



{ MUDIMA }



Verbal Aggression of Social Media Users Among Adolescents in Terms of Loneliness and Self-Control

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ABSTRACT

Verbal aggression refers to the act of attacking others through hurtful words or communication. Various factors can contribute to verbal aggression, including loneliness and self-control. This study aims to explore the connection between loneliness, self-control, and verbal aggression among social media users. Using a quantitative approach with a survey method, the research targets students of SMK Negeri 1 Tambusai, encompassing a total population of 724 students. A purposive sampling technique was applied to select participants. Data were gathered using measurement scales for verbal aggression, loneliness, and self-control. The analysis was conducted using multiple regression techniques with SPSS version 25. The findings from the analysis revealed an F value of 145.137 with a significance level of 0.000 ($p < 0.05$). These results indicate that loneliness and self-control have a significant influence on verbal aggression among adolescent social media users

INTRODUCTION

The rapid development of technology in the last decade has changed how humans interact, learn, and work. The COVID-19 pandemic has been a catalyst in increasing human dependence on technology, especially mobile devices, which facilitate access to information and communication. Data shows that since 2021, mobile phones have become the main device for accessing the internet, allowing users, from children to adults, to freely explore the digital world. (Zuliani et al., 2023).

The number of smartphone users in Indonesia continues to increase rapidly every year. According to estimates by research organisation Statista, the number of active smartphone users in Indonesia will reach 218.73 million people by 2023. More than half of the population in Indonesia or 70.1% have used smartphones. By 2023, it is estimated that at least 76% of Indonesia's population will be using smartphones. According to Statista's report, China will have the highest number of smartphone users in 2023, reaching 953.55 million. India follows in second place with 492.78 million users recorded last year. The United States ranks third with 273.76 million smartphone users. Indonesia holds the fourth position globally, with a total of 170.4 million smartphone users.

Social media, with platforms like YouTube, Facebook, Twitter, Instagram, TikTok, and others, has become an integral part of daily life. Its use brings both advantages and disadvantages to users. On the positive side, social media can enhance the learning process, promote interaction, expand knowledge, and support educational materials. However, it also has negative effects, such as fostering addiction, exposing users to inappropriate content like pornography, encouraging laziness, and disrupting focus during learning activities (Zuliani et al., 2023). Social media itself also affects human attitudes and behaviour, individuals will usually feel relieved when expressing their feelings through social media (Istiqomah, 2017).

According to a survey by the Association of Indonesian Internet Service Providers, the number of Internet users in Indonesia is projected to reach 221,563,479 in 2024. This figure represents 79.5% of the country's total population of 278,696,200 recorded in 2023. The largest proportion of internet users falls within the 13–18 age group, accounting for 34.40%, which is categorized as adolescence.

Adolescence is the age of transition from childhood to early adulthood that lasts from 13-18 years old. (Hurlock, 2003). During adolescence, the development experienced by adolescents is not only limited to physical aspects but also includes psychological, emotional, social, intellectual, religious, physical, and moral development of adolescents.

Late adolescents who are not emotionally stable, namely showing irritable behaviour, and also one of them commits verbal aggression, especially verbal aggressiveness on Instagram social media. Preliminary data conducted by the author of 28 late adolescents found that 23 people had committed verbal aggressiveness, and the other 4 people did not commit verbal aggressiveness on Instagram. Among them, 11 respondents uploaded sarcastic posts, 3 respondents commented negatively, 7 respondents said harsh words spontaneously when they saw the post, and 5 respondents created fake accounts.

Verbal aggressiveness arises because of the freedom to express anything on social media, especially Instagram. People who commit verbal aggressiveness usually leave comments on posts on Instagram. This phenomenon is a cause for concern considering that humans are social creatures who have basic needs, namely interacting with other people to get along and make friends in their respective environments. (Day & Schneider, 2002).

Pyzalski (2011) Said that verbal aggression is a tendency to attack other individuals to harm the individual verbally. Verbal aggression behaviour can hurt victims, the effects felt not only hurt feelings but also have an impact on psychological conditions so that students feel frustrated, sad, decreased learning achievement, and even depression. (Malihah & Alfiasari, 2018). Verbal aggression on social media can be seen from the comments given to fellow users and owners of social media accounts, the victims can be known people, someone famous, certain social groups, or completely unknown people. One of the things that affects the level of verbal aggressiveness in social media users is a high level of loneliness. (Wahyudi et al., 2022).

Good and wise use of social media will have a positive impact on individuals, but social media also has a negative impact that can affect the mindset, attitudes, and behaviour of individuals.

(Gulo & Gunawan, 2021). One of the negative impacts that can be influenced by social media is verbally aggressive behaviour, which is often seen through comments that a person writes on their or other people's social media accounts. User access to social media has become a free thing and can be done by anyone, anytime, and to anyone. Verbal aggression behaviour that occurs through social media usually takes the form of character attacks through negative sentences. (Langi & Wakas, 2020).

Buss & Perry (1992) Explain that aggressiveness has four forms, namely physical aggression, verbal aggression, anger, and hostility. Physical aggression is the tendency of individuals to show their anger or aggression physically to others. Verbal aggression is a verbally aggressive message to attack an individual's concept to make that person feel uncomfortable with themselves. Themselves, such as by demeaning others through words.

Anger is a feeling of anger, annoyance, and difficulty controlling anger by individuals. Hostility is a form of invisible behaviour carried out by individuals such as jealousy, and hostility towards other individuals. Verbal aggression can take various forms, including attacks on character, criticisms of competence, insults, use of profanity, teasing, mockery, ridicule, and even nonverbal gestures. (Infante & Wigley, 1986).

According to Pyzalski (2011), verbal aggression is the tendency to attack another individual to harm that individual verbally. Anger is a feeling of anger, annoyance, resentment, and difficulty controlling anger by individuals. Hostility is a form of invisible behaviour carried out by individuals. Aggression behaviour that occurs directly with aggression behaviour that occurs on social media is very different.

The difference between direct aggression behaviour and aggression behaviour on social media can be seen, namely first, the disappearance of non-verbal cues in verbal conversations, causing something fine to turn into a harmful problem. Second, the unconsciousness when the perpetrator commits aggression which makes the perpetrator unaware that his behaviour harms others. Third, the aggressive content that the perpetrator brings up to the victim will continue to survive in the electronic media used as long as the victim still uses it frequently (Pyzalski, 2011).

The Central Bureau of Statistics (BPS) stated that in 2021 there were 247,218 cases of juvenile delinquency. Physical aggression behaviour is like hitting, pushing, kicking, and so on, but it can also be done verbally. Based on the results of research conducted by Ferdiansa and Neviyarni (2020), the highest type of aggression behaviour carried out by 50 adolescents is in the form of verbal aggression behaviour such as insults, rejection, or hostile behaviour.

According to Infante & Wigley (1986), the impact of verbal aggressiveness is to damage self-concept. Individuals who commit verbal aggressiveness will damage the self-concept of other individuals. They comment rudely on posts on Instagram by saying inappropriate things by addressing the person such as physical insults verbally and also addressing the person by animal name when calling.

This has a relationship with one of the aspects of self-control, namely supervision, someone who does not have supervision of their behaviour can reduce self-control. Furthermore, two people who said that it was natural to give negative comments to someone's post on Instagram had a connection with the standard aspect of causing conflict with each other. While the other two people said that it was not natural.

Self-control refers to a person's capacity to regulate impulses, emotions, and actions, particularly in difficult situations. Studies indicate that individuals with poor self-control tend to exhibit higher levels of aggressive behaviour. (Baumeister et al., 1998). Guswani & Kawuryan (2011) Self-control plays a crucial role in minimizing aggressive behaviour in individuals. Having good self-control enables a person to manage and prevent aggressive tendencies. The stronger an individual's self-control, the lower the likelihood of engaging in delinquent behaviour. On the other hand, weaker self-control increases the propensity for such behaviours (Aroma & Sumara, 2012).

Self-control can be defined as the ability to organize, guide, regulate, and manage behaviour in a way that steers individuals toward achieving positive outcomes. (Ghufron & Risnawita, 2016). On social media, weak self-control can cause users to act impulsively and respond with anger or aggression to comments or situations that trigger

discomfort. This aggressiveness is often fuelled by an inability to manage emotional reactions effectively. (Carver & Scheier, 1998).

Low self-control results in individuals enjoying taking risks and breaking rules without thinking about the long-term (Aroma & Sumara, 2012). Vazsonyi & Huang's research (in Nurhanifa et al., 2020) Found that directly or indirectly low self-control affects cyberbullying behavior. Individuals who have social media accounts need to have the ability to regulate their behaviour by applying norms in society or exercising self-control.

Tangney et al. (2004) Say that Self-control is an ability that individuals have to manage the stimulus received and provide a positive response. Self-control in each individual contributes to suppressing negative responses or unwanted responses when in a situation. Based on the results of research conducted by Sentana & Kumala (2017) States that the higher the self-control, the lower the aggressiveness of adolescents in Banda Aceh. Zahri & Savira (2017) Stated that self-control has a significant effect on the aggressiveness of adolescent students in junior and senior high schools at Pergunas Jakarta. Other studies also state that there is a significant relationship.

Research from DeWall et al. (2011) Found that Self-control contributes to reducing the social harm associated with uncontrolled aggression, so Self-control can help individuals ignore the urge to behave aggressively when urgent aggression becomes active. Goldfield (Sentana & Kumala, 2017) Mentioned that weak self-control in individuals leads to negative consequences, which will harm themselves and other individuals. Individuals who are less able to control themselves from negative impulses, then they will predominantly behave aggressively.

Loneliness is often experienced by individuals who feel socially isolated. Perlman & Peplau (in Nuzuli Chari Negara et al., 2023) explain that adolescents feel lonely more often than older people. Teenagers who feel lonely usually have fewer friendships, this is because humans have feelings of rejection and eventually cause withdrawal and choose not to join their peers (Sari & Hidayati, 2015). Individuals who feel lonely will usually access social media more as a fulfilment of social-emotional needs with the aim of reducing loneliness. Siregar & Rahayu (2022) explained in

research that loneliness felt by a person can be associated with the tendency of social media addiction in individuals. Good and wise use of social media will have a positive impact on individuals, but social media also has a negative impact that can affect individual mindsets, attitudes, and behaviour (Gulo & Gunawan, 2021)

One of the negative impacts of social media is verbal aggressive behaviour that is often seen through comments written by someone on social media accounts or other people. User access to social media has become a free thing and can be done by anyone, anytime, and to anyone. Verbal aggression behaviour that occurs through social media usually takes the form of character attacks through negative sentences. (Langi & Wakas, 2020). One of the factors that influence this is loneliness. Bruno (in Wahyudi et al., 2022). Explain loneliness as a mental and emotional condition characterized by feelings of alienation and lack of meaningful relationships with people around.

Loneliness is positively associated with aggressive behaviour in individuals. (Alfasma et al., 2022). Loneliness can usually cause stress and emotional discomfort which may contribute to aggressive behaviour as a form of (Cacioppo & Patrick, 2008). Each individual with the individual has a different stress response, this is seen through emotional maturity in responding to negative stressors that come so as not to cause the urge to commit aggressive behaviour. One important factor that helps to overcome aggressive behaviour is good self-control. (Anggraheni et al., 2023).

The interaction between loneliness and self-control may exacerbate the tendency to exhibit aggressive behaviour on social media. Individuals who feel lonely may experience greater frustration and anger, and if people have low self-control, they are more likely to express these negative feelings through aggressive behaviour online. (Kraut et al., 2002; Pyzalski, 2011). Using social media as a channel to express dissatisfaction or anger can increase the risk of conflict and aggressiveness. Studies on the relationship between loneliness, self-control, and verbal aggressiveness in the context of social media are still relatively limited, but preliminary results suggest that these psychological factors may have a significant impact on player behaviour. (Vasalou et al., 2008). Therefore, researchers are interested in looking at the

relationship between loneliness and Self-control with aggressiveness in social media users.

Against this background, it is important to understand the relationship between loneliness, self-control, and verbal aggressiveness in adolescent social media users. This study aims to provide greater insight into the psychological factors that influence aggressive behaviour on social media and provide recommendations to reduce its impact among adolescents.

METHODS

Type of Research

This study adopts a quantitative research approach, which involves the extensive use of numerical data throughout the process, from data collection and interpretation to the presentation of results. (Arikunto, 2013). As explained by Azwar (2017), quantitative research focuses on analyzing numerical data processed using statistical techniques. This approach is employed to gather information derived from measurement results using validated instruments.

Research Subjects

Population

According to Sugiyono (2017), a population refers to a general group comprising objects or subjects with specific qualities and characteristics determined by researchers for study and conclusion

drawing. In this research, the population consists of 724 students from SMK Negeri 1 Tambusai.

Research Sample

A sample is a subset of the population selected based on specific characteristics (Sugiyono, 2017). Using the Isaac Michael table with a 5% margin of error, the sample size for this study is determined to be 233 respondents.

This research employs a purposive sampling technique, where the researcher selects participants based on specific considerations or predetermined criteria (Santina et al., 2021). Participants in this study have inclusion criteria, namely:

- Students of SMK Negeri 1 Tambusai.
- 15-18 years old.
- Own and actively use social media.
- Ever left a negative comment on social media?

Descriptive Based on Respondent Characteristics

The sample size for this study consists of 233 students. The research subjects are students from SMK Negeri 1 Tambusai aged 15–18 years who actively use social media and have posted negative comments on these platforms. The characteristics of respondents are further described based on their age and gender, as detailed in the table below.

Table. 1 Characteristics of Respondents by Age

Age	Total	Percentage
15-16 years old	135	57,94%
17-18 years old	98	42,06 %
Total respondents	233	100%

Referring to Table 1, the majority of respondents in this study were aged 15–16 years, totalling 135 individuals (57.94%), while the

remaining 98 respondents (42.06%) were aged 17–18 years. The dominance of respondents aged 15–16 years can be attributed to the fact that they are still in their teenage years.

Table. 2 Characteristics by Gender

Age	Total	Percentage
Male	193	82,83%
Female	40	17,17 %
Total respondents	233	100%

As shown in Table 2, the majority of respondents were male, totalling 193 individuals (82.83%), while female respondents accounted for 40 individuals (17.17%). The higher number of male respondents is due to the larger proportion of male students compared to female students.

Normality Test

This test is conducted to determine whether the sample data originates from a population with a normal distribution (Rangkuti, 2017). In this study,

the normality test was performed using the Kolmogorov-Smirnov method. If the significance value (p-value) is greater than the significance threshold ($p > 0.05$), the data can be considered normally distributed. Based on the analysis, the One-Sample Kolmogorov-Smirnov test produced a significance value of $p = 0.921$ ($p > 0.05$), indicating that the data is normally distributed.

Table 3. of Normality Test Results

One-Sample Kolmogrov-Smirnov test		
Asymp.Sig. (2-tailed)		Description
0,921	0,552	Normal

Referring to Table 3, the data indicates that $sig > 0.05$, with an Asymp. Sig. (2-tailed) value of 0.921. This result confirms that the questionnaire data is normally distributed. The normality test is conducted to determine whether the residual or

confounding variables in the regression model follow a normal distribution. Based on the normal P-P plot of the regression standardized residuals, it can be concluded that the histogram graph displays a pattern consistent with a normal distribution.

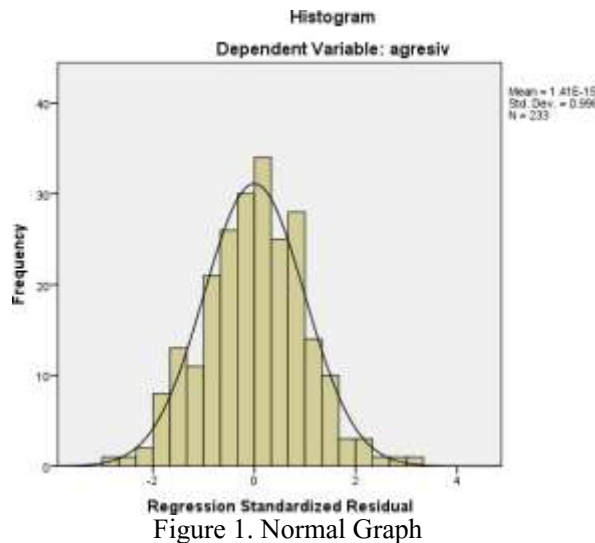


Figure 1. Normal Graph

From the normal P-P plot graph, it is evident that the points are distributed around and aligned with the diagonal line. This indicates that the regression model meets the assumption of normality.

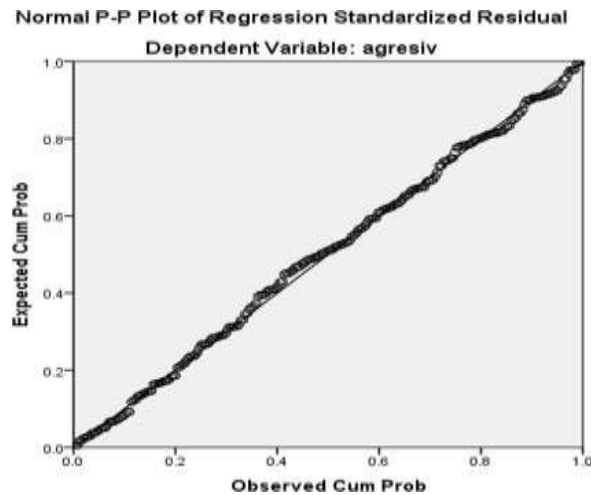


Figure 2. Normal Graph

Linearity Test

The linearity test is conducted to assess whether the relationship between each independent variable and the dependent variable follows a linear pattern. A relationship is considered linear if the deviation from linearity is not significant, indicated by a p-value greater than 0.05 ($p > 0.05$).

Based on the analysis, the relationship between the aggressiveness variable and self-control yields an F linearity value of 91.795 with a p-value of 0.000 ($p < 0.01$), and an F deviation from linearity value of 1.532 with a p-value of 0.067 ($p > 0.05$). This indicates that the relationship is linear. Similarly, for the aggressiveness and loneliness

variables, the F linearity value is 345.164 with a significance level of 0.000 ($p < 0.01$), and the F deviation from the linearity value is 1.346 with a significance of 0.108 ($p > 0.05$). These results confirm that both relationships meet the linearity criteria.

Multicollinearity Test

The multicollinearity test is used to identify whether there are similarities in correlations among independent variables. A regression model is considered free from multicollinearity if the tolerance value exceeds 0.10 and the Variance Inflation Factor (VIF) remains below 10.00.

Table 4. Multicollinearity Test Results

Model	Collinearity Statistic Tolerance	VIF
Self-control	0,730	1,370
Loneliness	0,730	1,370

The multicollinearity test aims to assess whether there is a functional overlap between the dependent variable and other independent variables. In the multicollinearity analysis of verbal aggression concerning self-control and loneliness, the test yielded a Tolerance value of 0.730 (> 0.1) and a VIF value of 1.370 (< 10). These results indicate the absence of any correlation or multicollinearity between the variables of verbal aggression, self-control, and loneliness.

Heteroscedasticity Test

The heteroscedasticity test is conducted to assess whether there is an unequal distribution of residual variances across observations in a regression model. Using the Glejser test, a regression model is considered free from heteroscedasticity if the significance value of the variables exceeds 0.05 ($p > 0.05$). Conversely, if the significance value is below 0.05 ($p < 0.05$), the model is deemed to exhibit heteroscedasticity.

Table 5. Heteroscedasticity test results

Model	T	Sig
Self-control	1	1,00
loneliness	0,519	1,00

Based on the results presented above, the significance value for the self-control variable is 1.00 ($p > 0.05$), and the significance value for the loneliness variable is also 1.00 ($p > 0.05$). Since both variables have significance values greater than

0.05, it can be concluded that the regression model does not exhibit any symptoms of heteroscedasticity.

RESULTS AND DISCUSSION

Hypothesis 1 Test Results

Table 6. Hypothesis Test Results 1

Variable	R	F	Sig. F Change
Loneliness and self-control with verbal aggressiveness	0,742	145,137	0,000

To examine the first hypothesis, which posits a relationship between loneliness, self-control, and verbal aggression among social media users, a multiple linear regression analysis was performed. The results revealed an F-value of 145.137 with a p-

value of 0.000 ($p < 0.01$). These findings indicate a significant relationship between loneliness, self-control, and verbal aggression among adolescents who use social media.

Hypothesis 2 Test Results

Table 7. hypothesis test results 2

Correlation	t	Sig
Loneliness and verbal aggressiveness	1,983	0,049

The analysis of the second hypothesis demonstrates that the loneliness variable is associated with verbal aggression, as indicated by a t-value of 1.983 and a significance level (p) of 0.04 ($p < 0.05$). These findings suggest a positive relationship between loneliness and verbal

aggression. In other words, as loneliness increases, verbal aggression also tends to increase; conversely, when loneliness decreases, verbal aggression is likely to decrease as well.

Hypothesis 3 Test Results

Table 8. hypothesis test results 3

Correlation	t	Sig
Self-control and verbal aggressiveness	16,848	0,000

The results of the second hypothesis test reveal that the self-control variable is associated with verbal aggression, with a t-value of 1.983 and a significance level (p) of 0.04 ($p < 0.05$). These findings indicate a negative relationship between

self-control and verbal aggression. In other words, higher levels of self-control are linked to lower levels of verbal aggression, while lower levels of self-control are associated with increased verbal aggression.

R and Effective Contribution

Table 9. Contribution test for each variable

Variabel	Koefisien Regresi (Beta)	Koefisien Korelasi (r)	Rsquare
Loneliness (X1)	0,739	0,742	0,558
Self-control (X2)	0,087	0,111	

The calculation of the effective contribution (SE) of each variable follows the following formula:

$$\begin{aligned} SE(X)\% &= \text{Beta} \times \text{correlation coefficient} \times 100\% \\ \text{Effective contribution of loneliness variable (X1) to verbal aggressiveness (Y)} \\ SE(X1)\% &= \text{Beta X1} \times r_{xy} \times 100\% \\ &= 0,739 \times 0,742 \times 100\% \\ &= 54,83\% \end{aligned}$$

$$\begin{aligned} \text{Effective contribution of loneliness variable (X2) to verbal aggressiveness (Y)} \\ SE(X1) &= \text{Beta X2} \times r_{xy} \times 100\% \\ &= 0,087 \times 0,111 \times 100\% \\ &= 0,97\% \end{aligned}$$

From the previous calculations, it is evident that the loneliness variable (X1) contributes 54.83% to verbal aggression (Y), while the self-control variable (X2) contributes only 0.97% to verbal aggression (Y). These findings indicate that the loneliness variable (X1) has a significantly more dominant influence on verbal aggression compared to the self-control variable (X2).

The calculation of the relative contribution (SR) of each variable is to follow the following formula:

$$SR(X) = \left(\frac{\text{Effective Contribution (X\%)}}{RSquare} \right)$$

The relative contribution of the loneliness variable (X1) to verbal aggressiveness (Y) is:

$$SR = \left(\frac{\text{Effective Contribution (X1\%)}}{RSquare} \right) = \left(\frac{54,83\%}{0,558} \right) = 98,26\%$$

The relative contribution of the self-control variable (X2) to verbal aggressiveness (Y) is:

$$R = \left(\frac{\text{Effective Contribution (X2\%)}}{RSquare} \right) = \left(\frac{0,97\%}{0,558} \right) = 1,47\%$$

Based on the previous calculations, the relative contribution (SR) of the loneliness variable (X1) to verbal aggression is 98.26%. In comparison, the relative contribution (SR) of the self-control

variable (X2) to verbal aggression (Y) is only 1.74%.

Discussion

Based on the simultaneous model testing, a highly significant relationship was found between loneliness, self-control, and verbal aggression among social media users. These results confirm that the proposed hypothesis is accepted.

The acceptance of the first hypothesis which reads that loneliness and self-control are significantly correlated with verbal aggressiveness in college students indicates that both independent variables, both loneliness and self-control, have a significant relationship to verbal aggressiveness. As explained by Anderson & Bushman (2002), verbal aggressiveness can be influenced by social and cognitive factors, including modelling, media influence, and information processing. They argue that exposure to violence (both in real life and in the media) can modify the way individuals perceive and respond to social situations.

Previous research has shown that individuals with loneliness tend to feel socially isolated and need to stay connected through social media to reduce anxiety. However, this often makes the feeling worse as the individual becomes more aware of the gap between their life and others. As stated by Smith, (1973) Loneliness arises when there is a discrepancy between one's social desires and the existing social reality. According to Powers, human social needs are basic needs that must be fulfilled to achieve emotional well-being. When individuals feel they do not have adequate social relationships or no social interactions that fulfil their needs, they will experience loneliness.

In the context of this study, the results of the analysis show that loneliness makes a greater contribution to verbal aggressiveness than self-control. Dollard et al. (1939) suggest that frustration (which can arise due to loneliness) can trigger

aggression. In this context, loneliness can cause emotional frustration which then encourages individuals to show aggressive behaviour, including verbal aggressiveness. According to (Ryan & Deci, 2000) self-determination, the need for relatedness is one of the basic human needs. When individuals have social anxiety, the fulfillment of this need is disrupted so they seek substitutes through social media to reduce anxiety and increase feelings of acceptance.

Another factor why there is an influence between loneliness and verbal aggressiveness can be Through his research, (Alizamar et al., 2018) Found that there are differences between the methods used by men and women when venting their anger. Men mostly vent their anger through physical aggression (hitting, kicking, pushing) while women generally vent their anger through verbal aggression (gossiping, inviting exclusion, spreading untrue rumours).

Furthermore, the same study also mentioned that women have more complex affection needs so having a relationship exclusively with one person is not enough. This is in line with the factors that can trigger loneliness according to Brehm et al. (2003), namely an unqualified relationship, a relationship must fulfil certain prerequisites to avoid estrangement and the emergence of loneliness. Social media then becomes the right place for some people to release their loneliness. In a study conducted by Eraslan & Kukuoglu (2019), it was stated that individuals use social media as a means to form groups and overcome loneliness. However, social media itself can also have an impact in the form of increasing the loneliness felt by individuals.

His research, suggests that social media can increase the level of loneliness felt by individuals when they are exposed to or see content and posts that are negative or in the form of bullying. In addition, content or uploads that are too illustrative of a certain lifestyle can also trigger an increase in loneliness. For example, when individuals see other people's uploads that look happier and more pleasant than their lives, which then changes the image.

Stead & Bibby (2017) Research shows that individuals with verbal aggressiveness overuse social media more often, as they feel safer in a virtual environment compared to in-person interactions. However, this reliance on social media

increases exposure to information about other people's lives, such as achievements, friendships, or fun moments that are often unrealistic. As a result, individuals will write various comments on social media to mock and insult someone.

When seeing others active in the real world through social media, individuals feel increasingly inadequate. This leads to having a greater compensatory need to stay virtually connected, creating a circle of anxiety that is difficult to break. Although its contribution is smaller than loneliness, self-control still has a significant influence on verbal aggressiveness. Individuals with low self-control tend to fall for the temptations around them more often.

According to Duckworth & Seligman (2005), self-control is a major predictor of success in life. They emphasize that people who have good self-control are better able to avoid temptation and focus on long-term goals. Duckworth and Seligman also highlighted that self-control skills can be trained and developed through practice and perseverance.

The findings of this study are consistent with the research conducted by Auliya & Nurwidawati (2014), which demonstrated a significant negative impact of self-control on aggressive behaviour. This means that aggressive behaviour is a desire to attack everything that is considered an obstacle for him. One of the efforts to prevent adolescent aggressive behaviour is self-control. Adolescents who have high self-control can change events and become the main agent in directing and regulating behaviour, thus leading to positive consequences.

Studies indicate that individuals with higher self-control are more conscious of their actions and are better at regulating impulsive or self-destructive behaviours. (Baumeister et al., 1998). They excel in perspective-taking and maintaining healthy relationships, as they are more attuned to their thoughts and actions, as well as those of others, and understand the consequences of these behaviours on themselves and those around them Angney et al., 2004). Furthermore, people with stronger self-control are generally more fair, trustworthy, and prone to experiencing guilt. This aligns with research by DeWall et al. (2011), which highlights that failures in self-control often lead to aggressive behaviour, and conversely, maintaining self-control reduces the likelihood of aggression.

CONCLUSION

Based on the results of the study, it was found that loneliness has a greater influence on verbal aggressiveness than self-control. With an R^2 value of 0.747, it can be concluded that 58.5% of the variability in verbal aggressiveness can be explained by these two variables. Based on the results of the data analysis, the proposed hypothesis can be concluded as follows:

Loneliness significance test It can be seen that the count of the loneliness coefficient is 16.848

While the table is 1.652, the price variable has a significance value of $0.000 < 0.05$, which means significant. While the count $> t_{table}$ ($16.848 > 1.652$). So it can be concluded that the loneliness coefficient partially has a significant effect on verbal aggressiveness.

Testing the significance of self-control variables It can be seen that the count of the self-control coefficient is 1.983 while the table is 1.652 The price variable has a significance value of $0.04 < 0.05$, which means significant. While the count $> t_{table}$ ($1.983 > 1.652$). So it can be concluded that the self-control coefficient partially has a significant effect on verbal aggressiveness.

The results of this study confirm that loneliness has a more dominant influence on verbal aggressiveness than self-control.

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