

The Relationship Between Emotional Regulation and Violence Tendencies in Mothers of Children with Special Needs

Evita Zachary¹, Anwar²

12Fakultas Psikologi Universitas Mercu Buana Yogyakarta

*anwar@mercubuana-yogya.ac.id

ABSTRACT

This study aims to examine the relationship between emotional regulation and the tendency for violence in mothers of children with special needs. The hypothesis proposed in this study is that there is a negative relationship between emotional regulation and the tendency for violence in mothers of children with special needs. The subjects in this study were 85 mothers of children with intellectual disabilities. Data collection methods utilized an emotional regulation scale and a child abuse tendency scale. The data analysis technique employed was product-moment correlation analysis. Based on the data analysis results, the correlation coefficient (r_{xy}) was found to be -0.724 with $p < 0.050$, indicating a negative relationship between emotional regulation and the tendency for violence in mothers of children with intellectual disabilities. This finding supports the proposed hypothesis. The effective contribution (EC) of emotional regulation to the tendency for violence is 52.4%, as indicated by the coefficient of determination (R^2) value of 0.524.

Keywords: Mothers, Emotional Regulation, Tendency for Violence

Introduction

In family life, surely every parent in this world has the hope of having healthy offspring both physically and mentally. In reality, children are not always born in accordance with parents' expectations. There are children who are born with cognitive, physical, psychological or other limitations. Children who are born with special conditions so that they need to be given special attention and fulfill their needs are called Children with Special Needs (ABK) (Fasicha, 2019). Parents who give birth to their children with special needs usually have a response in the form of negative emotions such as surprise, *denial*, sadness, and skepticism about the survival of their children in the future (Safaria, 2005). On the other hand, parents with children with special needs must also provide extra love, understanding and attention, which often drains the family's time, energy and finances (Faschia, 2019).

Children with special needs (ABK) are children who have developmental disorders and disorders that require special handling (Desiningrum, 2016). There are various types of children with special needs, but among the most difficult to handle are children with intellectual disabilities. Intellectual disability is an onset disorder during the period of human development which includes decreased and maladaptive intellectual functioning in the

conceptual, social and practical spheres (DSM V). Based on 2023 data published by UNICEF (in collaboration with Bapennas and SMERU Research), the number of children with disabilities in Indonesia reached 425,000 people, around 146,205 students with disabilities who received inclusive education and data from the Ministry of Health in 2014 showed that 81,443 children with intellectual disabilities were spread throughout Indonesia in both public and private special schools. According to Hallahan and Kauffman (2006), children with intellectual disability experience 2 (two) functional difficulties, namely intellectual function and adaptive behavioral function. Intellectual function is a function determined through intelligence tests which will show the ability of children who have academic performance. Meanwhile, adaptive behavior refers to conceptual, social, and practical skills that individuals learn in order to function well in daily life.

Mothers who have children with intellectual disabilities have complex responsibilities compared to parents who have normal children. Mothers need extraordinary patience, quick response and readiness in all situations and conditions of the child and especially if the child is difficult to be directed. If Mommy is not able to adapt to the conditions and behavior patterns of children with intellectual disabilities so that Mommy is unable to control emotions, Mommy will be prone to violence against children (Faschia, 2019).

Child maltreatment according to WHO (2020), which is a form of violence and neglect that occurs in children under 18 years of age, includes all forms of physical and or emotional mistreatment, sexual, neglect and exploitation that have the impact or potential to harm the child's health or self-esteem in the context of a relationship of responsibility.

Based on the results of preliminary interviews conducted by researchers with respondent mothers who have children with special needs (ABK) who are mentally disabled, the results showed that 3 out of 4 mothers experienced: feelings of disappointment because they had given birth to abnormal children and felt that God was not fair. In 4 out of 4 subjects, each had committed violence against children at least 1 (one) time. In 2023, KPAI stated that there were 262 cases against children, including physical, psychological, and sexual violence. Of the total cases, 153 cases of violence involved biological mothers. About 9.6 percent of child abuse is committed by biological fathers and 153 cases or 6.1 percent of violence is committed by biological mothers.

According to Wati and Puspitasari (2015), the factors that cause parents to commit violence against children are: (1) personality conditions, including mature personality, ability to overcome emotional pressure, ability to overcome disappointment, parents' knowledge of the environment and also emotional regulation; (2) socio-economic conditions and an uncomfortable environment; (3) past violent experiences, parents assume that the violence they received in the past was a way of disciplining them in the past; (4) the socialization process, where children who in social interactions receive violence then they consider violence as a natural thing and will be carried into adulthood.

Based on research conducted by Sarah, Luca, Paola and Elena (2020), overall parents have factors that show difficulty in regulation, from *emotional awareness* and *emotional*

recognition to controlling impulses through effective coping strategies will tend to abuse their children. According to Gross and Thompson (2007), emotion regulation is a set of processes by which emotions are regulated. A mother must be able to have learning experiences, have attitudes and also good parenting behavior and be able to control, adjust their emotions when caring for children, all of which are contained in emotion regulation (Wati & Puspitasari, 2015).

Methods

This study is a quantitative study with the dependent variable of violent tendencies and the independent variable is emotion regulation. Data collection using emotion regulation scale and violence tendency scale. The research subjects were 85 mothers who had children with special needs who were mentally disabled. The data analysis used is the *product moment* correlation technique and the data is analyzed with SPSS version 24.

Results and Discussion

General description of research subjects. The results of data categorization on the violence tendency scale based on hypothetical mean and standard deviation show that the high category is 1.17% (1 subject), the medium category is 23.53% (20 subjects) and the low category is 75.30% (75.30 subjects). So from these results it can be concluded that most subjects have a level of violent tendencies in the low category.

Table 1. Categorization of Tendency Scale Scores

Categorization	Guidelines	Interval	N	Percentage
Low	$X < \mu - 1 \sigma$	$X < 40$	64	75,30%
Medium	$\mu - 1 \sigma < X < \mu + 1 \sigma$	$40 \leq X \leq 80$	20	23,53%
High	$X > \mu + 1 \sigma$	$X > 80$	1	1,17%
Total				100%

The results of data categorization on the emotional regulation scale based on hypothetical mean and standard deviation show that the high category is 31.77% (27 subjects), the medium category is 65.88% (56 subjects), and the low category is 2.35% (2 subjects). So from these results it can be concluded that most subjects have a level of emotional regulation in the moderate category.

Table 2. Emotion Regulation Scale Score Categorization

Categorization	Guidelines	Interval	N	Percentage
Low	$X < \mu - 1 \sigma$	$X < 40$	2	2,35%
Medium	$\mu - 1 \sigma < X < \mu + 1 \sigma$	$40 \leq X \leq 60$	56	65,88%
High	$X > \mu + 1 \sigma$	$X > 60$	27	31,77%
Total			85	100%

The data distribution of the violence tendency variable follows the normal distribution. Meanwhile, the emotion regulation variable obtained K-S $Z = 0.128$ with a significance level of $p = 0.000$ ($p < 0.050$), which means that the distribution of emotion regulation variable data does not follow a normal distribution. Hadi (2016) said that the final results of the study were not affected by the normality test. In addition, according to Hadi (2016) the research subject will still be categorised as normal if the subject is > 30 . Based on the above assumptions, it can be concluded that the two variables are still categorised into normal distribution.

Linearity Test

From the results of the linearity test obtained $F_{\text{linearity}} = 127.823$ and $p = 0.000$. This shows that the relationship between emotional regulation and violent tendencies is a linear relationship.

Normality Test

Based on the results of product moment correlation analysis, the correlation coefficient (r_{xy}) = -0.724 $p = 0.000$ ($p < 0.050$). This shows that there is a significant negative relationship between emotional regulation and violent tendencies. Based on the results of this analysis, it shows that the hypothesis proposed in this study is accepted, namely that there is a negative relationship between emotional regulation and violent tendencies.

Based on the results of the Kolmogorov-Smirnov test, the violence tendency variable obtained K-S $Z = 0.068$ with a significance level of $p = 0.055$ ($p > 0.050$) which means

That the relationship between resilience and religiosity is a linear relationship.

Hypothesis Test

Based on the results of product moment correlation analysis, the correlation coefficient (r_{xy}) = 0.506 $p = 0.000$ ($p < 0.050$). This shows that there is a significant positive relationship in mothers who have children with intellectual disabilities. The lower the level of emotional regulation in mothers who have children with intellectual disabilities, the higher the level of tendency to violence in mothers who have children with disabilities. Conversely, the lower the level of tendency to violence in mothers who have children with disabilities, the higher the emotional regulation of mothers who have children with disabilities. The coefficient of determination (R^2) obtained is 0.524 which shows that emotional regulation affects the

tendency to violence by 52.4%, while 47.6% is influenced by other variables outside the research model.

Conclusions

Based on the results of research and discussion, researchers can conclude that the proposed hypothesis is accepted. This can be seen in the hypothesis test with product moment correlation analysis, obtained a correlation coefficient of $(r_{xy}) = -0.724$ $p = 0.000$ ($p < 0.050$), which shows that there is a negative relationship between emotional regulation and the tendency of violence in mothers who have children with intellectual disabilities. This illustrates that the lower the emotion regulation of the mother, the higher the tendency to violence. Conversely, the higher the emotion regulation, the lower the tendency to violence. Based on the results of this study, it can be concluded that a mother who has a child with intellectual disability with low emotional regulation is assumed to be a mother who is unable to control emotions, unable to recognize what emotions are being felt and unable to realize the emerging behavior that is done to the child. So that mothers who have children with intellectual disabilities with low emotional regulation will have a high level of violent tendencies and vice versa, mothers who have children with intellectual disabilities with high emotional regulation will have a low level of violent tendencies. The characteristics of mothers who have a low level of emotional regulation in caring for and educating children are a mother who is unable to control emotions, cannot recognize what emotions are being felt and is unable to realize the emerging behavior carried out towards children.

Based on the results of the study, the emotion regulation variable contributed 52.4% to the variable tendency of violence in mothers who have children with intellectual disabilities. This shows that emotional regulation has an influence on the variable tendency to violence by 52.4%, while the remaining 47.6% is influenced by other variables, namely the factor of naughty children, parental factors which include the preservation of negative cultures, mothers who experience violence, parents with mental disorders, low emotional regulation and drug addict parents and the third factor, namely social and or community environmental factors which include poverty, women who are considered inferior to men, low socio-economic conditions, individualistic society and the assumption that children belong to parents.

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