

## **THE INFLUENCE OF PARENTAL ATTACHMENT AND PEER INTERACTION ON THE AGGRESSIVE BEHAVIOR OF ADOLESCENTS IN BOGOR**

Nurjanah Purnama<sup>\*)</sup>, Aisyah Pramudita, Laura Virgita Wiratmaja, Yulina Eva Riany

IPB University, Jl. Raya Dramaga, Kampus IPB Dramaga, Kec. Dramaga, Kabupaten Bogor, 16680, Indonesia

<sup>\*)</sup>E-mail: [nurjanahpurnama@apps.ipb.ac.id](mailto:nurjanahpurnama@apps.ipb.ac.id)

### **Abstract**

The environment, including family and peer interactions, can influence the level of aggressiveness in adolescents. This quantitative study aims to analyze the influence of parental attachment and peer interaction on adolescent aggressive behavior in Bogor. The study involved 115 respondents from grade 10 at the Bina Bangsa Sejahtera Islamic High School, consisting of 68 male students (59%) and 47 female students (41%), aged between 13-18 years. Data were collected using questionnaires and analyzed using statistical correlation and multiple regression tests with SPSS 26. The results show that secure parental attachment is associated with lower adolescent aggression, while insecure attachment positively correlates with higher aggression. Peer interaction, including relationships and bonds with friends, and variables like school conditions, significantly impact adolescent aggressive behavior. These findings indicate that parental and school roles can help prevent aggressive behavior in adolescents. Therefore, it is essential to educate parents, teachers, and adolescents on maintaining healthy parental relationships, fostering positive peer interactions, and understanding the dangers of aggressive behavior. Government involvement is also needed to support the development of such programs.

Keywords: adolescents, aggressiveness, attachment, interaction.

### **INTRODUCTION**

In the current era of Industry 4.0, the lives of adolescents are closely influenced by their evolving environment. The surrounding environment significantly impacts the formation of adolescent behavior, including aggressive behavior (Susantyo, 2017). Aggressiveness is defined as behavior that can harm or victimize others (Sarwono, 2005). Aggressiveness can lead to problems among adolescents, such as fights or brawls. According to BPS data (2022), West Java is the province with the highest rate of student brawls in 2021, with 37 incidents compared to a national average of 5.5 across all provinces in Indonesia. This data highlights the significant gap between West Java and other provinces, indicating a trend of high aggressiveness among adolescents in the region.

In addition to increasing the likelihood of fights, adolescent aggressiveness can lead to other issues such as poor academic performance and weakened peer relationships, as noted by Salmiati (2015). Hsiao et al. (2019) also pointed out that aggressive behavior is linked to problems such as anxiety, suicide attempts, self-isolation, and other violent acts. If aggressive behavior is not promptly detected and properly addressed, it increases the risk of mental health disorders in adolescents. Adolescents tend to be aggressive, struggle with impulse control, and experience emotional instability (Santrock, 2019). Adolescent aggressiveness results from a combination of environmental influences, impulsivity, and emotional instability. The environment plays a significant role, especially during puberty. If adolescents are unable to adapt well, they are at risk of engaging in maladaptive behaviors, such as aggression.

The development of adolescent aggressiveness can be influenced by both internal and external factors. Internal factors include frustration, cognitive and intellectual issues, and emotional disorders. External factors include family and peer influences (Sekar, 2021). Susantyo (2017) supported this by stating that family and peer environments significantly affect adolescent aggressiveness. Within the family setting, the attachment between parents and adolescents can influence the level of aggressiveness. Various previous studies have demonstrated the significant impact of parental attachment on adolescent aggressiveness. These include studies by Purwaningtyas, et al. (2021) titled "Parental Attachment to Adolescent Aggressive Behavior," Muarifah et al. (2022) with "Aggression in Adolescents: The Role of Mother-Child Attachment and Self-Esteem," Sihombing et al. (2023) titled "The Effect of Parental Attachment on the Aggressiveness of Male High School Students at Parulian 1 Medan," and Sasmitha et al. (2023) with "The Relationship Between Parental Attachment and Aggressive Behavior in Adolescents in Makassar."

Parental attachment can influence a child's emotional balance, with stronger parent-adolescent bonds resulting in reduced aggressiveness (Sihombing et al., 2023). Strong and secure parental bonds can lower adolescent aggressiveness, while weak or insecure attachment can increase aggressiveness (Muarifah et al., 2022). Purwaningtyas, et al. (2021) further support this, stating that weak attachment can lead to aggressive behavior in children, especially adolescents with unstable emotional control. Strong relationships and support from parents play a crucial role in reducing aggressive behavior in adolescents. Therefore, it is important for parents to provide attention, care, and support to help minimize tendencies toward aggression (Sasmitha, 2023).

In addition to parental attachment, adolescent peer interaction is another factor that can influence aggressiveness. This aligns with previous studies, such as that by Raviyoga and Marheni (2019) titled "The Relationship Between Emotional Maturity and Peer Conformity on Adolescent Aggressiveness at SMAN 3 Denpasar," and research by Coleman JN and Farrell AD (2022) titled "The Influence of Exposure to Violence on Adolescents' Physical Aggression: The Protective Role of Peers."

Peer interactions, whether positive or negative, affect the development of children, particularly adolescents (Soekanto, 2010). If an adolescent frequently interacts with peers who have negative influences, they may also be negatively impacted. Conversely, interaction with peers displaying high levels of aggression may increase the likelihood of the adolescent adopting aggressive behaviors. Additionally, poor-quality peer interactions are positively associated with bullying behavior, which is a form of aggression (Ratna, 2018).

Previous research has explored adolescent aggressiveness and its influencing factors. However, no studies have directly examined the combined effects of parental attachment and peer interaction on adolescent aggressiveness. Research on the impact of peer interaction on aggressiveness is also relatively limited compared to studies focusing on parental attachment. Although similar studies have been conducted in the Bogor area of West Java, the high rate of adolescent aggressiveness in this region makes this research a novel contribution to the field.

This study aims to contribute by providing new insights into the variables studied, and the findings are expected to help develop future knowledge. The study was conducted in response to the rising number of adolescent brawls in West Java, further highlighting the importance of this research in the region. Therefore, the objective of this study is to analyze the influence of parental attachment and peer interaction on the aggressive behavior of adolescents in Bogor.

## METHOD

The population of this study consists of individuals aged 10-19, classified as adolescents according to the World Health Organization (WHO). The sample selection used a non-probability sampling technique, specifically purposive sampling, which involves selecting

samples based on specific criteria (Sugiyono, 2019). Data was collected through questionnaires, administered directly by the researchers in the field at the school. This study was conducted in October 2023, with a total of 115 grade 10 respondents from the Bina Bangsa Sejahtera Integrated Islamic High School, consisting of 68 male students (59%) and 47 female students (41%).

This research employed a quantitative approach, which tests specific theories by calculating the relationships between variables (Creswell, 2016). A correlational statistical test was used to examine the differences in characteristics between two or more variables and the relationships among variables within a specific group (Lau, 2017). To measure the effect of the variables, a multiple regression test was conducted to determine the influence of independent variables on the dependent variable (Ghozali, 2018). Data were collected using a questionnaire, scored using MS Excel, and statistical analysis was performed with SPSS version 26. Correlation and multiple regression formulas were used to analyze the relationships and the influence among variables.

The independent variables in this study are parental attachment and peer interaction, while the dependent variable is aggressiveness. The instrument used to measure parental attachment was the Inventory of Parent and Peer Attachment (IPPA) by Armsden & Mark T. Greenberg (1987) as referenced in Natalia & Lestari (2015). This instrument consists of 25 items with a Cronbach's alpha score of 0.941. Peer interaction was measured using a questionnaire on adolescent and peer relationships by Puspitawati et al., from the book \*Asesmen Gender dan Keluarga Jilid 2\*, consisting of 21 items with a Cronbach's alpha score of 0.588. Aggressiveness was measured using the Aggression Behavior Questionnaire by Buss & Perry (1992) as cited in Ano (2014), with 29 items and a Cronbach's alpha score of 0.85.

## RESULT

The results of the study showed that the average score for parental attachment among female adolescents was higher than that of male adolescents, with both categorized as having secure attachment. The average peer interaction score for male adolescents was higher than for female adolescents. Meanwhile, the aggressive behavior of male adolescents was higher than that of female adolescents. This finding aligns with Baker and Liu (2021), who stated that boys tend to display more aggressive behavior compared to girls. Rudman and Glick (2021) suggested that social class and cultural factors can influence gender roles in aggressive behavior. Among the 115 respondents, the researchers found that 12% had insecure attachment, with more than half displaying moderate aggressiveness and the rest exhibiting high levels of aggressiveness. Aggressive behavior is a series of actions that cause physical and psychological harm to oneself, others, or objects in the environment (Santrock, 2019). According to Santrock, aggressive, regressive, and emotional control behaviors can be triggered by environmental factors, including family dynamics, whether conducive or otherwise.

### Adolescent Attachment to Parents

Table 1. Distribution of Parental Attachment Dimensions

| Category | Trust    |     | Communication |     | Alienation |     |
|----------|----------|-----|---------------|-----|------------|-----|
|          | <i>n</i> | %   | <i>n</i>      | %   | <i>n</i>   | %   |
| Low      | 3        | 3   | 6             | 5   | 8          | 7   |
| Moderate | 30       | 26  | 72            | 62  | 71         | 62  |
| High     | 82       | 71  | 37            | 33  | 36         | 31  |
| Total    | 115      | 100 | 115           | 100 | 115        | 100 |

Table 1 shows the results of parental attachment in adolescents, with 71% (82 respondents) scoring high in the trust dimension. Meanwhile, 26% (30 respondents) scored in

the moderate category, and 3% scored low. In the communication dimension, 62% (72 respondents) scored moderate, 33% (37 respondents) scored high, and 5% (6 respondents) scored low. In the alienation dimension, 62% (71 respondents) were in the moderate category, 31% (38 respondents) in the high category, and the remaining in the low category.

### Adolescent Interaction with Peers

Table 2. Distribution of Peer Interaction Dimensions

| Category | Peer Relationships |     | Peer Attachment |     |
|----------|--------------------|-----|-----------------|-----|
|          | <i>n</i>           | %   | <i>n</i>        | %   |
| Low      | 2                  | 2   | 1               | 1   |
| Moderate | 100                | 87  | 50              | 44  |
| High     | 13                 | 11  | 64              | 55  |
| Total    | 155                | 100 | 55              | 100 |

Table 2 shows the results of peer interaction among adolescents. In the dimension of peer relationships, 87% (100 respondents) were in the moderate category, 11% (13 respondents) in the high category, and the rest in the low category. In the dimension of peer attachment, 55% (64 respondents) were in the high category, 44% (50 respondents) in the moderate category, and the remaining in the low category.

### Adolescent Aggressive Behavior

Table 3. Distribution of Aggressiveness Dimensions

| Category | Physical Aggression |     | Verbal Aggression |     | Anger    |     | Hostility |     |
|----------|---------------------|-----|-------------------|-----|----------|-----|-----------|-----|
|          | <i>n</i>            | %   | <i>n</i>          | %   | <i>n</i> | %   | <i>n</i>  | %   |
|          | Low                 | 95  | 83                | 71  | 62       | 59  | 51        | 30  |
| Moderate | 19                  | 16  | 38                | 33  | 44       | 38  | 66        | 57  |
| High     | 1                   | 1   | 6                 | 5   | 12       | 11  | 19        | 17  |
| Total    | 115                 | 100 | 115               | 100 | 115      | 100 | 115       | 100 |

There are four dimensions of aggressiveness: physical aggression, verbal aggression, anger, and hostility. Table 3 shows that 83% (95 respondents) scored low in physical aggression, 16% scored moderate, and the rest scored high. In the verbal aggression dimension, 62% scored low, 33% scored moderate, and the rest scored high. In the anger dimension, 66% scored moderate, 51% scored low, and 19% scored high. In the hostility dimension, 57% scored moderate, 26% scored low, and 17% scored high.

### Relationship Between Parental Attachment, Peer Interaction, and Adolescent Aggressiveness

Table 4. Correlation Test Results

| Relationship Between Variables                               | Sig.              |
|--|-------------------|
| Parental Attachment and Aggressiveness                       | 0.003             |
| Parental Attachment and Peer Interaction                     | 0.026             |
| Peer Interaction and Aggressiveness                          | 0.003             |
| Parental Attachment and Peer Interaction with Aggressiveness | .001 <sup>b</sup> |

Using SPSS version 26, a correlation analysis revealed a significance value of 0.001b, indicating that parental attachment and peer interaction are related to adolescent aggressiveness, as the significance value was  $<0.05$ . Parental attachment also had a relationship with aggressive behavior, with a significance value of 0.003. Furthermore, parental attachment was related to peer interaction with a significance value of 0.026. Peer interaction was also correlated with aggressive behavior, with a significance value of 0.003 (Table 4).

### **The Influence of Parental Attachment and Peer Interaction on Adolescent Aggressiveness**

Table 5. Regression Test Results

| Variable                               | Beta  | Sig.  |
|--|-------|-------|
| Peer Interaction and Aggressiveness    | -229  | 0.013 |
| Parental Attachment and Aggressiveness | -220  | 0.017 |
| Adjusted R Square                      | 0.121 |       |
| F (p)                                  | 7.687 |       |

The multiple linear regression test results showed that parental attachment had a significance value of 0.013, indicating a partial influence on aggressiveness. Table 5 shows that peer interaction had a significance value of 0.017, meaning it also had a partial influence on aggressiveness. Furthermore, the regression model had a coefficient of determination (adjusted R square) of 0.121, meaning parental attachment and peer interaction together accounted for 12.1% of the variation in adolescent aggressiveness.

## **DISCUSSION**

The findings of this study indicate that parental attachment and peer interaction are both related to and influence aggressive behavior in adolescents. Of the 115 respondents, 12% were classified as having insecure attachment, with more than half of them showing moderate to high levels of aggression. Aggressive behavior refers to a series of actions that cause physical or psychological harm to oneself, others, or objects in the environment (Santrock, 2019). Buss & Perry (1992) stated that aggression is a desire to harm others by expressing negative feelings, such as hostility, to achieve certain goals. Therefore, aggression can be defined as a desire or action that can harm or cause loss to others (Rizqi & Sayfitri, 2023). Aggressive behavior is also seen as a spontaneous reaction to anger, which can manifest verbally or physically (Hurlock, 2020). In this case, a person becomes more aggressive when feeling angry. However, anger does not always lead to aggression. If anger is well-managed, it can result in socially acceptable behaviors like assertiveness. If not managed properly, anger may lead to aggression or violence that is socially unacceptable (Baqi, 2015). Individuals tend to act aggressively when exposed to stimuli that provoke aggressive behavior. Sarwono and Meinarno (2018) identified several forms of aggressive behavior among adolescents, including brawls, physical abuse, rape, homicide, and verbal abuse. Factors influencing adolescent aggression include personal characteristics, family environment, school environment, and the surrounding community (Willis, 2012).

The findings show that respondents with moderate to high levels of aggression had insecure attachment with their parents. This is consistent with Sasmita et al. (2023), who explained that individuals with insecure attachment tend to feel a lack of love and attention from their families, experience weak family bonds, and face conflictual relationships, making them vulnerable to deviant behavior. Boyd & Bee (2010) also noted that insecure attachment results in adolescents lacking a solid foundation for social interaction, being quick to anger, and becoming more prone to aggression in social situations. Attachment refers to an emotional



bond formed through closeness and a sense of physical and psychological security. Parental attachment is essential throughout a child's life (Santrock, 2019) because it reflects the strong emotional connection between parent and child (Armsden & Greenberg, 1987). Secure parental attachment, according to Santrock (2019), helps adolescents manage anxiety and emotional stress during the transition from childhood to adulthood. Parental attachment is crucial for a child's development. Ramadhani and Kustanti (2020) pointed out that parents serve as the primary attachment figure and the first source of learning for instilling religious values and teaching positive behaviors necessary for adapting to social life and shaping good character.

The study also found that the average attachment score of female adolescents was higher than that of male adolescents, with both groups classified as having secure attachment. This aligns with the research by Situmorang, Hastuti, and Herawati (2016), which found that female adolescents tend to have stronger attachments to their parents compared to males. Hapsari and Ariati (2016) also discovered that female adolescents are more attached to their parents than males, due to emotional and intellectual differences between the sexes.

Parental attachment consists of several dimensions, including trust, communication, and alienation. The study found that 71% of respondents scored high in the trust dimension. This indicates a strong level of trust between the adolescents and their parents. Adolescents feel understood and accepted by their parents, and they also feel listened to. Adolescents with high levels of trust in their parents can be said to have secure attachment. This is consistent with Retnaningsih (2005), who explained that children with secure attachment tend to show more positive emotions, greater empathy, and a better ability to take initiative, respond, and form relationships with others. Soetjningsih (2012) also noted that trust in parents serves as a foundation for adolescents to learn trust and develop effective communication with others, enabling them to build social relationships. In contrast, communication and alienation dimensions were categorized as moderate. This suggests that while adolescents feel their parents listen to their stories and problems and help them navigate the transition to adulthood, they do not feel entirely isolated or angry with their parents, aligning with the measurement aspects of Armsden & Greenberg (1987). Higher levels of alienation usually indicate discomfort, anger, and frustration toward parents, as well as feelings of being misunderstood or neglected. According to Samadi (2022), parental alienation is a form of emotional abuse during childhood, where one parent uses the child to retaliate and cause psychological harm. He also stated that parental alienation could lead to patterns of verbal and physical aggression toward the parent, along with strong resistance to maintaining contact.

Another factor influencing adolescent aggression, besides parental attachment, is peer interaction. The findings indicate a partial influence of peer interaction on aggression. According to Sarwono (2016), adolescence is a period vulnerable to aggressive behavior due to fluctuating emotions, peer influence, and environmental factors. During this time, adolescents spend more time outside the home due to academic and non-academic activities, including socializing with peers. Scholte and Van Aken (2020) highlighted that peer relationships during adolescence are crucial and significantly influence adolescent life. Peers play a role in shaping adolescent character and socialization (Maghfiroh et al., 2023). Positive peer environments lead to positive behaviors, while negative peer environments tend to result in similar negative behaviors. This is because adolescence is a time of identity formation, where adolescents seek role models through social interactions, especially with peers (Ernawati et al., 2014). The study found that 87% of adolescents' peer relationships were in the moderate category, and 55% of respondents scored high in peer attachment. This indicates that the respondents had close relationships with their peers, both at school and outside of school. During adolescence, forming close relationships with peers is seen as an essential factor in growth and development. This aligns with Desmita (2012), who explained that peer relationships are vital to adolescents. Sandjojo (2017) also emphasized the importance of friendship in adolescent life. Furthermore, Akin and Akin (2015) found a direct and indirect link between friendship quality and subjective happiness, with individuals who have strong friendships tending to experience higher levels of subjective happiness.

Two factors influence adolescent aggression: internal and external. According to Santrock (2023), external factors, such as peer influence, exert strong pressure on adolescents to conform to their peers. Internal factors, such as self-regulation and emotional control, also affect aggression. Pangarsa (2018) explained that internal causes of aggression include frustration and psychological factors. This aligns with Hawadi and Akbar (2001), who stated that frustration, depression, and unmet desires are internal factors contributing to aggression. Other factors that can influence aggression include self-control, emotional maturity, fanaticism, social media use, emotional intelligence, and social identity (Astiyanto, Hayati & Gismin, 2023). Anantasari (2006) noted that psychological factors comprise both instinctual and learned behaviors. From these statements, internal and external factors influence each other.

The results of the study found that the average aggression score in each dimension was low, with 83% of respondents scoring low in physical aggression, 62% in verbal aggression, 51% in anger, and 57% scoring moderate in hostility. While peer interaction had an influence on aggression, it was not particularly strong. The researchers believe that other factors, besides peer interaction, also contribute to adolescent aggression. This is in line with Davidoff (2007), who noted that the level of aggression can be influenced by various factors, including anger, biological factors, frustration, faulty disciplinary processes, exposure to violence, and environmental influences. The researchers suggest that this may be because the school environment conditions students to be polite, responsible, and disciplined.

## CONCLUSION AND SUGGESTION

Adolescent attachment to parents and peer interaction both influence aggressive behavior in adolescents. Children with secure attachment to their parents tend to exhibit lower levels of aggression, whereas those with insecure attachment show moderate to high levels of aggression. In this study, adolescents' trust in their parents was notably high, with a score of 71%. Additionally, peer interaction was found to be another factor influencing adolescent aggression. The study revealed that 55% of adolescents had a high level of attachment to their peers, indicating that more than half of the respondents felt a strong connection with their peers, both at school and outside of school.

However, the influence of parental attachment and peer interaction on aggressive behavior was not particularly strong in this study. The researchers suspect that there are other factors beyond the variables studied that contribute to adolescent aggression. The researchers also believe that the low levels of aggression observed in this study may be attributed to the school's efforts to foster politeness, responsibility, and discipline among its students. This suggests that both parents and schools play an important role in preventing aggressive behavior in adolescents. Therefore, it is essential to provide outreach and education for parents, teachers, and adolescents on the importance of maintaining healthy parental relationships, fostering positive peer interactions, and understanding the dangers of aggressive behavior. Government involvement is also necessary to support the development of these programs.

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