



Anger management coaching: Counseling techniques to reduce aggressive behavior of students

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ABSTRACT

Individuals discover and develop their ability in school. However, it still appears delinquent students in schools that gave rise to maladaptive behaviors such as aggressive behavior. Students aggressive behavior may have an adverse effect, ie the growth of school climate less conducive. So that student perceptions of school climate are not conducive due to the aggressive behavior of students will result in reduced student achievement. Aggressive behavior is a form of behavior that is intended to harm or injure another individual either physically or verbally. Aggressive behavior carried the child or adolescent, whether at home, school, and even in the community. The cause of aggressive behavior is very complex, can be broadly grouped into two causes, namely internal and external. Both these factors lead to delays in the development of emotional and social aspects of the individual. One technique to reduce aggressive behavior in students is to apply the anger management coaching that can be applied by a school counselor. This coaching is one of the alternative business that can be applied to reduce aggressive behavior because of the difficulties young people in managing anger. Implementation of anger management coaching is expected to lead to emotional stability of students so as to minimize aggressive behavior that appears. The purpose of this paper is to explain in concept and application of anger management coaching to reduce aggressive behavior of students.

Keywords: Aggressive behavior, anger management coaching

INTRODUCTION

Aggressive behavior becomes classic problems that happens for the youth. According to one research indicated that aggressive behavior is related closely to anger through anger indication like red face, open eyes, responsive, etc (Muslimah & Nurhalimah, 2012). Another literature said that aggressive behavior is closely related to crime (Nazmie, et al., 2013). The crime is one of the problem which occurred by the youth (Orpinas & Franskowski, 2001).

Some researches indicated that the aggressive behavior still becomes problem among the youth. Research by Shelton et al. (2009) concluded that at least 72,16% student doing crimes with physical while 27,84% student doing crimes non- physical. Research by Routt & Anderson (2011) concluded the 72% doing physical crime towards their mothers, 16% attack and or threaten their father(s), 5% towards their elder brother/sister, 5% towards younger brother and sister. Atkinson et al. (1987) said that aggressive behavior is a behave doing on purpose to hurt a physically, verbally other people, and to destroy other belongings.

Aggressive behavior is a problem for the youth which effect negatively to wards some aspects. Research by Goldstein, Young & Boyd (2008) said that aggressive behavior by students is because of one perception about the student toward unproper school environment. Student perception about the school environment which is not condusive and might stimulate decreasing student intelektual. This case is indicated by a research by Makewa et al. (2011) which concludes that school environment effectes significantly towards student intellectually.

Now, aggressive behavior still becomes a behavior which needs to be solved. One technic to develope aggressive behavior among student is by developing and to implement anger management coaching which is applicable for school counselor. This kind of coaching becomes an effort is applicable to reduce aggressive behavior among the youth in anger management. This is related to the research by Petkova, Nikolov & Panov (2005) which said that aggressive behavior happened was because of their difficulty among the youth in anger management.

Some researches that anger management becomes a strategy to reduce aggressive behavior. Research by Neetu & Ahmad (2014) indicated that anger management coaching becomes effective strategy to reduce aggressive behavior among the youth with mentally problem. Reseach by Valizadeh (2010) concluded that anger management coaching became effective way to reduce aggressive behavior among mothers toward children ADHD.

Based on literature and prior researchs might be concluded that anger management coaching become a tool used by counselor to reduce aggressive behavior. Anger management coaching is expected to become a guidance by counselor to help students to reduce their aggressive behavior by anger management coaching.

RESULTS AND DISCUSSION

LITERATURE REVIEW

Aggressive Behavior

Aggressive behavior has been defined in various ways by different scholars. According to Ramirez (2009), aggressive behavior is a complex phenomenon that manifests in various actions. It is influenced by multiple factors, including psychological, social, and environmental aspects. This complexity makes aggression a topic of interest for researchers seeking to understand its causes and effects on individuals and society.

Buss and Perry (1992) describe aggressive behavior as an intentional act aimed at harming others, either physically or psychologically. This definition highlights that aggression is not accidental but rather a deliberate attempt to inflict harm. Similarly, Harding (2006) views aggression as a tendency toward violence, often leading to destructive actions. This perspective suggests that aggression is not only about harming individuals but can also extend to damaging property or disrupting social harmony.

MacLaren, Best, and Bigney (2010) emphasize that aggressive behavior can be a response to perceived or actual threats. These threats may come from individuals or groups, and aggression serves as a defensive or retaliatory reaction. This perspective aligns with the idea that aggression is not always unprovoked but can stem from a sense of self-protection. Myers (2012) further expands on this by defining aggression as behavior, either physical or verbal, that is intentionally directed at harming others. This definition underscores the premeditated nature of aggression, whether it is expressed through direct physical assault or indirect forms such as verbal abuse.

Based on these perspectives, it can be concluded that aggressive behavior is a deliberate act intended to harm others, either physically or verbally. It can be driven by various motives, such as self-defense, retaliation, or even a desire for dominance. Understanding aggression requires analyzing its underlying causes and contextual factors, as it is a multifaceted behavior that influences interpersonal relationships and social interactions

Anger Management Coaching

One characteristic of youth is their tendency to become easily angered. According to Lench (2004), individuals with high levels of anger often adopt destructive strategies to express their emotions. This expression can take the form of physical and verbal attacks on others and objects. Additionally, individuals who struggle with anger management may exhibit negative behaviors and find themselves frequently in conflict with others. These tendencies indicate that youth, in particular, may have a heightened level of anger and a predisposition toward aggressive behavior.

Given these challenges, it is crucial to address anger issues appropriately by implementing effective anger management strategies. If left unaddressed, uncontrolled anger can lead to harmful consequences for both individuals and their social environment. One effective approach to managing anger is through anger management coaching. This coaching helps individuals recognize the triggers of their anger, develop healthier ways to express emotions, and ultimately reduce aggressive behavior. Through proper intervention, young individuals can be guided toward handling their emotions more constructively.

Lench (2004) emphasizes that anger management is an essential method for expressing and controlling anger in a more regulated manner. It consists of various strategies designed to help individuals cope with anger in a way that does not harm themselves or others. Schultz (2007) further supports this view by stating that anger management involves a structured set of techniques that enable individuals to regulate their emotions and channel their anger productively. These techniques may include relaxation exercises, cognitive restructuring, and communication skills training, all of which contribute to better emotional regulation.

In conclusion, anger management serves as a valuable tool for individuals, especially youth, to mitigate anger-related issues and develop constructive emotional responses. By practicing anger management techniques, individuals can reduce impulsive reactions, foster healthier interpersonal relationships, and enhance their overall emotional well-being. Given the significant impact of anger on personal and social functioning, implementing anger management strategies is a crucial step in promoting emotional stability and reducing aggressive behavior.

DISCUSIONS

According to the regulation of the Minister of Education and Arts of Indonesia number 111/2014, guidance and counseling play a crucial role in elementary and middle schools. This regulation emphasizes that preparing students for life competition requires an education system that goes beyond focusing solely on

academic subjects and management. Instead, it highlights the importance of psychological support, particularly through guidance and counseling services. These services are designed to assist students in understanding themselves, managing their emotions, and developing essential life skills that contribute to their overall well-being. Without this holistic approach, students may struggle to navigate social and emotional challenges effectively.

One of the most pressing issues among students in schools is aggressive behavior, which can manifest in various forms. According to Atkinson et al. (1987), aggressive behavior refers to actions aimed at causing harm to others, either physically or verbally, as well as damaging others' belongings. This definition highlights that aggression is not limited to physical acts but also includes verbal abuse and destruction of property. A study by Hidayat, Yusri, and Ilyas (2013) further supports this claim, showing that 35.32% of student aggression is expressed through physical harm, 41.30% through verbal abuse, and 30.42% through property destruction. These findings indicate that aggression is a significant problem among students and requires immediate intervention to prevent its negative impact on individuals and the school environment.

Aggressive behavior, if left unmanaged, can disrupt the learning process and create a hostile school climate. It may lead to conflicts among students, emotional distress, and even long-term psychological effects. Therefore, effective strategies must be implemented to address and reduce aggressive behavior among students. One of the recommended approaches is counseling intervention, particularly through anger management coaching. By equipping students with the necessary skills to recognize and regulate their emotions, anger management coaching can help them develop healthier responses to frustration and conflict. This structured approach not only benefits individual students but also fosters a more positive and harmonious school environment.

The development and implementation of anger management coaching programs are essential in stabilizing students' emotions and reducing their aggressive tendencies. Such programs focus on helping students gain self-awareness, learn alternative ways of expressing their emotions, and adopt constructive conflict resolution skills. Froggatt (2006) outlines a series of essential steps in anger management coaching, including identifying the causes of anger, learning new perspectives on handling anger, developing effective coping techniques, and practicing anger management skills in real-life situations. By following these steps, students can gradually build emotional resilience and improve their interpersonal relationships.

In conclusion, aggressive behavior among students is a serious concern that requires structured intervention. The regulation set forth by the Indonesian government highlights the significance of guidance and counseling in addressing students' psychological needs. Studies have shown that aggression among students manifests in physical, verbal, and destructive behaviors, all of which can negatively impact their development and school environment. Implementing anger management coaching as a counseling strategy offers a promising solution to help students manage their emotions effectively. With proper training and support, students can learn to control their anger, reduce aggression, and contribute to a more positive and conducive learning atmosphere.

CONCLUSION

Aggressive behavior is to attack by on purpose others. Aggressive behavior consists of 4 (four) aspects ie pshysic, verbal, anger and hate. Aggressive behavior among the youth must be managed properly. One strategy is to implement anger management coaching. Anger management is one method by individual to reduce anger and emotion constructively. Anger management coaching consists of 4 (four) steps: (a) to

identify the cause of anger; (b) to study new methods in seeing the anger; (c) to develop technique of effective coping to manage the anger; and (d) to implement skills to manage the anger.

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