Analysis of Mental Disorders of Aggression in Students (Case Study of Class X IPS 4 at Mujahidin Private High School Pontianak)

Analisis Gangguan Mental Agresi pada Siswa (Studi Kasus Kelas X IPS 4 di SMA Swasta Mujahidin Pontianak)

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Abstract
Aggressive behavior among adolescents, especially high school students, has become a significant issue today. This article presents an analysis of deviant aggressive behavior among students in class XI IPS 4 at SMA Swasta Mujahidin Pontianak, covering the forms of behavior, causes, impacts, and efforts to address aggressive behavior among students. The aim of this article is to provide a factual overview using a descriptive qualitative approach through interviews and documentation with students at SMA Swasta Mujahidin Pontianak. The interview results indicate that aggressive behavior at SMA Swasta Mujahidin Pontianak can take the form of fighting, mocking friends, bullying, or taking friends’ belongings. The causes of aggressive behavior are diverse, including family influence, unpleasant conditions created by parents, a toxic peer environment, and frequent exposure to aggressive scenes. The impact of aggressive behavior can affect emotional development and academic performance. To address aggressive behavior, the school has undertaken various efforts by providing counseling services through the school counselor and implementing policies such as sanctions for the perpetrators. Aggressive behavior must be eradicated in the school environment as it is harmful and detrimental to others.

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INTRODUCTION

Adolescence is a developmental stage marking the transition from childhood to early adulthood, beginning around the ages of 10-12 and ending around 18-22 years old. During this period, adolescents experience significant changes both psychologically and physiologically. These changes are not only physical but also emotional, social, and personal, leading to drastic shifts in adolescent behavior (Febriana & Situmorang, 2019). Hurlock stated that "Adolescence is a time of storm and stress." Adolescence is a period filled with turmoil and psychological pressure, characterized by significant physical (Jannah, 2017), intellectual, and emotional changes that cause distress and confusion (Conflict) within the individual, as well as conflicts with their environment (Munalisa & Agung, 2023; Pranindhita, 2020).

Aggressive behavior refers to actions characterized by anger or intentions to harm others, even though the person being harmed does not wish to be hurt, whether psychologically or physically (Aridhona & Setia, 2022; Stevani et al., 2018). In other words, aggression is an individual's behavior intended to injure or harm someone who does not want such actions. Aggression is a form of behavior aimed at hurting another individual, either physically or mentally. Aggression becomes a behavior with the purpose of inflicting harm on others, which can include verbal attacks, psychological attacks, physical assaults, or violating others' rights (Subq, 2019). Aggressive behavior is a negative behavior associated with mental disorders that harm others or oneself. Therefore, aggressive behavior, as part of a mental disorder, is a deviant behavior that should be avoided or treated.

The tendency to act aggressively or harm others is often seen in adolescents and children around us, and this also occurs in educational settings where many incidents of aggression can hurt other students or involve students unable to control their anger or aggression (Anwar & Anidar, 2018). Acts of aggression create evident hostility within the school environment. The fact that adolescents are still in a developmental stage makes various aspects of their behavior dynamic and constantly changing. Adolescents tend to make decisions with unstable emotions. This often leads them to antisocial behavior and even violent behavior, such as aggression. Aggressive behavior is a common phenomenon in society. Aggression is defined as behavior intended to harm someone either physically or mentally. Aggression as behavior intentionally aimed at causing harm and potentially injuring others, regardless of whether the intent to harm achieves its target (whether the person targeted by the aggressive behavior feels hurt or not).

High school students are going through adolescence, which is the transitional phase from childhood to adulthood (Purwanti, 2013). Adolescence is a period of identity crisis or a time when teenagers are searching for their self-identity. This search for self-identity often leads to problems for teenagers. Generally, adolescents no longer behave like children, but they are also not yet capable of thinking as maturely as adults. As a result, they often use inappropriate methods to solve the problems they face. Teenagers are at a high risk of engaging in aggressive behavior. Often, aggressive behavior in adolescents is considered normal and occurs in most teenagers as a manifestation of their psychological issues. They use improper problem-solving methods to deal with emotional turmoil. Consequently, adolescents frequently experience unstable emotions and often get angry over trivial matters.

In an analysis conducted at SMA Swasta Mujahidin Pontianak, it was found that students exhibited aggressive behavior in various forms, such as mocking friends, fighting, bullying, or physically taking friends' belongings. The factors causing aggressive behavior in students can include family influence, unpleasant conditions created by parents, toxic peer environments,
and frequent exposure to aggressive or violent scenes, whether in physical environments or online. Aggressive behavior often has serious consequences, affecting not only the emotional development of the child or student but also significantly impacting their academic performance and social interactions with peers and teachers. Therefore, efforts to address aggressive behavior are necessary, including providing counseling services to students who are perpetrators or victims of such actions. Consequently, the school and parents should collaborate to prevent aggressive behavior, creating a safe and comfortable learning environment for students at SMA Swasta Mujahidin Pontianak.

METHODS (Arial 11, Spacing 1.5)

After conducting the research, including data collection, the next step is to present the data so that the results of the research are easy to understand and analyze, allowing the previously researched issues to be addressed (Moleong, 2019). The research focused on common issues such as aggressive mental disorders among students at SMA Swasta Mujahidin Pontianak. This study includes several sub-topics: the nature of aggressive behavior at SMA Swasta Mujahidin Pontianak, the factors causing aggressive behavior among students, the impact of such behavior, and efforts to address it.

This research uses primary data sources, which are data directly provided to the data collector by the original source. The data were gathered firsthand by the researcher from the primary source or the research location. The primary data source for this study was obtained through direct interviews with SL, an 11th-grade social sciences student at SMA Swasta Mujahidin Pontianak. The data collection techniques used in this study include interviews and documentation. Interviews involve direct communication between the researcher and the subject or respondent regarding the research topic. In this study, interviews were conducted to gather data about aggressive behavior, which is considered deviant behavior, at SMA Swasta Mujahidin Pontianak, with SL as the interviewee. Additionally, documentation techniques were used to accurately record information sources during observations and interviews at SMA Swasta Mujahidin Pontianak.

RESULTS AND DISCUSSION

Aggressive Behavior at Mujahidin High School Pontianak

In the research conducted at SMA Swasta Mujahidin Pontianak, several forms of aggressive behavior were identified among the students. These forms of aggression include mocking friends, fighting, bullying, or physically taking belongings from friends. The aggressive behavior varied greatly, with different victims each time the students felt threatened or hurt by their peers. Additionally, the threatened victims often retaliated by hitting or kicking. Often, these acts of aggression were triggered by mimicry; if one student enjoyed fighting, others tended to join in to help their friend. At the school, the most common cases of aggression involved fighting and hitting. Furthermore, aggression was frequently verbal, including mocking, using harsh language, and shouting at their peers.

Factors Causing Aggressive Behavior in Grade X Social Science 4 Students at Mujahidin Private High School Pontianak

The family serves as one of the primary learning environments for children and is the first factor that can influence the emergence of aggressive behavior in a child. Sometimes, a child feels a lack of warmth and low levels of parental concern at home. Additionally, parents often do not interact much with their children because they are preoccupied with earning a living, leaving them with little time for their children at home. This can result in children
frequently witnessing violence perpetrated by their parents. Another contributing factor is the frequent conflicts within the family, especially in broken homes, which can lead to children developing negative characteristics, engaging in aggressive behavior, or being quick to anger towards others, and even self-harming. Unpleasant conditions created by parents also contribute to a child's aggressive behavior. Cold, indifferent, and inconsistent attitudes from parents toward the child's desires, as well as harsh punishments for disobedience, can make a child relatively aggressive outside the family environment.

A toxic peer environment can also lead to aggressive behavior in students. Friends act as socialization agents encountered by children from childhood to adulthood. Friends typically teach how to act in certain situations by serving as models and providing acceptance or support if the child acts as expected. However, if the peer environment is negative, where friends frequently use harsh language, treat others poorly, mock, or even physically harm others, the child can be influenced and eventually develop aggressive behavior. Moreover, children frequently witnessing scenes of aggression can affect their behavior. Aggressive behavior can be observed anywhere and anytime, whether from family, friends, or media such as TV and games. Children who often see people around them engaging in violent actions, whether from parents, other family members, or peers, tend to mimic such behavior, ultimately increasing the likelihood of them engaging in aggressive acts.

The Impact of Aggressive Behavior at Mujahidin Private High School Pontianak

The impact of aggressive behavior on a child not only affects their emotional development but also significantly influences their academic performance. Additionally, aggressive behavior can affect the student's social interactions with peers and teachers. Aggressive, easily angered, or anti-social children are often rejected by peers who are considered more normal. This rejection from peers can increase the level of aggression in the child.

Efforts to address aggressive behavior among students at Mujahidin Private High School, Pontianak.

In an effort to address aggressive behavior at SMA Swasta Mujahidin, the school has worked diligently to mitigate negative behaviors among students related to aggression. The school counselor (BK) undertakes various measures to help students avoid aggressive behavior by providing counseling services to those experiencing such issues. Additionally, the principal plays a role in preventing aggressive behavior by implementing policies that include sanctions to deter students from engaging in aggression.

CONCLUSION

Aggressive behavior is a negative behavior that is part of a mental disorder. This behavior usually involves harming others or oneself, either physically or psychologically. Physically, aggressive actions can include hitting, kicking, and other forms of violence, while psychologically, they can involve mocking or taunting friends or others. Common aggressive behaviors include fighting, bullying, or taking belongings from friends. Often, students engage in aggressive behavior simply by following their peers, such as in fights where a student may join in to help a friend. The causes of aggressive behavior include family influence, unpleasant conditions created by parents, toxic peer environments, and frequent exposure to aggressive or violent scenes, either directly or indirectly through parents, friends, television, or social media. Aggressive behavior impacts emotional development and significantly affects students' academic performance. Additionally, it influences social interactions with other students. To
address aggressive behavior, schools provide counseling by the school counselor to troubled students. Furthermore, the principal can implement policies that include sanctions to deter students from engaging in aggressive actions.

REFERENCES