

Analysis of Angry Behavior and Emotion Regulation Seen in Adolescent Gender in Upper Toundanouw Village, Southeast Minahasa

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Abstract

Angry behavior is an angry emotional response to a stimulus from the environment that is not in accordance with the wishes and is vented into negative actions to express emotions. Emotions play an important role in teenagers' social lives. As individuals who are growing and developing, teenagers tend to be irritable, easily discouraged, and prone to exploding when they feel offended. Therefore, it is important to develop the ability to manage angry emotions in adolescents. This ability to manage angry emotions is called emotional regulation. Emotional regulation is an individual's ability to accept, control and respond to emotions in an appropriate manner when under pressure. This research aims to analyze anger behavior and emotional regulation seen in adolescent gender in Toundanouw Atas Village, Southeast Minahasa. The research method used in this research was quantitative approach is a type of comparative research. The samples taken in this research were 55 people. Based on the results of data analysis in this study, it can be concluded that the difference in the tendency for angry behavior and emotional regulation in male and female adolescents is in high levels of angry behavior and low emotional regulation, which means that there is no difference in the tendency for angry behavior and emotional regulation in adolescent boys. men and women in Upper Toundanouw Village, Southeast Minahasa. The samples taken in this research were 55 people. Based on the results of data analysis in this study, it can be concluded that the difference in the tendency for angry behavior and emotional regulation in male and female adolescents is in high levels of angry behavior and low emotional regulation, which means that there is no difference in the tendency for angry behavior and emotional regulation in adolescent boys. men and women in Upper Toundanouw Village, Southeast Minahasa. The samples taken in this research were 55 people. Based on the results of data analysis in this study, it can be concluded that the difference in the tendency for angry behavior and emotional regulation in male and female adolescents is in high levels of angry behavior and low emotional regulation, which means that there is no difference in the tendency for angry behavior and emotional regulation in adolescent boys. men and women in Upper Toundanouw Village, Southeast Minahasa.

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Abstrak

Perilaku marah merupakan respon emosi marah terhadap suatu stimulus dari lingkungan yang tidak sesuai dengan kehendak dan dilampiaskan menjadi suatu perbuatan yang negatif untuk meluapkan emosi. Emosi memainkan peran penting dalam kehidupan sosial remaja. Sebagai individu yang sedang tumbuh dan berkembang, remaja cenderung mudah marah, mudah tersinggung, mudah putus asa, dan rentan meledak-ledak ketika merasa tersinggung. Oleh karena itu, penting untuk mengembangkan kemampuan dalam mengelola emosi marah pada remaja. Kemampuan dalam mengelola emosi marah ini disebut regulasi emosi. Regulasi emosi merupakan kemampuan individu menerima, mengendalikan dan merespon emosi dalam sikap yang tepat saat berada dibawah tekanan. Penelitian ini bertujuan untuk Menganalisis Perilaku Marah Dan Regulasi Emosi Dilihat Pada Jenis Kelamin Remaja Di Desa Toundanouw Atas Minahasa Tenggara. Metode penelitian yang digunakan dalam pendekatan kuantitatif ini adalah jenis penelitian komparatif. Sampel yang diambil dalam penelitian ini ada 55 orang. Berdasarkan hasil analisa data pada penelitian ini dapat disimpulkan bahwa perbedaan kecenderungan perilaku marah dan regulasi emosi pada remaja laki-laki dan perempuan berada pada perilaku marah yang tinggi dan regulasi emosi yang rendah yang berarti tidak ada perbedaan kecenderungan perilaku marah dan regulasi emosi pada remaja laki-laki dan perempuan di Desa Toundanouw Atas Minahasa Tenggara.

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1. INTRODUCTION

Adolescence is a transition period from childhood to adulthood which is full of changes and challenges. Emotional changes that often occur in teenagers have a significant influence on their behavior and attitudes. Teenagers tend to experience more intense and varied feelings, such as joy, anxiety, anger, or deep sadness. These unstable emotions can influence their behavior and attitudes in various ways.

Emotions are defined as a state of emotional turmoil that originates from within and involves almost the entire individual (Sujiono, 2005). Goleman (2002) states that emotions are an impulse to act, instant plans to overcome existing problems. According to Tice (Goleman, 2002) anger is a negative emotion that is most difficult to control. Meanwhile, Kartono (2000) defines anger as an emotional reaction to disappointment, hurt, interference and so on which is characterized by displeasure and hostility.

Teenagers generally show high emotional intensity, are difficult to control, and are irrational. Teenagers tend to be irritable, easily discouraged, and prone to exploding when they feel offended. Therefore, it is important to develop the ability to manage angry emotions in adolescents. This ability to manage angry emotions is called emotional regulation. Gross (in Apriliani, 2021) emotional regulation is a collection of various processes by which emotions are regulated and refers to processes that influence a person's emotions, for example when individuals feel emotions and how individuals express the emotions they experience.

In adolescent girls and adolescent boys there are differences in expressing emotions both verbally and nonverbally according to gender (Simon and Nath, 2004). Differences in emotional expression between men and women are associated with differences in their goals for controlling emotions. Women tend to express more emotions to maintain interpersonal relationships and show weakness or helplessness. On the other hand, men tend to express more anger and pride to maintain and show dominance. As a result, adolescent girls and boys have differences in the way they manage emotions.

In the explanation that has been explained, it can be formulated that the problem raised by researchers is the difference in angry behavior and emotional regulation in male and female adolescents. This research is different from previous research, where this research was adapted according to needs. In terms of the methods provided, they are almost the same, but several methods have been changed so that the information provided can be conveyed well by the intervention participants. The benefit of research is that it can provide understanding and information for teenagers regarding emotional management, especially angry behavior, so that it can reduce negative emotions such as anger, anxiety and so on. In this research, it is seen from the perspective of Clinical Psychology as a preventive measure, namely in mental health in adolescents so that emotional disorders and anxiety disorders do not occur in the future. The aim of this research is to analyze angry behavior and emotional regulation seen in adolescent gender in Toundanouw Atas Village, Southeast Minahasa.

2. RESEARCH METHOD

In this research, the author used a quantitative research approach. Quantitative research is research in the form of numbers and analysis using statistics (Sugiyono, 2016). The type or research design used in this quantitative approach is comparative research. According to Sugiyono (2017), comparative is a research problem formulation that compares the existence of one or more variables in two or more different samples, or at different times. This research explained the differences in angry behavior and emotional regulation in male and female adolescents in Toundanouw Atas Village, Southeast Minahasa. The population in this research was teenagers in Upper Toundanouw Village, Southeast Minahasa, totaling 55 people. The sampling technique in this research was total sampling. The reason for taking total sampling was because the population

was less than 100. So, the sample taken in this study was 55 people. Data collection in this study was the angry behavior scale by Yusrianda Silvianis Diwanti (2022) from the Indonesian Factors and the emotion regulation questionnaire (ERQ) which has been adapted into Indonesian by Hasniar A. Radde, Nurrahmah, Nurhikmah, A. Nur Aulia Saudi (2021). The measurement scale is to quantify information on the subject's response to see how many psychological attributes the subject has (Supratiknya, 2014). The type of scale used in this research is the Likert Scale.

Table 2.1 Likert Scale Model

Positive Statements (Favorable)		Negative Statements (Unfavorable)	
Very suitable	4	Very suitable	1
In accordance	3	In accordance	2
It is not in accordance with	2	It is not in accordance with	3
Very not	1	Very not	4
In accordance		In accordance	

2.1. Validity test

The validity of the instrument referred to in this research was by correlating item scores with total scores using Pearson's product moment correlation technique using the SPSS 26 for Windows program. Based on the results of research on male and female teenagers in Toundanouw Atas Village, Southeast Minahasa, the 40-item angry behavior scale found 31 valid items and 9 invalid items with the help of the SPSS 25 for Windows program. at a significance level of 0.05 with (N) 55 respondents, the rtable is 0.266. Testing the validity of the instrument on the 10-item emotional regulation scale, the results found were 8 valid items and 2 invalid items with the help of the SPSS 25 for Windows program. at a significance level of 0.05 with (N) 55 respondents, the rtable is 0.266.

2.2. Reliability Test

The reliability of a measuring instrument shows the extent to which the measurement results of the instrument can be trusted, which indicated by the level of consistency (consistency) of scores obtained with the same instrument or measured with an equivalent instrument under different conditions. Testing the reliability of the instrument in this research was Cronbach's Alpha analysis technique with the help of the SPSS 26 for Windows program. To determine the reliability of a research instrument, researchers draw conclusions based on reliability norms according to Guilford (in Suherman, 2003), in the following table:

Table 2.2 Reliability Level

Criteria	Reliability Coefficient
Very Reliable	> 0.9
Reliable	0.7 – 0.9
Quite Reliable	0.4 – 0.7
Less Reliable	0.2 – 0.4
Not Reliable	< 0.02

The results of the instrument reliability test in this research used the Alpha Cronbach analysis technique with the help of the SPSS 25 program, as follows:

Table 2.3 Reliability of the Angry Behavior Scale

Reliability Statistics

Cronbach's Alpha	N of Items
0.879	31

Based on the table above, it was known that the Cronbach Alpha reliability analysis on the angry behavior scale is 0.879, this figure is greater than the Alpha coefficient value > 0.6, so it can be concluded that the angry behavior scale has reliable criteria.

Table 2.4 Reliability of the Emotion Regulation Scale

Reliability Statistics	
Cronbach's Alpha	N of Items
0.698	8

Based on the table above, it was known that the Cronbach Alpha reliability analysis on the emotional regulation scale is 0.698, this figure is at an Alpha coefficient value of 0.4 to 0.7 so it can be concluded that the emotional regulation scale has quite reliable criteria.

3. RESEARCH RESULTS AND DISCUSSION

3.1. Research result

3.1.1. Classic assumption test

The classic assumption test or prerequisite test is carried out before carrying out further analysis of the data collected. The classic assumption tests in this research are the normality test and homogeneity test.

a. Normality test

In this study, data normality testing used the Shapiro Wilk technique. The Shapiro Wilk test was generally used for small samples (less than 50 data). The normality test explained whether the results of the analysis are normally distributed or not. The results of the normality test using the Shapiro Wilk technique were obtained as follows:

Table 3.1 Normality Test Results

Gender		Tests of Normality					
		Kolmogorov-Smirnova			Shapiro-Wilk		
		Statistics	df	Sig.	Statistics	df	Sig.
Angry Behavior	Man	0.119	24	.200*	0.961	24	0.465
	Woman	0.141	31	0.117	0.942	31	0.095
*. This is a lower bound of the true significance.							
a. Lilliefors Significance Correction							

According to Santoso (2014) data is said to be normally distributed in the Shapiro Wilk test if Sig. greater than 0.05. Based on the table above, it is known that the df (degree of freedom) for men is 24 and for women is 31. So this means that the number of data samples for each gender group is less than 50, so the use of the Shapiro Wilk technique to detect normality of data in this study can be used. said to be correct. The output results in the table show the Sig value. for male gender it is 0.465 and the Sig value. for the female gender it is 0.095. Because the Sig value for both gender groups is > 0.05, the Shapiro Wilk test decision can be concluded that the data is normally distributed.

b. Homogeneity Test

In this study, the homogeneity test used the SPSS 25 program with the Levene test. The test criteria was if the Sig value. or the probability value is <0.05, then the data

comes from populations that have unequal variances, whereas if the Sig. or the probability value was > 0.05, then the data comes from populations that have the same variance. This test was carried out to find out whether the variants of the two population groups were the same or not, here was the similarity of Levene's test variants as follows:

Table 3.2 Levene's Homogeneity Test Results

Test of Homogeneity of Variances					
		Levene Statistics	df1	df2	Sig.
Angry Behavior	Based on Means	0.199	1	53	0.657
	Based on Median	0.081	1	53	0.777
	Based on Median and with adjusted df	0.081	1	52,165	0.777
	Based on trimmed mean	0.162	1	53	0.689

Based on the output table above, the Sig value was known. The angry behavior of male and female teenagers in Toundanouw Atas Village, Southeast Minahasa was 0.657 > 0.05, so as was the basis for decision making in the homogeneity test above, it can be concluded that the variance of the data on angry behavior of male and female teenagers in Toundanouw Atas Village, Southeast Minahasa was the same or homogeneous.

3.1.2. Hypothesis testing

a. Descriptive Statistical Test

1) Angry Behavior

Based on the results of calculating descriptive percentage statistics with the help of the SPSS 25 for Windows program, the tendency for angry behavior among male and female teenagers in Toundanouw Atas Village, Southeast Minahasa, can be seen in the table below:

		Frequency	percent	Valid Percent	Cumulative Percent
Valid	Tall	40	72.7	72.7	72.7
	Low	15	27.3	27.3	100.0
	Total	55	100.0	100.0	

From the table above, the percentage results of the tendency for angry behavior among male and female teenagers in Toundanouw Atas Village, Southeast Minahasa were obtained, namely that there were 40 people or 72.7% with high angry behavior and 15 people or 27.3% with a tendency for angry behavior among male teenagers in Toundanouw Village. Over Southeast Minahasa, as follows:

		Frequency	percent	Valid Percent	Cumulative Percent
Valid	Tall	16	66.7	66.7	66.7
	Low	8	33.3	33.3	100.0
	Total	24	100.0	100.0	

From the table above, the percentage results of the tendency for angry behavior among male teenagers in Toundanouw Atas Village, Southeast Minahasa, are obtained, namely that there are 16 people or 66.7% who have high angry behavior and 8 people or 33.3% who have low angry behavior.

Furthermore, the percentage results of the tendency for angry behavior among female teenagers in Toundanouw Atas Village, Southeast Minahasa, were as follows:

		Frequency	percent	Valid Percent	Cumulative Percent
Valid	Tall	23	74.2	74.2	74.2
	Low	8	25.8	25.8	100.0
	Total	31	100.0	100.0	

From the table above, the percentage results of the tendency for angry behavior among female teenagers in Toundanouw Atas Village, Southeast Minahasa, are obtained, namely that there are 23 people or 74.2% who have high angry behavior, and there were 8 people or 25.8% who have a low tendency to angry behavior.

		Frequency	percent	Valid Percent	Cumulative Percent
Valid	Tall	10	41.7	41.7	41.7
	Low	14	58,3	58,3	100.0
	Total	24	100.0	100.0	

Based on descriptive statistical tests, the percentage of the tendency for angry behavior among male and female teenagers in Toundanouw Atas Village, Southeast Minahasa, has the same tendency for angry behavior as the percentage of men and women, namely that they both tend to have high levels of angry behavior.

2) Emotion Regulation

Based on the results of calculating percentage descriptive statistics with the help of the SPSS 25 for Windows program regarding emotional regulation in male and female adolescents in Toundanouw Atas Village, Southeast Minahasa, as follows:

		Frequency	percent	Valid Percent	Cumulative Percent
Valid	Tall	27	49.1	49.1	49.1
	Low	28	50.9	50.9	100.0
	Total	55	100.0	100.0	

Based on the table above showed the percentage of emotional regulation for male and female teenagers in Toundanouw Atas Village, Southeast Minahasa, namely that there were 27 people or 49.1% with high emotional regulation and 28 people or 50.9% with low emotional regulation.

The results of data analysis on the percentage of emotional regulation in adolescent boys in Toundanouw Atas Village, Southeast Minahasa were as follows:

The percentage of emotional regulation of male teenagers in Toundanouw Atas Village, Southeast Minahasa, is 10 people or 41.7% with high emotional regulation and 14 people or 58.3% with low emotional regulation.

Furthermore, the results of data analysis on the percentage of emotional regulation in adolescent girls in Toundanouw Atas Village, Southeast Minahasa are as follows:

Table 3.8 Frequency of Emotion Regulation Teenage Girls

		Frequency	percent	Valid Percent	Cumulative Percent
Valid	Tall	13	41.9	41.9	41.9
	Low	18	58.1	58.1	100.0
	Total	31	100.0	100.0	

Based on the table above shows the percentage of emotional regulation tendencies among female teenagers in Toundanouw Atas Village, Southeast Minahasa, namely that there are 13 people or 41.9% with high emotional regulation, and there are 18 people or 58.1% including those with low emotional regulation.

Based on descriptive statistical tests, the percentage of emotional regulation in male and female teenagers in Toundanouw Atas Village, Southeast Minahasa, has the same emotional regulation as the percentage of boys and girls, namely that they both have low emotional regulation.

b. Comparative Hypothesis Testing

1) Independent Test of Sample T-Test of Angry Behavioral Tendencies

To prove whether or not there is a difference in the tendency for angry behavior in male and female teenagers in Toundanouw Atas Village, Southeast Minahasa, this research used Independent Sample T-test analysis. To test the hypothesis of differences in the tendency for angry behavior in male and female adolescents based on the output group statistics, as follows:

Table 3.9 Group Statistics

Gender		N	Mean	std. Deviation	std. Error Mean
Angry Behavior	Man	24	74.46	12,222	2,495
	Woman	31	77.94	12,725	2,286

The table above showed that the total data on the tendency of angry behavior among male and female teenagers in Toundanouw Atas Village, Southeast Minahasa is 24 male teenagers and 31 female teenagers. The average value of the tendency for angry behavior or mean for men is 74.46, while for women it is 77.94. Thus, descriptively statistically it can be concluded that there is a difference in the average tendency for angry behavior in men and women.

Next, to prove whether this difference is significant or not, an Independent Sample T-test analysis was carried out. The results of the Independent Sample T-test analysis on the basis of decision making if the Sig. (2-tailed) > 0.05 then H0 is accepted and Ha is rejected, conversely if the Sig. (2-tailed) < 0.05 then H0 is rejected and Ha is accepted.

Table 3.10 Independent Sample T-Test Table

Independent Samples Test		
	Levene's Test for	t-test for Equality of Means

		Equality of Variances								
		F	Sig.	t	df	Sig. (2-tailed)	Mean Differences	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
An gry Be hav ior	Equal variances assumed	0.199	0.657	-1.022	53	0.311	-3.477	3.401	-10.299	3.345
	Equal variances not assumed			-1.028	50.522	0.309	-3.477	3.384	-10.271	3.317

Based on the independent output table for the test sample above, in the equal variances assumed section, the Sig value is known. (2-tailed) is $0.311 > 0.05$, so as the basis for decision making in the independent sample t-test, it can be concluded that H_0 is accepted and H_a is rejected, which means there is no difference in the tendency for angry behavior in male and female teenagers in Toundanouw Atas Village, Minahasa Southeast.

The mean difference value in the output above was -3.477 which showed the difference between the average tendency for angry behavior in male and female teenagers or $74.46 - 77.94 = -3.477$ and the difference between the differences was -10.299 to 3.345 (95% confidence interval of the difference lower upper).

If the results of the Independent Sample T-test analysis are seen by comparing t-count with t-table then the decision was made based on the comparison if the value of t-count $<$ t-table then H_0 is accepted and H_a is rejected. Conversely, if the value of t-count $>$ t-table then H_a is accepted and H_0 is rejected. It is known that the t-count value was -1.022 and the t-table value at the significance level (5%) with degrees of freedom (db) $n - 2$ or $55 - 2 = 53$ was 2.006, so it can be concluded that the t-count value $<$ t-table then H_0 is accepted and H_a is rejected. Based on the analysis of the Independent Sample T-test with significance decisions and comparing t-count with t-table, it was concluded that there was no difference in the tendency for angry behavior in male and female teenagers in Toundanouw Atas Village, Southeast Minahasa.

2) Independent Test of Sample T-Test of Differences in Emotion Regulation

To prove whether or not there are differences in emotional regulation in male and female adolescents in Toundanouw Atas Village, Southeast Minahasa, this research used Independent Sample T-test analysis. To test the hypothesis of differences in emotional regulation in male and female adolescents based on output group statistics, as follows:

Gender		N	Mean	std. Deviation	std. Error Mean
Emotion Regulation	Man	24	23.04	3,839	0.784
	Woman	31	23.26	3,794	0.682

The table above shows that the number of emotional regulation data for male and female adolescents in Toundanouw Atas Village, Southeast Minahasa was 24 male adolescents and 31 female adolescents. The average value of emotional regulation or mean for men was 23.04, while for women it was 23.26. Thus, descriptively statistically it can be concluded that there was no difference in the average emotional regulation of men and women.

Next, to prove whether this difference is significant or not, an Independent Sample T-test analysis was carried out. The results of the Independent Sample T-test analysis on the basis of decision making if the Sig. (2-tailed) > 0.05 then H0 is accepted and Ha is rejected, conversely if the Sig. (2-tailed) < 0.05 then H0 is rejected and Ha is accepted.

Based on the independent output table for the test sample above, in the equal variances assumed section, the Sig value was known. (2-tailed) is 0.835 > 0.05, so as the basis for decision making in the independent sample t test, it can be concluded that H0 is accepted and Ha is rejected, which means there is no difference in emotional regulation between male and female teenagers in Toundanouw Atas Village, Southeast Minahasa.

The mean difference value in the output above is -0.216 which showed the difference between the average differences in emotional regulation in male and female adolescents or $23.04 - 23.26 = -0.216$ and the difference between the differences was -2.296 to 1.863 (95% confidence interval of the difference lower upper).

If the results of the Independent Sample T-test analysis are seen by comparing t-count with t-table then the decision is made based on the comparison if the value of t-count < t-table then H0 is accepted and Ha is rejected. Conversely, if the value of t-count > t-table then Ha is accepted and H0 is rejected. It was known that the t-count value is -0.209 and the t-table value at the significance level (5%) with degrees of freedom (db) $n - 2$ or $55 - 2 = 53$ was 2.006, so it can be concluded that the t-count value < ttable then H0 is accepted and Ha is rejected. Based on the analysis of the Independent Sample T-test with significance decisions and comparing t-count with t-table, it was concluded that there was no difference in emotional regulation in male and female adolescents in Upper Toundanouw Village, Southeast Minahasa.

3.2. Discussion of Research Results

Based on the results of research on differences in angry behavior and emotional regulation in male and female adolescents in Toundanouw Atas Village, Southeast Minahasa, it was found that male and female adolescents did not have differences in angry behavior and emotional regulation. Where the Sig value was (2-tailed) is 0.311 > 0.05, so as was the basis for decision making in the independent sample t-test, it can be concluded that H0 was accepted and Ha was rejected, which means there was no difference in the tendency for angry behavior and the Sig value. (2-tailed) is 0.835 > 0.05, so according to the basis for decision making in the independent test to the t-test, it can be concluded that H0 was accepted and Ha was

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Differences	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Emotion Regulation	Equal variances assumed	0.047	0.829	-0.209	53	0.835	-0.216	1.037	-2.296	1.863
	Equal variances not assumed			-0.209	49,319	0.836	-0.216	1,039	-2,303	1,870

rejected, which means there is no difference in emotional regulation in male and female teenagers in Toundanouw Atas Village, Southeast Minahasa. .

There was no significant difference in angry behavior and emotional regulation in male and female adolescents, indicating that anger is an emotion that shows that an individual's feelings have been offended by someone or indicates something is not good. The emotion of anger is emotional turmoil felt by individuals for several reasons which can reduce peace of mind and is displayed by behavior towards someone that causes anger to gain satisfaction.

An angry person feels uncomfortable, irritated, wants to fight, rages, is hostile, hurt, blames, and demands. Behavior that attracts attention and creates self-conflict needs to be studied, such as running away, missing work, or sexual deviation. Aggressive behavior in teenagers is a form of angry emotion that is often shown by teenagers. According to Baron & Barney (2005) gender differences, men are generally more aggressive than women, but this difference is reduced in the context of strong provocation where men are more likely to use direct forms of aggression, but women tend to use indirect forms of aggression. Therefore, emotional regulation skills are needed in social interactions.

This study also examined differences in emotional regulation in male and female adolescents. Emotion regulation as an effort to accept emotions, the ability to control impulsive behavior and the ability to flexibly use emotional regulation strategies according to the situation. Emotion regulation is different from coping, mood regulation, coping mechanisms, and feeling regulation (Gross, 1998). Emotion regulation is a change associated with emotional activation, which includes changes in the emotion itself and psychological processes.

Individuals with emotional regulation can choose which emotions they feel, when and how to experience these emotions and how to express them. The results of the research show that male and female teenagers in Toundanouw Atas Village, Southeast Minahasa have low emotional regulation, so they are less personally responsible for their feelings and happiness, less able to turn negative emotions into a learning process and opportunity for development, less sensitive to feelings. Other people do not do enough introspection and relaxation, feel less positive emotions and quite often feel negative emotions, and often feel hopeless when facing problems.

social support and environmental situations that are implemented to approach or distance the impact; (2) Situation Modification with problem-focused coping (PFC) for handling stress which is used by individuals who face problems by trying to solve them; (3) Attentional deployment where the individual directs his attention in a situation to regulate his emotions or directs his attention in a situation to regulate his emotions; (4) Cognitive Change, which is a change in a person's way of assessing a situation when they are in a problematic situation to change the significance of their emotions, either by changing the way one thinks about the situation or the ability to manage its demands; (5) Response Modulation is an effort made after an emotion occurs to influence the physiological response, experience and behavior of negative emotions.

4. CONCLUSIONS AND RECOMMENDATIONS

4.1. Conclusion

- 1) One type of emotion that is often felt by teenagers is the emotion of anger, which is a natural response when someone feels threatened, stressed, experiences painful memories, or receives unfair or unpleasant treatment. Angry behavior is a response to angry emotions that arise as a result of stimuli from the environment that are not in accordance with the wishes. Angry behavior can be vented in various forms of action, one of which is aggressive behavior. Based on the research conducted and the discussion that has been described and based on the results of the Independent Sample T-test analysis, it is concluded that there is no difference in the tendency for angry behavior in male and female teenagers in Toundanouw Atas Village, Southeast Minahasa.

- 2) Emotion regulation is the skill of responding to demands arising from experience with an acceptable emotional level and sufficient flexibility to react spontaneously as needed. Failure to regulate emotions can result in a person having difficulty making rational judgments, being less creative in managing emotions, and experiencing obstacles in making decisions in various situations. Based on the research conducted and the discussion that has been described and based on the results of the Independent Sample T-test analysis, it was concluded that there is no difference in emotional regulation in male and female adolescents in Upper Toundanouw Village, Southeast Minahasa.
- 3) Overall, the research results show that male and female adolescents in Toundanouw Atas Village, Southeast Minahasa, have no differences in angry behavior and emotional regulation. In the results of the independent sample t-test, it was found that H₀ was accepted and H_a was rejected, which means there was no difference in the tendency for angry behavior and emotional regulation. So the results of this study show that there is no difference in angry emotional behavior in male and female teenagers and there is low emotional regulation in both men and women.

4. 2. Suggestion

- 1) For teenagers, it is hoped that they can improve their ability to regulate emotional strategies and manage angry emotions as well as get used to being able to think positively and speak positively to themselves (positive self-talk) and try to be open when they feel angry with themselves and others.
- 2) It is recommended that local governments support teenagers in channeling their talents and skills and form focus group discussions (FGD) as a form of support for teenagers in resolving problems that can trigger negative emotions such as anger. As well as providing education to parents as a form of support to better understand adolescent children during their development (search for adolescent identity).
- 3) For future researchers, when conducting research on angry behavior and emotional regulation in adolescents, it is recommended to look at several other factors such as personality, intelligence, locus of control as well as environmental influences in the form of peers, parental support, parenting patterns, friendships and possible romantic relationships. impact on angry behavior and emotional regulation abilities in adolescents

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