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Anger Management Pada Remaja Pendhalungan

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Abstract

Teenagers are often faced with situations of conflict that give rise to a response for adolescents. The response is indicated by a form of emotional expression. Anger emotions are one of emotion that is often experienced by adolescents. Therefore, Anger management can be said as one of the ways that someone can use to express or manage their anger. The purpose of this study was to determine the description of anger management in adolescent of pandhalungan. This research is a descriptive quantitative study with a total sample of 328 people, while the data collection technique is using accidental sampling. The results showed that adolescents of pandhalungan at the University of Muhammadiyah Jember had a category of anger management that was relatively low at 57.6%. Meanwhile, based on cognitive aspects, 54.9% were in the low category, anger triggering aspects 52.7% were in the high category, aspects of anger behavior 75.6% were in the low category, and anger regulation aspect 84.1% were in the high category. When viewed from a demographic review shows that 77.8% of men are in the high category in anger management and 67.3% of women are in the low category. Based on semester, semester 2 shows 74.7% in the high category and semester 4 shows 75.9% in the low category.

Intisari

Remaja sering dihadapkan pada situasi konflik yang menimbulkan respon bagi remaja. Respon yang ditunjukkan dengan bentuk ekspresi emosi. Emosi marah ialah salah satu bentuk emosi yang juga sering dialami para remaja. Oleh sebab itu, Anger management dapat dikatakan sebagai salah satu cara yang dapat digunakan seseorang agar dapat mengekspresikan atau mengatur kemarahannya. Tujuan penelitian ini ialah untuk mengetahui gambaran anger management pada remaja pendhalungan. Penelitian ini merupakan penelitian kuantitatif deskriptif jumlah sampel sebanyak 328 orang, sedangkan tehnik pengambilan datanya dengan menggunakan accidental sampling. Hasil penelitian menunjukkan remaja pendhalungan di Universitas Muhammadiyah Jember memiliki kategori anger management yang tergolong rendah yaitu 57.6%. Sedangkan, berdasarkan aspek cognitive 54.9% berada pada kategori rendah, aspek pemicu kemarahan 52.7% berada pada kategori tinggi, aspek perilaku kemarahan 75.6% berada dalam kategori rendah, dan aspek anger regulation 84.1% berada dalam kategori tinggi. Jika dilihat dari tinjauan demografi menunjukkan bahwa laki laki 77.8% berada dalam kategori tinggi pada manajemen angernya dan perempuan 67.3% berada kategori rendah. Berdasarkan semester maka semester 2 menunjukkan 74.7% berada pada kategori tinggi dan semester 4 menunjukkan 75.9% berada pada kategori rendah.

Keywords: Anger management, angry emotions, adolescent of Pandhalungan

Preliminary

Adolescence is a transitional period in the process of finding identity. The development of adolescents is greatly influenced by their social environment, including parents, teachers, families, and the people around them. At this stage the individual will look for self-identity to develop his personality. This situation creates a conflict situation which results in problems related to the health of adolescents, both physical and psychosocial (Herero, 2006). Adolescent's way of communicating and behaving is a distinctive feature of interaction.

Adolescents who live in the district of Jember seem very expressive in expressing their feelings of pleasure and displeasure. Swear words in the form of swearing, shouting, or harsh words are a form of expressing feelings of pleasure and displeasure. Like people who live in the Arek cultural area, pandhalungan people also like to say swear words, either to express annoyance or anger or to accompany congratulations or expressions of joy (Sutarto, 2011).

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One of the expressions of feeling in adolescent pandhalungan is from the Madurese culture, which is expressive, spontaneous, and open. This is manifested when the individual responds to everything faced and in responding to the treatment of others to him. According to Wiyata, if the treatment shown is pleasing to their hearts, then they will express their gratitude immediately. Likewise, if the treatment is considered unfair and feels hurt, the spontaneous response shown will react violently or an angry reaction will appear (Masturah, 2013).

The expression of anger is one form of emotional expression that can have a psychological impact and one of them is to avoid negative consequences including being arrested or imprisoned, experiencing physical injury, revenge, losing loved ones, feeling guilty, being ashamed or sorry (Reilly & Shopshire, 2002). Anger is an emotion that comes from internal and external as a natural

reaction for survival (Bhave & Saini, 2009). However, anger expressed in an aggressive form will harm other people.

Anger Management can be said to be a way that a person can use in order to express or manage his anger and take out his anger on others, but that person is still able to control without excessive anger so as to cause harm to others. Thus the need for individuals to apply anger management in order to control their emotions well. Anger management, according to Goleman, is managing angry emotions, which is the individual's ability to control angry emotions and respond to them in a way that is acceptable to the surrounding environment (Tiky Nindita, 2012). Meanwhile, anger is an emotional state that arises from an individual's inner self which is caused by external factors that have both duration and frequency (Karahan, Yalcin & Elbas, 2014). According to Davies (2000), it shows that anger can be divided into two ways, namely being pressed inward (Anger In) and being expressed outward (Anger Out).

Anger In is concerned with expressing the anger emotions felt in individuals who tend to be suppressed inwardly without expressing it outwardly. One example is when angry the individual shows a silent expression and does not want to tell anyone or does not reprimand the person who made him angry. This condition, if prolonged, will have a negative impact on the individual himself and interfere with his comfort when interacting with people who make him feel angry.

Meanwhile, Anger Out relates to the reaction shown to the outside / object raised by the individual when in a state of anger or reactions that can be observed in general. The behavior shown can result in destructive actions, for example hitting or kicking something around it. However, there is a feeling of relief that is felt because the feelings of anger that are felt have been expressed and satisfied. Anger out is also related to the individual's inability to express his emotions constructively and assertively. They tend to express their emotions in the form of aggressive and destructive actions.

There are three impacts of anger in the psychological approach (Hasan, 2017), namely Hazards, Psychological Hazards and Social Hazards. Physiological hazards related to the emotions of anger and disappointment that occur will affect individual health. This can lead to several diseases including hypertension, stress, depression, ulcers, heart dysfunction, insomnia, fatigue, even heart attacks that cause sudden death. Psychological harm occurs due to angry expressions which can have harmful psychological effects. After experiencing awareness, usually an angry

individual will be filled with remorse for his actions that are deemed inappropriate. The feelings of regret that arise can be so deep that they become self-punishing, to the point of depression or a guilt that can linger for a long time. Social harm occurs as a result of a person's angry expression which can have a social impact on him. Angry emotions result in disharmony and bad social relations, such as breaking friendship with friends / other people, losing work, or even being subjected to criminal penalties in cases of anger that lead to persecution or murder.

Pandhalungan comes from the basic Javanese word dhalung which means "big pot" (Prawiroatmodjo, 1985: 100 in Sutarto 2006). The symbolic-cultural meaning of the word pandhalungan is an area that accommodates various ethnic groups with various cultural backgrounds, which in turn give birth to a new cultural typology that takes the cultural elements that form it. Based on the definition of adolescents and pandhalungan culture, it can be defined that adolescents with the culture of pandhalungan are adolescents who have diverse ethnicities and cultural backgrounds. In this case, especially Javanese and Madurese youth.

Pandhalungan is a mixture of two dominant cultures, namely Javanese culture and Madurese culture. The characteristics of Javanese culture according to Gainau (Matsurah, 2013) Javanese culture has individual characteristics that are quite silent or closed, adhere to cultural values, are unable to open up about themselves to others and are less quick to adapt and accept others. Meanwhile, according to Wiyata (Masturah, 2013), one of the characteristics of Madurese culture that stands out is the natural character. The characteristics of this ethnic community are expressive, spontaneous, and open. The expressiveness, spontaneity, and openness of the Madurese are always manifested when they have to respond to everything they face, especially to the treatment of others towards them. For example, if the treatment was pleasing to the heart, then openly without further ado he would express his gratitude immediately. But on the contrary, they will react violently spontaneously if their treatment is considered unfair and hurtful.

Based on the explanation of the characteristics of Javanese and Madurese culture, according to Sutarto (2006), the characteristics of pandhalungan culture can be described in outline, namely most of the traditional agrarian and still confined by the first stage oral tradition (primary orality) with the characteristics of chatty, ngrasani (talking about disgrace) others), is afraid to deviate from generally accepted thoughts and opinions, is open to change and adaptable. In addition, this culture is quite expressive, transparent, does not like to harbor feelings or pleasantries and is paternalistic

(the decision to act is to follow the decisions taken by the role models), has very solid kinship ties so that problem solving is often done together a little harsh or temperamental.

¹Based on the previous explanation, culture influences a person in behaving, including the way a person interacts, communicates and expresses emotions. This also relates to self-disclosure which is one part of a person to communicate all information about himself to others. Based on the phenomena that have been described previously, the researchers are interested in knowing how to describe youth anger management "pandhalungan". Therefore, the purpose of this study was to determine the description of anger management for adolescents "pandhalungan".

Method

Type of research is a quantitative descriptive study. This study uses a psychological scale that has been adapted, namely the Novaco Anger Scale (Nurhayati, 2012) which will be used to describe anger management and a semantic differential subject scale model combined with the characteristics of adolescent pandhalungan. The study population was late adolescents aged between 18 and 21 years. The sample of this research is the students of the Muhammadiyah University of Jember using random sampling technique. Researchers used descriptive statistical analysis techniques to describe the characteristics of anger management for young people in Jember.

Result

The reliability of the measuring tool of anger management that has been used is based on the results of the analysis, the validity and reliability of the anger management scale are obtained. The validity of the scale shows that 1 item is invalid and 1 item is valid from all 15 items with a Pearson Correlation value showing a score of .157 which is significantly correlated at 1%. For valid items, the Pearson Correlation score ranges from .301 to .653 with a significance level of 1%. The Cronbach's Alpha value shows that the anger management scale is reliable. In the sense that this scale is reliable and can be used again for the same research, where the reliability score can be seen in table 2.

Table 2. Reliability Statistics

Cronbach's Alpha	N of Items
.774	13

Referring to the results of the reliability of the measuring instrument, to be able to explain whether the descriptive analysis to be carried out is a description of the population, the normality assumption test is first carried out on the research data. The results of the analysis of the normality assumptions carried out on the research data show that the data is normally distributed, where the significant value of the calculation is greater than $p < 0.01$ or $p < 0.05$, which can be seen in table 3 below:

Table 3. Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Total	.039	328	.200*	.994	328	.255

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

After the data is tested for reliability and assumptions are tested and it shows that the measuring instrument is reliable and the research data is normally distributed. The next step carried out by the researcher was to describe the research data to describe anger management in late adolescents in Jember. Based on the description of anger management in Jember youth, it can be seen in the table 4.

Table 4. *Anger management* overview

Category		Percentage %
Have a management anger	$X \geq 53$	42.4
Minimal management anger	$X \leq 53$	57.6

Based on the description of anger management in table 4, it can be seen that late adolescents at the University of Muhammadiyah Jember lack anger management, because it is seen in the low category of 57.6% of the 328 late adolescents who were sampled. Referring to the description of anger management, get a description of anger management based on the background aspects as follows:

1
Tabel 5. Anger Management Based on Aspects

Aspects	Category		Percentage %
Cognitiv	Have	$X \geq 14$	45.1
	Minimal	$X \leq 14$	54.9
Anger Trigger	Have	$X \geq 14$	52.7
	Minimal	$X \leq 14$	47.3
Anger Behavior	Have	$X \geq 14$	24.4
	Minimal	$X \leq 14$	75.6
Anger Regulation	Have	$X \geq 10.5$	84.1
	Minimal	$X \leq 10.5$	15.9

1
Referring to table 5, the highest percentage of aspects can be sorted as follows, namely anger regulation in the high category 84.1%. Teens showed that cognitive was in the low category, namely 54.9%. Meanwhile, the angry behavior shown by adolescents is also in the low category, namely 75.6%. Based on the description of anger management which has been described both as a whole and based on the aspects that explain anger management, it can be explained based on the demographics behind anger management as follows:

Table 6. Demographic-based Anger Management

Aspects	Category		Percentage %
Gender	Male	Have	$X \geq 42.5$
		Minimal	$X \leq 42.5$
	Female	Have	$X \geq 57$
		Minimal	$X \leq 57$
Semester in college	2	Have	$X \geq 44.5$
		Minimal	$X \leq 44.5$
	4	Have	$X \geq 61.5$
		Minimal	$X \leq 61.5$
Sequence of children	1 st child	Have	$X \geq 48$
		Minimal	$X \leq 48$
	2 nd child	Have	$X \geq 60$
		Minimal	$X \leq 60$
	3 rd child	Have	$X \geq 51.5$
		Minimal	$X \leq 51.5$

Continuation table 6.

Aspects		Category		Percentage %
Sequence of children	4 th child	Have	$X \geq 54$	44.4
		Minimal	$X \leq 54$	55.6
	5 th child	Have	$X \geq 44$	33.3
		Minimal	$X \leq 44$	66.7
	6 th child	Have	$X \geq 57.5$	50
		Minimal	$X \leq 57.5$	50

Based on the demographic descriptive results, it can be seen that men have better anger management than women as seen in the percentage. Anger management of male students is at high criteria of 77.8% and female students are in low criteria of 67.3%. Based on the semester, it can be explained that semester 2 has better anger management than semester 4 which can be seen from the percentage of the score which shows that in semester 2 there is a high criteria of 74.7% and semester 4 is in a low criterion of 75.9%.

Likewise, anger management, if seen from the birth order, can be explained and sorted. It shows that having good anger management is the first child 58.9%, the 6th child is 50%, the 4th child is 44.4%, the 3rd child is 41%, the 5th child This shows that in the high category, it is 33.3% and the last sequence that has good anger management is the second child, which shows that only 25% has anger management as shown in table 6.

Discussion

Based on the results of the analysis, it shows that late adolescents at the University of Muhammadiyah Jember lack anger management, because they are in the low category, namely 57.6%. The highest percentage of aspects, namely the aspect of anger regulation, which was in the high category, was 84.1%, which means that late adolescents have good anger regulation. This is in line with Hurlock (1980) who stated that in late adolescence, individuals have entered emotional maturity which leads to the ability to provide stable emotional reactions, not changing from one mood to another as in the previous period. Teens tend to be easily provoked by anger when unpleasant situations arise, but this anger often appears immediately and does not have prolonged anger. Therefore, the anger regulation tends to be good.

Furthermore, the aspect of anger triggers in anger management is in the high category, namely 52.7%, which can be said that adolescents think that almost anything that happens can trigger anger. The results of research by Marcus (2007) also state that adolescents are easily provoked by angry emotions and adolescence is a time of risk that allows for high aggressiveness. Therefore, adolescents easily respond angrily when there is a trigger that is unpleasant for him.

Adolescents showed cognitive to be in the low category, namely 54.9%, this means that adolescents considered the anger shown to be natural. This angry behavior is considered by adolescents as an unpleasant and disturbing situation that affects the internal condition of the individual (Lindsey & Anderson, 2000). This behavior is also raised based on how the event is received and processed cognitively (Berkowitz, 1995; Knorth et al, 2007) where adolescents also often perceive social situations and feel the need to act aggressively when facing conflicts or in unpleasant situations (Whitfield, 1999; Berkowitz, 2003).

The angry behavior shown by adolescents is also in the low category, namely 75.6%. This is because teenagers often do not express their emotions directly, but through other media such as social media. Dangwal (2016) also argues that teenagers are active users of the internet, especially on social media and this media which is often used to express their emotions.

At the end of adolescence, male has high anger management criteria of 77.8% and women are in low criteria of 67.3%. This is in line with the results of the study (Zahara, 2013) which states that there are differences in emotional maturity in male adolescents who have a higher level of emotional maturity than girls. Therefore, men have better management anger than women.

Students in semester 4 show the characteristics of a more mature age compared to semester 2 students. Previous research has shown that the more mature they enter, the more stable their emotions will be (Paramitasari & Alfian, 2012). However, it is different from the results of the study which stated that the second semester students had better anger management. This can be due to other factors that influence one of them is parenting. As Santrock (2007) states that parents are one of the factors that can help children regulate their emotions.

Anger management when viewed from the birth order shows that good anger management is the first child is 58.9%, the 6th child is 50%, the 4th child is 44.4%, the 3rd child is 41%, the 5th child is in the high category at 33.3% and The last order that has good anger management is the second child which shows that only 25% has anger management. This also indicates that the older age in the birth order has a more stable level of emotional maturity. Therefore, it can also be

said that older age does not necessarily affect the better anger management of individuals. But there are other factors that also influence it, namely the pattern of upbringing in the family (Santrock, 2007). Based on the results of the study, it shows the differences in each demographic characteristic, namely age, gender, semester characteristics and birth order.

Conclusion

Based on the research results, it can be concluded that late adolescents with a culture of *pandhalungan* at the University of Muhammadiyah Jember have low anger management. Based on the anger management aspect, the anger regulation aspect is the highest aspect in adolescents. This means that adolescents lack good management in receiving stimuli which makes them become angry. This anger often does not appear in the form of direct action but tends to express emotions in other forms such as the expression of anger shown on social media and the emotional expression only appears at that moment but is not prolonged. This shows good emotional regulation. Anger management is also mostly owned by men, mostly owned by semester 2 students and also mostly owned by first children.

Suggestions For Future Researchers

This research still has limitations and shortcomings, therefore further researchers can add other variables that can affect individual anger management abilities and can use other samples to get an overview of their anger management so that they can add insight or knowledge about anger management.

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