

The Relationship Between Family Function And Aggressive Behavior Among Adolescents in Bandung City

Hubungan antara Fungsi Keluarga dan Perilaku Agresif pada Remaja di Kota Bandung

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Abstract

Introduction: Aggressive behaviour in adolescents is an increasing problem, with negative impacts on both individuals and society. Optimal family functioning can help adolescents manage emotions and reduce aggressive behaviour. **Objectives:** This study aims to determine the relationship between family function and aggressive behaviour among adolescents in Bandung City. **Methods:** This research was descriptive correlation with a cross-sectional study design. The total samples were 140 respondents selected by using convenience technique sampling. Data were collected using the Buss-Perry Aggressive Behaviour Questionnaire (BPAQ) and the Family Assessment Device (FAD) to measure family functioning. Data were analysed using the Pearson correlation test. **Results:** The analysis showed a negative relationship between family function and aggressive behaviour, with a correlation value of $R = -0.287$ and a significance level of $p < 0.001$, which indicated that the more optimal the family function, the lower the aggressive behaviour in adolescents. **Conclusion:** These findings confirm the important role of family in shaping adolescent behaviour and reducing aggressive behaviour. Optimizing increased family functioning, which includes more effective communication, emotional support, and better conflict management, can contribute to a decrease in aggressive behaviour in adolescents.

INTRODUCTION

Adolescence is a period full of changes and challenges. As a transition phase from childhood to adulthood, adolescents experience rapid development in physical, mental, social, and emotional aspects (Simangunsong, 2024). During this period, adolescents are often faced with complex social and emotional dilemmas. They want to be treated as adults, but often have difficulty managing feelings and solving problems that arise, so

negative emotions are often expressed in the form of aggressive behaviour such as fighting (Mufidah, 2022). In Indonesia, aggressive behavior in adolescents has become an increasingly serious problem to be addressed. Forms of aggression that often arise include brawls, provocation, intimidation, and physical violence, such as kicking and hitting (Misno & Malini Lubis, 2023). Research conducted in Batam shows that adolescents are more likely to show aggressive behaviour when they feel isolated or involved in conflict, both at home and at school (Yanizon & Sesriani, 2019). Aggressive behavior that is left unchecked can be harmful to both the adolescent themselves and others, especially when it involves physical violence against friends or family members (Zahrani & Ambarini, 2019).

Based on data from January to February 2024, there were 1,993 reports of violence against children recorded in the Online Information System for the Protection of Women and Children. In addition, data from the Indonesian Child Protection Commission (KPAI) shows that in 2023, there were 2,355 reports of violence between friends among teenagers, with 861 cases of which occurred in educational settings. Of these, 487 children experienced sexual violence, 236 children experienced physical and/or psychological violence, and 87 children were victims of bullying (Novianto et al., 2024). The most common forms of violence were physical bullying (55.5%), verbal bullying (29.3%), and psychological bullying (15.2%).

Factors that influence aggressive behaviour in adolescents can be divided into two categories, namely internal and external factors. External factors, such as family, peers, and school environment, have a significant role in shaping adolescent behaviour. Research shows that unhealthy interactions within the family can increase the likelihood of aggressive behaviour, both physically and verbally (Ariyanto et al., 2024). Family functioning, according to The McMaster Model of Family Functioning (MMFF), has important dimensions, such as communication, problem solving, and behavioral control, which can influence the way adolescents manage their emotions and conflicts (Todingrante et al., 2023). A well-functioning family can be a barrier to aggressive behavior in adolescents, by equipping them with healthy social skills and more positive ways to deal with emotional challenges.

The purpose of this study is to identify the relationship between family functioning and aggressive behaviours in adolescents. This study aims to explore how the dimensions of

family functioning can contribute to reducing or preventing aggressive behaviours in adolescents. With a better understanding of the role of the family in managing adolescent behaviour, it is hoped that this study can contribute to the development of more effective intervention programs in addressing aggressive behaviours among adolescents.

METHODS

This study was quantitative descriptive correlational design with a cross-sectional approach. the research was conducted during December 14,2024 until January 13, 2025, which took place at SMK Bina Warga Bandung. The sample was 140 respondents, who were calculated using G*Power. The technique sampling using convenience sampling. Inclusion criteria was teenager that actively registered as a student at SMK Bina Warga, present when filling out the questionnaire, and have a smartphone. The exclusion criteria were adolescents who are not willing to become respondents.

Data were collected using the BPAQ (Buss-Perry Aggression Questionnaire Scale) to measured aggressive behaviors. The questionnaire consists of 29 items, rated on a 5-point Likert scale. This domain of BPAQ are 1) Physical Aggression, 2) Verbal Aggression, 3) 4) Anger, 5) Hostility. Sum scores of all items for total get aggression total score. The total score between 29-145, higher scores indicated higher levels of aggression.

Based on the original Buss & Perry (1992) the internal consistency Cronbach's Alpha for each domain between 0.72–0.89

The Family Assessment Device (FAD), self-report questionnaire developed by Epstein, Bishop, & Levin (1983) was used to evaluate family functioning. The questionnaire consists of 60 items and each item is rated on a 4-point Likert scale. The FAD measures seven domains of family functioning (Problem Solving, Communication, Roles, Affective Responsiveness, Affective Involvement, Behavior Control, General Functioning). The total score between 60-240, the higher scores indicated worse of family functioning. The Cronbach's α for each domain between 0.74–0.92 (Epstein et al., 1983). International validations (including Asian populations) report similar reliability.

Before analyzing the data, we conducted a normality test using the Kolmogorov–Smirnov method, and the results indicated that the data were normally distributed with P-value was >0.05 . Data were analyzed using the Pearson correlation test. Ethical approval was

obtained from the Health Research Ethics Commission of STIKep PPNI West Java with ethical test number No.019/KEPK-SLE/STIKEP/PPNI/JABAR/I/2025. Consent from all participants was obtained.

RESULTS

Table 1. Characteristics of the Respondents (n=140)

Variable	Mean $\pm$ SD (Min - Max)	F (%)
Age	16,24 $\pm$ 0,738 (14-18)	
Gender		
Male		50 (35,7%)
Female		90 (64,3%)
Classes		
Class 10		66 (47,1%)
Class 11		74 (52,9%)
Living with parents		
Yes		138 (98,6)
No		2 (1,4%)

Table 1 showed that the average age of the respondents was 16 years old, more than half of the respondents were female (64.3%). Almost half of the respondents come from grade 12 (47.1%), and majority of the respondents live with their parents (98.6%).

Table 2: Frequency Distribution of Family Function Respondents (n=140)

Variable	Mean $\pm$ SD (Min – Max)
Family Function	141,06 $\pm$ 9, 730 (113-173)
Problem Solving	14,52 $\pm$ 1.757 (10 - 19)
Communication	15,75 $\pm$ 1.964 (10 - 21)
Roles	22,16 $\pm$ 1.796 (17 – 27)
Affective Responsiveness	15,19 $\pm$ 2.083 (7 – 19)
Affective Engagement	17,90 $\pm$ 2.963 (14 – 45)
Behavioral Control	23,86 $\pm$ 2.573 (16 – 32)
General Functioning	31,71 $\pm$ 4.114 (19 – 63)

Table 2. showed the mean score of Family Functioning was 141.06 $\pm$ 9, 730 (113-173), the highest mean score of the domain family function was General Functioning 31.71 $\pm$ 4.114 (19-63) and the lowest mean score was problem solving domain 14.52 $\pm$ 1.757 (10-19).

*Table 3. Frequency Distribution of Aggressive Behavior Respondents
(n=140)*

Variable	Mean $\pm$ SD	(Min - Max)
Aggressive Behavior	77,32 $\pm$ 4, 514	(67 – 88)
Physical Aggressive	23.83 $\pm$ 4.969	(11 - 35)
Verbal Aggressive	16,49 $\pm$ 3.271	(6 - 24)
Anger	17.46 $\pm$ 4.279	(6 – 26)
Hostility	25,47 $\pm$ 5.330	(8 – 39)

Based on Table 3. the mean score of aggressive behavior was 77.32 $\pm$ 4.514 (67-88), and the highest mean score of the domain was hostility, 25.47 $\pm$ 5.961 (8-39), and the lowest was the verbal aggressive domain, 16.49 $\pm$ 3.271 (6-24).

*Table 4. Correlation between Family Function and Aggressive Behaviour among
Adolescents (n=140)*

Variabel	R	P. Value
Family Function	-0.287	0.001
Aggressive Behavior	-0.287	0.001

Based on table 4, the results of Pearson Correlation test showed family function significantly has relationship with aggressive behaviour with p-value : 0.00. This results showed that adolescents who feel their family functions are going well tend to show lower aggressive behavior

DISCUSSION

Based on the results showed that the adolescence having a good level of family function. Overall, family functioning in this study showed relatively good levels across all domains, with communication, affective involvement, and problem-solving as the main factors that play a role in building family harmony. A well-functioning family is a family that can carry out its role effectively. This is characterized by the ability of family members to solve problems together, effective communication, clear division of roles and a sense of responsibility, and the ability to express feelings and show affection for each other (Sari et al., 2022). Family functions that run optimally will strengthen the quality of interactions between family members, thus creating a feeling of comfort and security, both physically,

psychologically, and socially (Azis & Sitasari, 2021). Communication patterns that occur in families can affect the process of forming adolescent personalities, so families must establish effective communication to prevent behavioral disorders in adolescents (Gerungan & Egeten, 2021). Male adolescents tend not to be open when communicating in the family. In addition, parents tend to focus more on interacting with adolescent girls because boys are considered more independent (Puspitawati et al., 2021). This can affect the implementation of family functions due to different treatment from parents towards children. Thus, each family member is required to fulfill their duties fully with a high sense of responsibility and commitment (Maysarah et al., 2023). Good functioning indicates that the family is able to carry out its role optimally in providing support and maintaining the welfare of its members.

The results of this study indicate that adolescents' aggressive behaviours is not limited to physical and verbal aggression but is also influenced by anger and resentment, high hostility. Environmental factors, including family functioning, can play a role in shaping this pattern of aggressiveness. Adolescent development is an important period in the formation of self-control, including the ability to manage emotions, adapt socially, and build a healthy personality both cognitively and biologically (Sari et al., 2022). However, many adolescents face difficulties in developing effective self-control, which is often manifested in the form of aggressive behaviours. Aggressive behavior is an action taken by individuals to hurt others, either physically or verbally (Gerungan & Egeten, 2021). In adolescents, aggressiveness can arise as a response to emotional distress, the social environment, and family parenting. The results indicates that some of adolescents in this study tend to exhibit physically aggressive behaviours, such as hitting, kicking, or committing other violent acts. Physical aggression is often related to an inability to manage emotions and a lack of social skills in resolving conflicts (Gerungan & Egeten, 2021). Verbally aggressive behavior is a form of violence expressed through words, such as swearing, denouncing, cursing, making fun of, and slandering, which can hurt the feelings of other individuals (Todingrante et al., 2023). Verbal aggression is included in the category of psychological violence because it can hurt victims, such as fear, decreased self-confidence, and feelings of emotional helplessness. Adolescents with high levels of anger often show excessive emotional reactions in the face of stressful situations

(Ariyanto et al., 2023). Hostility reflects a negative mindset towards others that cannot be seen, such as feeling jealous and feeling hostile towards other individuals (Todingrante et al., 2023).

The results of the analysis show that there is a negative relationship between family function and aggressive behavior in adolescents, with a correlation value of $R = -0.287$ and a significance level of $p < 0.001$. This negative R value indicates that the more optimal the family function, the lower the tendency of adolescents to show aggressive behavior. Conversely, the less optimal the family function, the higher the tendency of aggressive behavior in adolescents. This finding is consistent with various previous studies that show the importance of the family's role in shaping the behavior of children and adolescents. During adolescence, emotional instability occurs, which causes their emotional condition to become erratic. This instability is often expressed in the form of anger because adolescents have not fully found the right way to manage and express their emotions properly (Azis & Sitasari, 2021). Therefore, adolescents need consistent guidance and nurturing from parents to help them manage their emotions better. Emotional support, open communication, and providing positive examples of behavior from parents are very important in shaping the character and behavior of adolescents (Lestari et al., 2020). When families are able to provide a safe and supportive environment, adolescents tend to have better social and emotional skills, so the risk of aggressive behavior can be minimized. If family functions do not run optimally, adolescents may experience discomfort in their own family environment (Sari et al., 2022). The absence of space to express feelings, share problems, and get emotional support can hinder the development of adolescents' emotional skills. As a result, they are more vulnerable to displaying aggressive behavior as a form of expression of their inability to manage emotions.

The results of the study are in line with Todingrante et al., (2023), which shows that the more optimal the family functions, the higher the moral values possessed by family members, including adolescents. Good family functions help adolescents develop self-control, so they are better able to regulate emotions and behavior adaptively. This confirms that families have an important role in preventing negative behavior, including aggressive behavior in children. This finding is also in line with Lestari et al., (2020), which revealed that adolescents from families with non-optimal functioning are more

vulnerable to showing aggressive behavior at school. Factors such as lack of parental involvement, lack of support in solving problems, ineffective communication, and low emotional support can increase the risk of aggressive behavior in adolescents. Conversely, adolescents who receive good emotional support and guidance from their parents have a lower tendency to engage in aggressive behavior. Therefore, efforts to improve family functions, such as building more effective communication, providing emotional support, and creating an environment conducive to adolescent psychological development, are important steps in reducing the risk of aggressive behavior in adolescents. This finding strengthens the understanding that family plays a key role in shaping adolescent behavior. Optimizing family functions not only has an impact on reducing aggressive behavior but also contributes to healthy emotional and moral development in adolescents.

CONCLUSIONS

This study confirms that the family has a key role in preventing negative behavior in adolescents, including aggressive behavior. Optimizing family functions, such as improving communication, stronger emotional support, and creating an environment conducive to adolescent psychological development, are important steps in reducing the risk of aggressive behavior. A well-functioning family not only helps reduce aggressive behavior but also contributes to healthy emotional and moral development in adolescents.

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