



The Tendency to Commit Violence in Dating Seen from Emotional Regulation

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Abstract. Violence is a growing problem among adolescents and young adults, particularly in the Karawang region. This study aims to analyze the influence of emotion regulation on the tendency to perpetrate dating violence among university students in Karawang. A causal-associative quantitative method was employed, utilizing a sample of 100 students aged 18-29 years selected through convenience sampling. Data analysis was performed using simple regression with the aid of IBM SPSS Statistics 25. The results indicate a significant negative correlation between emotion regulation and dating violence ($p=0.000<0.01$), with a coefficient of determination (R^2) of 49.1%. This suggests that nearly half of the variability in dating violence is influenced by individuals' ability to regulate their emotions. These findings imply the necessity of developing psychological interventions that focus on enhancing emotion regulation as a primary strategy in the prevention and management of violence in dating relationships.

Keywords: *adolescents; dating violence; emotion regulation*

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Introduction

relationships do not always proceed as smoothly as expected, often leading to the occurrence of dating violence. According to Set, (2020), violence is a crucial and persistent fact worldwide, including in Indonesia, which must be addressed in societal life. Beyond domestic and child abuse, dating violence is a problem frequently experienced by adolescents and young adults. In intimate relationships, violence manifests through sexual, physical, or emotional aggression intended to control and dominate the partner, sometimes also serving as an expression of anger (Harmadi & Diana, 2020).

Cases of dating violence have shown a significant increase from year to year, occurring not only among adults but also adolescents. Data from the National Commission on Violence Against Women (Komnas Perempuan) in 2021 recorded 1,309 cases, with 962 reported in the Annual Notes (CATAHU), which included personal complaints. By 2023, this number drastically surged to 3,528 cases, signifying the urgent need for more effective prevention and intervention efforts to protect this vulnerable group.

The incidence of Intimate Partner Violence (IPV) among students in Karawang has also shown an upward trend. In 2019, the Department of Women's Empowerment and Child Protection (Dinas PPA) recorded 88 cases of violence against women, some of which involved violence perpetrated by an intimate partner (Nopiyanti et al., 2021). The latest data from P2TP2A DP3A, spanning January to September 2024, indicate 117 cases of violence and abuse, with the majority of victims being minors. This condition underscores the necessity for serious attention and more focused preventive measures in the region (Fakta JABAR, 2024).

Although the data suggest that the rate of dating violence continues to increase annually, research specifically examining the variables that influence this rise in Indonesia, particularly in Karawang, remains highly limited. Most previous studies have only focused on emotions related to a crisis of self-meaning or have lacked further discussion, consequently failing to provide a comprehensive overview of the dynamics of dating violence among adolescents.

The phenomenon of dating violence among university students occurs repeatedly and continues to escalate annually. According to Astutik and Laksono (Komnas Perempuan, 2021), this phenomenon can also be observed within the university environment, particularly among students. The manifestation of violence among students, as described in research by Banurea & Abidjulu, (2021), includes both direct and indirect violence encompassing psychological, verbal, and physical forms. The highest reported percentages involved infidelity, the use of harsh language, and even physical assault. Furthermore, Zahra and Yanuvianti (in Harmadi & Diana, 2020) categorize aggression in dating into three forms: physical violence, psychological abuse, and sexual coercion. Statistical data presented by Permadi and Pertiwi, (2024) show that dating

violence cases reached a total of 3,528, with most individuals unaware that their behavior constitutes dating violence.

Violence is a coercive behavior aimed at maintaining power and control over a partner (Murray, [2000](#)). This violence can take the form of physical, psychological, or abusive acts occurring in adolescence and adulthood. More specifically, dating violence is defined as violent acts perpetrated by an individual or a partner as a form of coercion or abuse to seize authority, which can occur during both adolescence and adulthood (Yolcu & Akbay, [2020](#)). According to Adiswanisa and Kristiana (Nopiyanti et al., [2021](#)), the definition of dating violence also encompasses acts of intentional forcing, subjugation, control, domination, or physical and psychological destruction. The phenomenon of dating violence is increasingly becoming a crucial issue that is not only perpetrated by males against females but also by females against males (Megawati et al., [2019](#)).

Various factors can trigger violence in dating relationships, one of which is an internal factor related to personality traits and the individual's ability to manage emotions, known as emotion regulation. Personality profiles with a propensity for blaming others and compromised emotion regulation capabilities can increase the risk of violent behavior in intimate relationships (Saleh et al., [2022](#)).

Emotion regulation itself is defined as a method for controlling emotions when an individual expresses their experienced feelings (Larasati & Kurniasari, [2022](#)). According to Gross, this process encompasses how individuals perceive, experience, and express their emotions (Sari, [2023](#)). The ability to evaluate, manage, and express emotions appropriately is essential for achieving emotional equilibrium (Purnomosidi, [2024](#)).

Without this skill, individuals will find it difficult to maintain composure in high-pressure situations. The inability to control emotions potentially increases exaggerated emotional reactivity, making an individual more vulnerable to engaging in violent behavior due to the intense and frequent expression of anger (Permadi & Pertiwi, [2024](#)). Previous study findings also indicate that emotion regulation can affect physical violence, sexual abuse, and psychological abuse in dating relationships, particularly among university students (Haynes, [2017](#)).

According to Gullen et al. (in Baird, [2015](#)), when individuals are emotionally volatile and possess subpar emotion management skills, they are at risk for adverse social and emotional outcomes. A study by Megawati et al. ([2019](#)) found that individuals with a high level of emotion regulation also have a low likelihood of perpetrating dating violence. Furthermore, research by Gross (as cited in Utami & Fitriyani, [2019](#)) also concluded that emotion regulation refers to how people manage their own emotions and experiences, or how they experience and express

emotions. Thus, emotion regulation is closely related to the question of how emotions are regulated, rather than how emotions dictate other things.

Previous research conducted by Rofifah and Widyastuti (2022) concerning the effect of emotion regulation on dating violence demonstrated a negative value, leading to the conclusion that higher emotion regulation leads to lower dating violence. A study conducted by Larasati and Kurniasari (2022) indicated that dating violence among public health students at UMKT was influenced by emotional connection with the partner. Another study by Permadi and Pertiwi (2024) showed that difficulties in emotion regulation contribute 88% to dating violence, with results suggesting that a higher level of emotion regulation difficulties corresponds to higher dating violence.

Unlike previous research that primarily investigated adolescents, young college students, or survivors of sexual violence, this study specifically highlights the role of emotion regulation in influencing dating violence among young adult university students in Karawang, a group that has been relatively under-researched in this context. Previous studies in Karawang, for example, largely focused on inferiority feelings and the general tendency toward dating violence in young adults but have not specifically examined emotion regulation as the main factor (Nopiyanti et al., 2021). By addressing this young adult demographic, this study provides an important original contribution to understanding the emotional mechanisms within the dynamics of dating violence among young adult students in the region. Conversely, this research fills this gap by utilizing a diverse respondent pool—specifically young adult students in the Karawang area—and emphasizing emotion regulation dynamics as the core focus. Consequently, this study is expected to provide new contributions to the understanding of emotion regulation in a more specific population that differs from previous studies.

This research aims to analyze the influence of emotion regulation on the tendency to perpetrate dating violence among university students in Karawang. Based on this objective, the research hypothesis states that emotion regulation significantly influences violent behavior in dating relationships.

Methods

This study employed a quantitative method with a causal-associative approach, aimed at determining the influence of Emotion Regulation on the tendency to perpetrate Dating Violence. The independent variable in this research was Emotion Regulation, while the dependent variable was Dating Violence. The inclusion criteria for respondents were university students in Karawang aged 18–29 years. As the exact population size was unknown, the sample size was determined using the Lemeshow formula with an assumed proportion (p) of 0.5 and a margin of error of 5%, resulting in a total sample of 100 respondents. The sampling technique utilized was convenience

sampling. This technique was selected to allow the researcher to quickly obtain data from the target population that met the specified criteria, given the constraints of time and resources.

The measurement scale used in this study was the Likert scale with four alternative response options. The research was conducted during the period of January to February 2024, involving the distribution of questionnaires to students across several campuses in Karawang. The questionnaire was disseminated using a Google Form with questions presented in a non-randomized order. The validity of the instrument was tested through content validity using the expert judgment method, which involved three experts in the relevant field.

Emotion regulation was measured using a scale adapted from Sari and Naqiyah (2021), which is based on Gross's theory of emotion regulation. This scale encompasses four key aspects: strategies in emotion regulation, goal-directed behaviors, controlling emotional responses related to the individual's actions in managing perceived emotions, and acceptance of emotional responses. Trial testing conducted by the researcher yielded 38 valid items, consisting of 22 favorable items and 16 unfavorable items. The Cronbach's alpha reliability score for this scale was 0.904, which is greater than the minimum coefficient score of 0.70 (Azwar, 2022), thus indicating that the scale is consistent (reliable).

Violence was measured using the Conflict Tactics Scale (CTS) developed by Straus (2010), which had been translated into Indonesian by a sworn translator. This scale covers three aspects: physical, psychological, and sexual violence. The items on the scale pertain to aggressive behaviors such as threatening, hitting, shoving, and other forms of verbal abuse. Trial testing involving 28 items resulted in 27 unfavorable items being declared valid. The Cronbach's alpha reliability score was 0.953, which is greater than 0.70, confirming that this scale is also consistent (reliable).

Data analysis for interpreting the research findings employed the IBM SPSS Statistics 25 program. The specific technique used was simple linear regression analysis, which was utilized to determine the influence of emotion regulation (the independent variable) on dating violence (the dependent variable). Simple linear regression analysis was chosen specifically to test the causal relationship and the strength of the influence between the variables quantitatively. Furthermore, validity and reliability tests were performed on the questionnaire data to ensure that the instruments used were consistent and capable of accurately measuring the variables. Through this technique, the researcher could obtain a clear interpretation regarding the cause-and-effect relationship and the statistical significance of the obtained data.

Results

Categorization of Research Data

In this study, the researcher established categorization criteria to classify respondents into three categories. The distribution of respondents based on the Dating Violence variable is presented in Table 1.

Table 1.
Categorization of Dating Violence

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Sedang	80	80.0	80.0	80.0
	Tinggi	20	20.0	20.0	100.0
	Total	100	100.0	100.0	

Based on the categorization above, the Dating Violence variable shows that the majority of respondents (80%) experience a moderate level of dating violence. This indicates that dating violence is not a rare phenomenon; rather, it is frequently experienced by the majority of respondents at a moderate degree. Meanwhile, only 20% of respondents experience a high level of violence, meaning that while a small group faces serious levels of violence, the majority remains at a moderate level. The absence of a low category suggests that dating violence is already a genuine and palpable problem perceived by the respondents and is not an issue that can be overlooked.

Table 2.
Categorization of Emotion Regulation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rendah	20	20.0	20.0	20.0
	Sedang	63	63.0	63.0	83.0
	Tinggi	17	17.0	17.0	100.0
	Total	100	100.0	100.0	

Based on the categorization above, the Emotion Regulation variable shows that the majority of respondents (63%) fall into the moderate level, indicating that their ability to manage emotions is at an average level. A significant portion, 20% of respondents, possesses low emotion regulation skills. This is a point of concern, as low emotion regulation is often associated with difficulties in controlling negative emotions, which can exacerbate conflict or violence within relationships. Conversely, 17% of respondents demonstrate high emotion regulation, meaning they are capable of managing emotions well and are likely more resilient to conflict.

Overall, the majority of respondents show moderate levels in both dating violence and emotion regulation. This suggests the necessity for preventive interventions and educational efforts aimed at reducing the level of violence and enhancing emotion regulation skills, particularly for the groups exhibiting low emotion regulation and high dating violence.

Furthermore, the small group reporting high levels of violence requires specific attention and specialized handling to address these more serious issues.

Normality Test

In quantitative research, testing the normality of the data is a crucial preliminary stage to ensure the validity of the applied statistical analysis (Ghozali, 2018). The normality test aims to ensure that the data distribution meets the assumption of normality, thereby making the research findings more accurate (Pallant, 2016). The normality test in this study was performed using the IBM SPSS Statistics 25 program.

Table 3.
Kolmogorov-Smirnov Normality Test

		Unstandardized Residual
N		100
Normal Parameters ^{a,b}	Mean	.3031551
	Std. Deviation	10.79589548
Most Extreme Differences	Absolute	.088
	Positive	.086
	Negative	-.088
Test Statistic		.088
Asymp. Sig. (2-tailed)		.054 ^c

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

In Table 1, the normality test output using Kolmogorov-Smirnov shows an Asymp. Sig value of 0.054 > 0.05, indicating that the data are normally distributed and can be considered to meet the normality assumption for further analysis.

Linearity Test

The linearity test is conducted to ensure that a significant linear relationship exists between the independent and dependent variables in a study (Ghozali, 2018). Examining linearity is crucial for identifying a linear pattern of relationship between variables before the regression analysis is applied (Mulyani, 2021). The linearity test is thus used to confirm the linearity of the relationship between the variables.

Table 4.
Linearity Test

			Sum of	Mean		
			Squares	Square	F	Sig.
KDP * RE	Between Groups	(Combined)	21026.450	344.696	7.921	.000
		Linearity	11132.225	11132.225	255.828	.000
		Deviation from Linearity	9894.225	164.904	3.790	.000
Within Groups			1653.550	43.514		
Total			22680.000			

Based on Table 4 (assuming the updated numbering), the linearity test shows that the relationship between emotion regulation and dating violence is significantly linear ($p=0.000$). However, the result for Deviation from Linearity is also significant ($p=0.000$). This latter finding indicates the possibility of a relationship pattern that is not entirely linear. Therefore, the interpretation of the results must be performed more carefully, and the consideration of a non-linear model may be necessary in future research.

Hypothesis Testing

Simple linear regression analysis was utilized to measure the strength of influence between the variables and to provide predictions based on the magnitude of that influence.

Table 5.
Hypothesis Test Results

Model	B	Std. Error	Beta	t-value	p-value	Results
1 (Constant)	93.784	4.774	.000	19.646	.000	Diterima
RE	-.321	.033	-.701	-9.720	.000	Diterima

a. Dependent Variable: KDP

The hypothesis test results (from Table 5, as referenced in the previous step) show a significance value (p-value) of 0.000 ($p<0.05$), indicating that emotion regulation has a significant negative influence on the tendency to perpetrate dating violence. The regression coefficient is -0.321 , which means that an increase in emotion regulation by one unit will reduce the dating violence score by 0.321 points. Consequently, this study confirms that there is a significant influence between the variable of emotion regulation and the tendency to commit dating violence.

Coefficient of Determination

The Coefficient of Determination (R^2) test is used to measure the magnitude of the influence of the independent variable on the increase or decrease of the dependent variable (Yusi & Idris, 2020).

Table 6.
Coefficient of Determination

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.701 ^a	.491	.486	10.855

a. Predictors: (Constant), RE

b. Dependent Variable: KDP

Based on Table 6 (assuming the updated numbering), it is known that there is a significant influence of the emotion regulation variable on the tendency to perpetrate dating violence. The magnitude of this influence can be observed through the R Square value of 0.491. This value indicates that 49.1% of the tendency to commit dating violence can be explained by emotion regulation. This finding suggests that nearly half of the variation in the tendency toward dating violence is accounted for by an individual's emotion regulation ability. The remaining 50.9% is likely influenced by other factors, such as impulse control, previous traumatic experiences, past relationship patterns, and the influence of the social environment and media.

Discussion

The findings of this study reveal a significant negative relationship between emotion regulation and the tendency to perpetrate dating violence. This result substantially indicates that the better an individual's ability to regulate their emotions, the less likely they are to commit violence against their partner. This finding is consistent with Gross's theory of emotion regulation (in Giombini, [2015](#)), which emphasizes that effective emotional control can mitigate aggressive behavior triggered by uncontrolled emotional reactions.

This finding also supports and complements the results of previous research. For instance, Rofifah and Widyastuti ([2022](#)) reported a negative correlation between emotion regulation and dating violence, specifically that higher emotion regulation leads to lower dating violence. The data from the current study found that approximately 20% of respondents exhibit low emotion regulation, which may explain the higher levels of dating violence observed in a small segment of the sample, aligning with those earlier findings.

Similarly, Apipin et al. ([2022](#)) revealed a significant relationship between emotion regulation and violent dating behavior, where effective emotional management is crucial for preventing violent acts in adolescents. Furthermore, Sumayyah and Komarudin ([2024](#)) found that emotion regulation contributed approximately 10.4% to the variation in dating violence levels, demonstrating that the ability to manage emotions significantly impacts the reduction of violent behavior in dating relationships. Additionally, a study by Eisenberg et al. ([2010](#)) also stated that uncontrollable emotional reactivity increases the risk of interpersonal aggression, thereby

confirming emotion regulation as a vital protective mechanism in affective relationships. Thus, the results of this research synthesize and refine the understanding of how good emotion regulation can suppress the tendency toward dating violence.

However, the coefficient of determination (R^2) of 49.1% indicates that nearly half of the variability in dating violence behavior remains unexplained by emotion regulation. This suggests that other factors also play a role, such as the influence of the social environment, the context in which violence occurs, and patriarchal culture, as highlighted by Surya et al. (2024). Furthermore, external factors such as the social environment, a lack of clear boundaries in relationships, family violence history, and patriarchal cultural norms also contribute significantly. This complexity illustrates that dating violence is not merely an individual problem but is rather the result of social and cultural interactions that necessitate a multidimensional approach to its understanding (Safitri, 2024). This affirms that the phenomenon of dating violence is inherently complex and requires a multidimensional perspective.

This research makes a significant contribution by filling a gap in previous studies, specifically through the diversity of respondents who form the main focus: young adult university students in the Karawang region. Unlike earlier studies that focused more on adolescents, young college students, or survivors of sexual violence, this research highlights the dynamics of emotion regulation within a distinct age group and specific sociocultural context. This aligns with findings suggesting that young adult students face various psychological pressures that affect their emotion regulation, which is heavily influenced by their surrounding social environment and academic atmosphere (Pradipta, 2024). Furthermore, students' ability to regulate their emotions is closely linked to the cognitive and social development characteristic of the young adulthood stage, impacting their quality of interpersonal relationships and social competence (Fauzi et al., 2024). These similar findings, applied to a new population, strengthen the generalization of the emotion regulation concept as a mediator of violent behavior and provide insight into a context that has been under-researched locally. This difference emerges as a significant contribution by providing a new perspective that is more contextual and relevant for developing interventions in the Karawang region and among the young adult student population.

The reason this finding offers a more precise explanation lies in the sampling method tailored to local characteristics, the use of contextually adapted measurement instruments, and the methodologically robust causal-associative quantitative approach. This approach allows for a deep understanding of the cause-and-effect relationship between emotion regulation and dating violence, an aspect not widely examined with a specific focus on young adults in the region. This aligns with the explanation by Nurmawati and Keiza (2023), who emphasize the importance of using a sampling method suited to local characteristics and instruments adapted contextually to

enhance the validity of research results within the local sociocultural context. Furthermore, Hapsari (2020) asserts that the causal-associative quantitative approach with locally relevant purposive sampling enables a deeper understanding of the cause-and-effect relationship between emotion regulation and emotional violence in dating, especially among young adult students, a group previously overlooked in the literature.

The fact that the research findings are valid and satisfy the statistical assumptions of normality and linearity allows these results to be more broadly applied to similar populations, particularly adolescents and young adults in comparable sociocultural settings. This is consistent with Nurmawati and Keiza (2023) research, which highlights the critical importance of research validity—achieved through sampling methods and data processing that meet statistical assumptions—so that findings can be generalized to populations with similar characteristics. Additionally, Hapsari (2020) also confirms that quantitative analysis meeting the assumptions of normality and linearity strengthens the applicability of study results, especially for the group of young adult students within a local sociocultural context.

From a practical standpoint, emphasizing psychological interventions that focus on developing emotion regulation can serve as a primary strategy for the prevention and management of violence in young couples. Prevention programs that strengthen the ability to recognize, accept, and manage emotions adaptively can form a fundamental basis for more effective and sustainable psychosocial interventions. Efforts to enhance emotion regulation can also strengthen communication skills and conflict resolution between partners, thereby mitigating the risk of violence. Therefore, the implementation of emotion regulation training in educational settings and youth communities is highly recommended to foster healthy and harmonious dating relationships.

Overall, this study confirms that emotion regulation is a crucial variable in shaping healthy and safe dating behavior, while simultaneously providing a conceptual and empirical contribution that enriches the literature with a focus on the young adult university student demographic in Karawang. Strengthening emotion regulation in violence prevention programs will help reduce the incidence of violence and enhance the quality of safe and harmonious relationships.

Conclusion

This research reveals a significant relationship between emotion regulation ability and the tendency of university students in Karawang to perpetrate dating violence. This finding affirms the necessity of implementing interventions focused on enhancing emotion regulation as an effective strategy in the prevention of dating violence among students. Improved emotional

management skills are expected to strengthen the quality of interpersonal interactions and reduce the risk of violent behavior emerging within the context of dating relationships.

Thus, empowering individuals to recognize, accept, and manage their emotions adaptively is key to forming healthier and emotionally safer dating relationships. Further research is also recommended to explore other contributing factors to dating violence, as well as the effectiveness of intervention methods specifically within the cultural and social context of Karawang students.

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