



UNIVERSITI PUTRA MALAYSIA

***RELATIONSHIP BETWEEN EMOTIONAL REGULATION, FRIENDSHIP
QUALITY AND MEDIA VIOLENCE EXPOSURE AND AGGRESSIVE
BEHAVIOUR AMONG PRIMARY SCHOOL CHILDREN IN SELANGOR***

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FPP 2013 34



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By

KONG LUO LAN

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfilment of the Requirements for the Degree of Master of Science**

January 2013

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Master of Science

RELATIONSHIP BETWEEN EMOTIONAL REGULATION, FRIENDSHIP QUALITY AND MEDIA VIOLENCE EXPOSURE AND AGGRESSIVE BEHAVIOUR AMONG PRIMARY SCHOOL CHILDREN IN SELANGOR

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January 2013

Chair: Maria Chong Abdullah, PhD

Faculty: Educational Studies

This study aimed to investigate the relationship between emotional regulation, friendship quality, media violence exposure and aggressive behaviour among primary school children. The study employed a correlational research design and the data was analyzed using descriptive and inferential statistics to address the research objectives. A total of 450 students aged 11 years old were randomly selected from nine schools in the Selangor districts to participate in this study.

Four instruments were used to measure the variables in this study; they were Children Aggression Inventory (CAI) to measure the tendencies of aggressive behaviour among children; Cognitive Emotional Regulation Questionnaire-Kids (CERQ-k) to measure emotional regulation of children; Friendship Quality Scale (FQS) to measure the quality

of friendship, and Violent Media Exposure (MVE) to measure the violent video game exposure and violent TV programme exposure.

Findings showed that most of the children demonstrated a moderate aggression level. The mean scores for the aggressive behaviour exhibited by children in descending order from high to low are hostility, anger, verbal aggression, indirect aggression, and physical aggression.

An independent-samples t-test was utilised to determine the gender difference in aggressive behaviour. The result found that there was no significant difference in the mean aggressive behaviour score for boys and girls. In addition, the *Pearson* correlation was employed to examine the relationship between emotional regulation, friendship quality, video game violent exposure, TV programme violent exposure, and aggressive behaviour.

Findings showed that emotional regulation was moderately associated with aggressive behaviour. Friendship quality was negatively related with children's aggressive behaviour. The study also found that video game violence exposure and TV programme violence exposure were positively correlate with aggressive behaviour among children.

The multiple linear regression (Enter Method) was used to determine the best set of predictor variable in predicting children's aggressive behaviour. The multiple linear regression findings showed that the two predictor variables explain about 19.10% of the

variance in children's aggressive behaviour, with emotional regulation as the strongest predictor.

The evidences from this study support the idea that emotional regulation, violent video game exposure, and violent TV programme exposure link to children's aggressive behaviour. From this we can conclude that as the ability to regulate emotions increase, children are fewer tendencies to behave aggressively. In addition, the more they exposed to violent video game playing and violent TV programme viewing, they are more likely to behave aggressively.

Thus, the findings from this study ameliorated the understanding of the influence of emotional regulation, video game violence exposure, and TV program violence exposure on children's aggressive behaviour to policy makers, researchers, teachers, counsellors, parents, students, and the community so that holistic strategic measures could be implemented to keep children aggression at bay. Intervention programs such as promoting ability of regulate emotions and introduce emotional regulation activities curbing aggressive behaviour among children is highly recommended.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

**HUBUNGAN ANTARA REGULASI EMOSI, KUALITI PERSAHABATAN DAN
PENDEDAHAN KEGANASAN MEDIA DAN TINGKAH LAKU AGRESIF
DALAM KALANGAN KANAK-KANAK SEKOLAH RENDAH DI SELANGOR**

Oleh

KONG LUO LAN

Januari 2013

Pengerusi: Maria Chong Abdullah, PhD

Fakulti: Pengajian Pendidikan

Kajian ini bertujuan untuk mengkaji hubungan antara regulasi emosi, kualiti persahabatan, pendedahan keganasan media dan tingkah laku agresif di kalangan kanak-kanak sekolah rendah. Kajian ini menggunakan reka bentuk kajian korelasi dan data dianalisis dengan menggunakan statistik deskriptif, ujian-t, korelasi, dan analisis regresi berbilang untuk menjawab objektif kajian. Seramai 450 pelajar berusia 11 tahun telah dipilih secara rawak daripada sembilan buah sekolah di Selangor untuk mengambil bahagian dalam kajian ini.

Empat instrumen telah digunakan untuk mengukur pembolehubah dalam kajian ini.

Antaranya termasuklah Inventori Tingkah laku Agresif Kanak-kanak (*Children Aggression Inventory, CAI*) untuk mengukur kecenderungan tingkah laku agresif di kalangan kanak-kanak; Soal Selidik Kognitif Peraturan Emosi Soal Selidik Kanak-kanak

(*Cognitive Emotional Regulation Questionnaire*, CERQ-k) untuk mengukur peraturan kognitif emosi kanak-kanak; Skala Kualiti Persahabatan (*Friendship Quality Scale*, FQS) untuk mengukur kualiti persahabatan, dan Pendedahan Keganasan Media (*Media Violence Exposure*, MVE).

Dapatan kajian ini menunjukkan kebanyakan kanak-kanak menunjukkan tahap tingkah laku agresif yang sederhana. Secara terperinci, skor min tingkah laku agresif yang dilaporkan oleh kanak-kanak dalam turutan menurun adalah permusuhan, kemarahan, keagresifan lisan, keagresifan secara tidak langsung, diikuti oleh keagresifan fizikal.

Ujian-t telah digunakan untuk menentukan perbezaan tingkah laku agresif antara jantina. Hasil kajian mendapati bahawa tidak ada perbezaan yang signifikan dalam skor min tingkah laku agresif untuk kanak-kanak lelaki dan kanak-kanak perempuan. Di samping itu, korelasi Pearson digunakan untuk mengkaji hubungan antara peraturan kognitif emosi, kualiti persahabatan, pendedahan permainan video dan TV yang ganas, dan tingkah laku agresif. Penemuan daripada kajian ini telah menunjukkan bahawa peraturan emosi kognitif mempunyai perkaitan yang sederhana dengan tingkah laku agresif. Kualiti persahabatan mempunyai hubungan yang negatif dengan tingkah laku agresif kanak-kanak. Sementara itu, kajian mendapati bahawa pendedahan keganasan permainan video dan pendedahan keganasan TV program mempunyai perkaitan yang positif dengan tingkah laku agresif di kalangan kanak-kanak.

Analisis regresi pelbagai (Kaedah Masukkan) telah digunakan untuk menentukan pemboleh ubah peramal dalam meramalkan tingkah laku agresif kanak-kanak. Penemuan daripada analisis regresi pelbagai menunjukkan bahawa kedua-dua pemboleh ubah peramal menjelaskan kira-kira 19.10% daripada varians, dalam peraturan kognitif emosi sebagai peramal yang paling penting dalam menerangkan tingkah laku agresif kanak-kanak.

Dapatan daripada kajian ini menyokong idea bahawa peraturan emosi, pendedahan kepada keganasan permainan video dan TV program berkaitan dengan kelakuan agresif kanak-kanak. Secara kesimpulannya, kanak-kanak yang mempunyai keupayaan peraturan emosi kurang kecenderungan dalam berkelakuan agresif. Di samping itu, bagi kanak-kanak yang banyak bermain permainan video yang ganas dan menonton TV program yang ganas, mereka lebih berkecenderungan untuk berkelakuan agresif.

Hasil kajian ini dapat meningkatkan kefahaman tentang pengaruh peraturan emosi, kualiti persahabatan, pendedahan keganasan permainan video dan TV program terhadap tingkah laku agresif kanak-kanak kepada penggubal dasar, penyelidik, guru, kaunselor, ibu bapa, pelajar, dan masyarakat supaya langkah-langkah holistik dan strategik dapat dilaksanakan untuk mengelakkan kanak-kanak daripada terus bertingkah laku agresif. Program intervensi untuk membendung tingkah laku agresif di kalangan kanak-kanak haruslah dilaksanakan dengan mengambil kira faktor pemboleh ubah-pemboleh ubah dalam kajian ini.

ACKNOWLEDGEMENTS

I would never have been able to finish my dissertation without the guidance of my committee members, help from friends, and support from my family.

I would like to express my deepest gratitude to my supervisor, Dr. Maria Chong Abdullah, for her excellent guidance, caring, patience, and providing me with an excellent atmosphere for doing research. I would like to thank Dr. Samsilah Roslan, for guiding my research for the past several years and helping me to develop my research background and instruments used in this study.

I would like to thank Lo Ming Rui, who as a good friend, was always willing to help and give his best suggestions. Many thanks to David Cheong, Magdalina Jamian, Faizura Rohaizad and other research assistants for helping me to collect research data from the Schools. My research would not have been possible without their helps.

I would also like to thank my parents and four younger sisters. They were always supporting me and encouraging me with their best wishes.

I certify that an Examination Committee has met on **15th January 2013** to conduct the final examination of **Kong Luo Lan** on her degree thesis entitled “**Relationship between Emotional Regulation, Friendship Quality and Media Violence Exposure towards Aggressive Behaviour among Primary School Children in Selangor**” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the student be awarded the Master Science of Educational Psychology.

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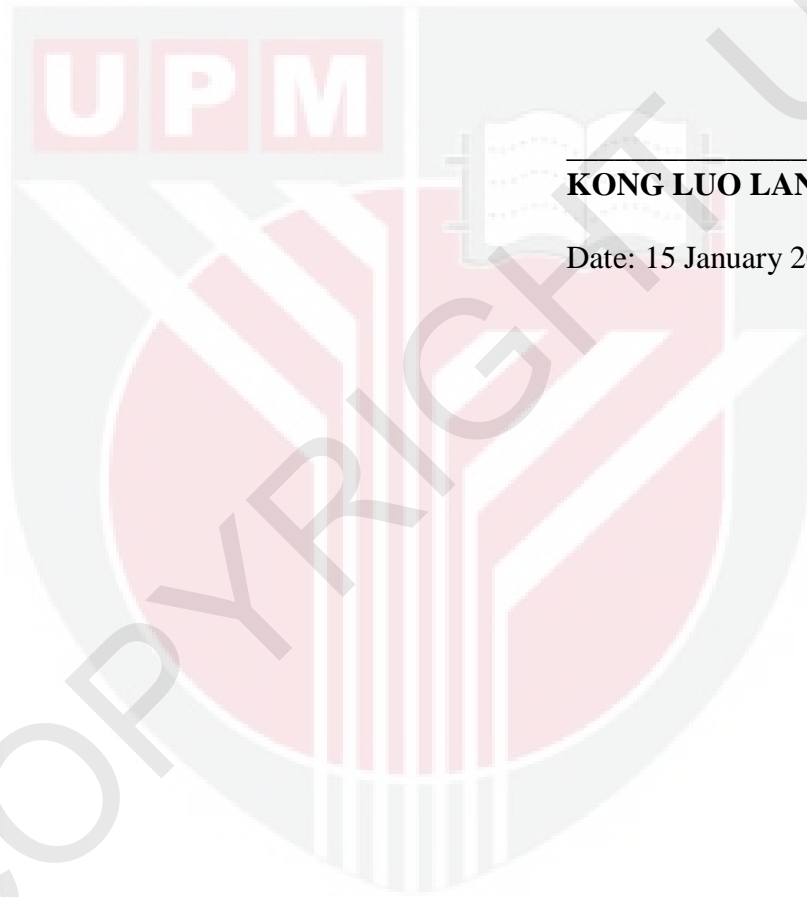
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DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.



KONG LUO LAN

Date: 15 January 2013



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