The sample in this study is teenagers football players, aged 18-22 years with male gender, experience playing football at least one year, berdomisil in Jakarta and surrounding areas. In this study take a sample of 150 samples. The technique of determining the sample in this study using Purposive Sampling. This technique refers to the determination of subject and object criteria that are the objectives in this study (Azwar, 2010).

### Data analysis technique

Hypothesis testing in this research use correlation technique of Spearman Corelation, that is analyze the relationship between emotional maturity as independent variable (X) and behavior of aggressiveness as dependent variable (Y). All statistical calculations in data processing is done using SPSS version 20.0 for Windows.

## ANALYSIS AND DISCUSSION

To test the normality of the distribution of scores used Kolmogorov Smirnov test. From the results of normality test using Kolmogorov Smirnov scale of emotional

maturity and scale of aggressiveness is known statistical value of 0.075 and 0.099 with a significance value of 0.040 ( $p > 0.05$ ) for emotional maturity, while 0.001 ( $p > 0.05$ ) for aggressiveness. This shows that the distribution of emotional maturity scale is not normal, while the distribution of aggressiveness scale is not normal.

Based on linearity test results showed a linear relationship between emotional maturity and aggressiveness. This is indicated by a significance value of 0.000 ( $p < 0.05$ ).

Calculation of correlation using Spearman Correlation statistical analysis to measure the extent of the relationship between two research variables. Hypothesis test in this research was done by using bivariate one tailed correlation technique with SPSS 20 program. Based on the result of the test, obtained the test value of the relationship between emotional maturity with aggressiveness of -0.527 with a very significant level of 0.000 ( $p < 0.01$ ). These results indicate that there is a significant negative relationship between emotional maturity with aggressiveness which means the higher the maturity of emotions the lower the aggressiveness and vice versa. Thus the hypothesis in this study is accepted.

## CONCLUSION

Based on the results of research, it is known that the hypothesis proposed in this study accepted, which means there is a very significant negative relationship between emotional maturity and aggressiveness in the final teenage soccer player. This means that the higher the level of emotional maturity the lower the aggressiveness. Conversely, the lower the level of emotional maturity then the higher the level of aggressiveness in football players.

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