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Research Article

EMOTIONAL INTELLIGENCE AND AGGRESSIVE BEHAVIOR IN PARTICIPANTS OF MARTIAL ARTS

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ABSTRACT

Self-defence is not only a physical attack and defence behavior. In addition to encouraging participants to have physical health, self-defence sports also affect the psychological aspects participants, one of which is to have self-control towards the emergence of aggressive behavior. Aggression behavior needs to get serious attention not to causing adverse effects on the victims. This study aims to examine the effect of emotional intelligence on aggressive behavior. Respondents in this study were 90 martial arts participants. The method of data collection used a psychological scale constructed by the researcher himself. The findings of this study proved that emotional intelligence affects aggressive behavior.

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INTRODUCTION

Equipping yourself with martial arts now can be said quite important for both men and women. Having self-defense abilities provides many benefits for health both mentally and psychologically. Aside self-protection, learning individual martial arts can provide many benefits such as increasing self-confidence, increasing self-control, discipline, sportsmanship, suppressing aggressive behavior.

The drive to behave aggressively is exist in every individual, even according to Sears, Freedman, Peplau (1992) the urge to behave aggressively has existed since the individual was born and cannot be changed. Aggressive behavior can be associated with anger, as Pearce (1990) said that individuals will show aggressive behavior as an outlet of their anger, which verbally threatens, yells, says harsh and lies, and physically such as hitting, kicking, damaging and psychological or emotional torture.

In order to suppress aggression behavior, it is necessary to know what factors can be the cause of aggression behavior. One thing that is thought to suppress aggressive behavior is emotional intelligence. There are five main points of individual emotional intelligence, namely the ability to realize and manage emotions themselves, be sensitive to the emotions of

others, be able to respond and negotiate with others emotionally, and can use emotions to motivate themselves (Gardner, 2011). With this ability, individuals have the skills to manage problems and obtain solutions to their problems effectively without behave aggressively. This study aims to investigate the correlation of emotional intelligence with aggression behavior in martial arts training participants.

Literature Review

Aggressiveness

Aggression is a behavior that is intended to injure or harm another individual who does not want this behavior (Baron, Branscombe & Byrne, 2009). According to Myers and Twenge (2017) aggressive behavior is intentional physical or verbal behavior with the intention of hurting or harming others. Whereas according to Berkowitz (2003), aggressive behavior is a variety of forms of behavior that hurt a person physically and mentally which aims to injure which results in damage.

According to Berkowitz (2003) there are two aspects of aggressive behavior, namely aggressive physical behavior and verbal aggressive behavior. Physical aggressive behavior is a type of aggressive behavior in the form of physical attacks which aim to hurt, such as hitting, kicking and injuring. Form of aggressive behavior spoken by someone verbally such as mocking, insulting and threatening. In this study the author will

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use both types of aggressive behavior as a measuring instrument. Indicators of aggressive behavior are: (1) Expressing feelings and ideas in ways that interfere and offend other people such as saying rude, (2) speaking in a tone that makes the other person feel threatened and in danger, (3) achieving the goal at the expense of the interests of others, (4) using body language negatively such as hitting, grabbing, kicking to prevent conversations and actions of others, (5) using violence while talking to other people, (6) aggressive responses shown can be physical attacking, attacking with objects, verbally attacking, and violating other people's property.

According to Davidoff (1991) the causes of aggressive behavior are classified into several factors, namely: biological factors, environmental factors, family factors, psychological factors, social factors, imitation and situational factors. Meanwhile, according to Baron, Branscombe and Byrne (2009) explained that aggressive behavior is not only influenced by frustration but is influenced by many factors, namely provocation from others, high levels of stimulation, presentation of violence by the mass media, unpleasant environmental conditions and aspects personality aspects.

Emotional Intelligence

Emotional intelligence is a psychological factor which is expected to suppress aggression behavior. Salovey and Mayer (1990) define emotional intelligence as an individual's ability to understand one's own feelings, empathize with other people's feelings and the ability to regulate emotions, which together play a role in increasing a person's standard of living. Whereas according to Goleman (2002) emotional intelligence is a person's ability to regulate his emotional life with intelligence; maintain emotional harmony and disclosure through self-awareness skills, self-control, self-motivation, empathy and social skills.

Emotional intelligence includes two aspects of intelligence. First, understanding of yourself, goals, intentions, responses, behaviors, and so forth. Second, understanding of other people and their feelings. Goleman then lowered these two aspects into five areas (Sarlito W. Sarwono, 2014), including: (1) Self-Awareness. It is an ability to recognize feelings when those feelings occur. This ability is the basis of emotional intelligence, namely one's awareness of his own emotions. (2) Managing Emotion. Is the ability of individuals to handle their feelings so that they can be revealed properly. Controlling emotions is the key to emotional well-being. (3) Self-Motivation. Individuals who have self-motivation will have perseverance to refrain from satisfaction and controlling impulses. (4) Empathy. Individuals who have empathy abilities will be more able to accept other people's perspectives, more sensitive to the feelings of others and are better able to be good listeners. (5) Social Art. Is the ability to build relationships with others.

Framework

Aggressive behavior occurs because of the real factors that cause it. Individuals often use aggression as a way to express feelings and resolve problems. Someone adopts aggressive behavior from learning outcomes through observing the surrounding environment and people he considers as an idols,

teachers or parents. According to Branscombe and Byrne (2009) emotional intelligence is a series of emotions, social knowledge and abilities that affect our overall ability to deal effectively with the problem of environmental demands. Individuals who have an emotional intelligence have these abilities in processing the problems faced by individuals in order to overcome the problem effectively without behaving aggressively.

Research conducted by Martin and Martin (2014) which examined emotional intelligence and aggressiveness in the workplace, stated that negative emotions (such as low self-control) in workers can occur because of their low level of emotional intelligence resulting in low results their work (Counter Productive).

METHODOLOGY

Respondent in this study were martial arts training participants which included male and female participants aged 16 years and over with a total of 90 trainees selected proportionally random sampling.

The research instrument uses a psychological scale. The type of scale used is a Likert model. The scale used in this study is the scale of aggressive behavior and the scale of emotional intelligence. Both scales are constructed by researchers. From the results of the trial, the reliability coefficient for the scale of aggressive behavior was obtained at 0.909 and the emotional intelligence scale was 0.881.

RESULT

Based on the research data analysis using product moment Pearson correlation, the following results are obtained

Table 1 Matrix Correlations

	Mean	SD	Aggression
Aggression	33.10	8.05	1.00
Emotional Intelligent	115.41	9.20	-0.399*
Self-awareness	21.73	2.62	-0.374*
Managing emotion	22.21	2.25	-0.405*
Self-motivation	24.78	2.84	-0.303*
Empathy	24.42	2.48	-0.079
Social art	22.16	3.43	-0.143

**Significant at the level of 0.05*

The findings in this study proved that emotional intelligence has a negative correlation with the aggressive behavior of martial arts trainees with $r = -0.399$ with $p < 0.05$. which means that the better one's emotional intelligence, the more able to suppress aggressive behavior so that aggressive behavior is low. The managing emotion aspect is the aspect with the biggest contribution in suppressing aggression behavior, followed by self-awareness and self-motivation. Meanwhile the aspects of empathy and social art do not have a significant correlation with aggression behavior.

DISCUSSION

The results of this study indicate that emotional intelligence has a negative effect on aggressive behavior in martial arts training participants. This confirmed that someone who has good emotional intelligence will have self-control towards the

emergence of aggressive behavior. Individuals who have high emotional intelligence will have the ability to control emotions which in turn can suppress aggression behavior. These findings are in line with the results of research conducted by Sancho, Salguero and Berrocal (2014) who found that emotional ability and aggressive behavior of a person is negatively related, where someone who has high emotional intelligence shows little aggressive behavior. A person with high emotional intelligence shows less aggressive behavior than people with low emotional intelligence, this applies to all ages, children and adults in all cultures including in the United States, Spain, China, Malaysia, Canada, Australia and the United Kingdom. In this study it was also found that managing emotion aspects is the aspect that has the biggest contribution to aggression behavior. This is very possible considering the ability to keep disturbing emotions under control is the key to emotional well-being. If individual's experience excessive emotions, the stability of the individual will be disrupted. Managing emotion includes the ability to entertain oneself, let go of anxiety, moodiness or offense and the consequences it causes and the ability to rise from pressing feelings. With these abilities individual emotions will remain in control even though the individual gets discomfort.

Apart from managing emotion, self-awareness is also a significant aspect in relation to aggression behavior. This is very possible considering that this ability is the basis of emotional intelligence. Self-awareness makes individuals more alert to their moods, if they are less vigilant, the individual becomes overwhelmed by emotions. Self-awareness is closely related to the ability to understand the nature of one self, be able to control emotions consciously and be able to express correctly in accordance with the demands and decisions taken. Another aspect that correlates significantly to the behavior of aggression is self-motivation. Individuals who have self-motivation will have the perseverance to refrain from satisfaction and impulse control, and have a positive feeling of motivation, namely enthusiasm, passion, optimism and self-confidence. Meanwhile, empathy is the variable with the lowest correlation to aggression behavior, this is in line with the findings of the research conducted (Badriyah, 2013) which found that empathy aspects (perspective taking, fantasy, empathic concern, and personal distress) had no significant effect.

Self-defense practice is not only able to nourish the body and make a person skilled in self-defense, martial arts can also improve self-control. By participating in martial arts, one is accustomed to channeling aggressive potential in the right and controlled manner, the trainers also generally give instructions to be able to control themselves from an environment that has the potential to cause aggressive behavior, not arrogant and willing to help others in need.

According to social learning theory, aggressive behavior of humans is not a hereditary factor but is determined by many factors, one of which is the social environment. In interacting individuals will be faced by many people who have different interests, attitudes, interests and personalities. In addition to having a positive impact, these differences also have the potential for the emergence of negative impacts such as competition, misunderstandings, etc. that have the potential to cause anger which has the potential to lead to aggressive

behavior, although not always anger accompanied by aggressive behavior.

By practicing martial arts, individuals are taught to behave discipline, practice patience, train themselves to have good self control, increase self-confidence, practice not giving up easily, increase self motivation, learn to respect opponents, and be sporty. With these capabilities, it will indirectly stimulate the ability of individuals to recognize emotions themselves, recognize other people's emotions, motivate themselves, empathy and relate well to others who are aspects of emotional intelligence. With these abilities, individuals have good ability to be able to control aggression because they have been trained when individuals practice martial arts.

In closing

, the results obtained in this study reinforce previous findings, namely there is a significant relationship with the negative direction between emotional intelligence and aggression behavior. The higher the individual's emotional intelligence, the lower the individual's tendency to behave aggressively. Therefore, one effort to reduce the behavior of aggression is to increase emotional intelligence. This can be pursued by increasing self-awareness, improving the ability to manage emotions, and the ability to motivate oneself as aspects that have a major contribution found in this study.

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