



## The Role of Self-Control in Mediating the Relationship Between Emotional Maturity and Aggression Stimulus on Aggressive Behavior in Brimob Personnel Serving in Region X

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### ABSTRACT

Aggressive behavior among police officers, particularly Mobile Brigade (Brimob) personnel, is a crucial issue because it directly relates to professionalism, the use of force, and public trust. This study aims to examine the role of self-control as a mediating variable in the relationship between emotional maturity and aggression stimulus on aggressive behavior among Brimob personnel serving in region X. The study employed a quantitative approach with an explanatory design. Data were collected from Brimob personnel using standardized instruments that measure emotional maturity, aggression stimulus, self-control, and aggressive behavior. Data analysis was conducted using Structural Equation Modeling (SEM) to examine the direct and indirect effects between variables. The results showed that emotional maturity was negatively related to aggressive behavior, while aggression stimulus was positively related to aggressive behavior. These results confirm that self-control is an important psychological mechanism that can mitigate the impact of situational pressure and emotional maturity on aggressive tendencies. This study provides theoretical contributions to the development of the General Aggression Model as well as practical implications for the development of training programs for managing emotions and strengthening self-control for police personnel.

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## INTRODUCTION

The Indonesian National Police (Polri) play a strategic role in maintaining security, public order, and law enforcement. Among Polri's main operational units, the Mobile Brigade Corps (Brimob) has a special mandate to handle high-intensity security disturbances, including mass conflicts, terrorism, and other high-risk situations. These task characteristics place Brimob personnel under intense physical and psychological pressure, such as mass provocation, threats of violence, and demands for rapid decision-making in situations filled with uncertainty.

Various studies indicate that the policing profession is consistently exposed to high-risk psychosocial factors associated with mental health disorders and behavioral outcomes, including tendencies toward aggression. Situational pressure, operational frustration, and direct provocation from the public can trigger negative emotional responses that may develop into aggressive behavior if not properly managed. In this context, aggressive behavior does not manifest solely in physical forms but also in verbal, emotional, and cognitive dimensions, all of which can affect officers' professionalism as well as the public image of the police institution.

The phenomenon of excessive use of force by law enforcement officers in various social events in Indonesia indicates that aggressive stimuli in the field are a real issue faced by the police, particularly Brimob units. This situation underscores the importance of self-regulation mechanisms capable of mitigating the impact of situational pressure and provocation on officers' behavior. The General Aggression Model (GAM) explains that aggression is the result of an interaction between personal and situational factors, in which external stimuli can increase negative emotions and aggressive tendencies if they are not counterbalanced by adequate self-control capacity.

Previous studies indicate that emotional maturity is negatively associated with aggressive behavior, while aggression-related stimuli are positively associated with aggressiveness. In addition, self-control is regarded as a key psychological factor that functions as a buffer against the emergence of aggressive behavior. Individuals with strong self-control tend to be able to restrain impulses, regulate emotions, and act in accordance with norms and long-term goals, even in highly stressful situations. Nevertheless, empirical studies that examine the role of self-control as a mediating mechanism between emotional maturity, aggression stimuli, and aggressive behavior in the context of Brimob police units in Indonesia remain limited.

Based on this research gap, the present study aims to analyze the mediating role of self-control in the relationship between emotional maturity and aggression stimuli on aggressive behavior among Brimob personnel. This study is expected to enrich theoretical understanding of the dynamics of aggressiveness within law enforcement officers and to provide practical implications for the development of training programs focused on emotional regulation and the strengthening of self-control in order to enhance professionalism and accountability in policing duties.

## LITERATURE REVIEW

### Aggressive Behavior

Aggression is understood as behavior that is intentionally directed at harming another individual, either physically or psychologically (Baron & Richardson, 1977; Myers, 2010). From a social psychology perspective, aggression is not merely an innate drive but rather the result of interactions among learning processes, emotional conditions, and environmental situations. Bandura's Social Learning Theory (1973) emphasizes that aggressive behavior is learned through observation and imitation of social models, especially when such behavior appears to yield benefits or is not accompanied by negative consequences.

Meanwhile, the frustration-aggression theory (Berkowitz, 1989) explains that obstacles in achieving goals can trigger negative emotions such as anger and frustration, which under certain conditions may develop into aggressive behavior. However, aggression does not emerge automatically; instead, it is mediated by individuals' interpretations of the situation and the intensity of the accompanying negative emotions. Thus, aggression is viewed as a multidimensional phenomenon involving behavioral, emotional, and cognitive aspects.

Buss and Perry (1992) operationalized aggression into four main dimensions: physical aggression, verbal aggression, anger, and hostility. This framework emphasizes that aggressiveness is not always manifested in physical violence but also in verbal expressions, negative emotional states, and hostile cognitive attitudes. In the context of policing duties, particularly within Brimob units, all four dimensions have the potential to emerge when personnel face social conflict and situational pressure, thereby demanding strong self-regulation capacity.

### Emotional Maturity

Emotional maturity refers to an individual's ability to recognize, manage, and express emotions in an adaptive manner in accordance with social demands (Singh & Bhargava, 1990). Emotionally mature individuals tend to be stable, less easily provoked, and capable of evaluating situations rationally before acting. Empirical studies show that emotional maturity is negatively associated with aggressive behavior, whereas low emotional maturity is linked to increased impulsivity and emotional reactivity.

The main aspects of emotional maturity include emotional stability, emotional development, social adjustment, personality integration, and independence (Singh & Bhargava, 2005). In the context of policing, emotional maturity is an important indicator of officers' psychological readiness to להתמודד high-risk situations. Personnel with strong emotional maturity are better able to manage anger, restrain aggressive impulses, and maintain professionalism under pressure.

### **Aggression Stimulus**

*Aggression stimulus* refers to external or situational stimuli that trigger the emergence of aggressive impulses, such as direct provocation, frustration resulting from goal obstruction, threats, as well as social and environmental pressure (Berkowitz, 1989; Anderson & Bushman, 2002). In the context of police operations, aggression stimuli often arise through verbal provocation from crowds, heightened tension during security operations, or an increased perception of threat.

Experimental research shows that the level of provocation is a primary determinant of reactive aggression, in some situations even more dominant than personality traits (Koch et al., 2024). Recent cognitive models also highlight the role of threat appraisal, such as expectations that provocation will continue to escalate (looming provocation), which can intensify aggressive responses if not counterbalanced by adequate emotion regulation and self-control capacities (Riskind et al., 2025). This underscores that aggression stimuli are dynamic and contextual in nature, and highly relevant to the tactical duties of Brimob units.

### **Self-Control**

Self-control is defined as an individual's ability to regulate impulses, manage emotions, and direct behavior in accordance with values, norms, and long-term goals (Tangney et al., 2004). Individuals with high self-control tend to be able to delay immediate gratification, restrain impulsive responses, and choose adaptive actions even when under situational pressure.

Various studies indicate that self-control is negatively associated with aggressiveness and deviant behavior, and contributes to better psychological adjustment (Ubaidillah, 2017; Schnell & Krampe, 2020). Self-control is also fluctuating and sensitive to situational conditions, thus functioning as a proximal mechanism that bridges the influence of relatively stable internal factors, such as emotional maturity, and dynamic external factors, such as aggression stimuli.

Within the theoretical framework, self-control is positioned as a mediating variable capable of attenuating the impact of aggression stimuli on aggressive behavior while strengthening the protective effect of emotional maturity. Therefore, examining the mediating role of self-control is important for understanding the dynamics of aggressiveness among law enforcement officers, particularly within Brimob units that operate in high-risk situations.

## **METHODS**

The population of this study includes all personnel of the Mobile Brigade Unit (Brimob) of the Indonesian National Police assigned to Region X, totaling 287 individuals. This population was selected due to the nature of Brimob duties, which are characterized by high psychological pressure, social provocation, and high-risk situations that have the potential to trigger aggressive behavior.

Sample selection was conducted using a purposive sampling technique with the following inclusion criteria: (1) active Brimob personnel assigned to

Region X, (2) having a minimum of two years of service, and (3) willing to participate as respondents. The sample size was determined by considering the requirements of Structural Equation Modeling (SEM), namely a minimum of 5-10 respondents per indicator (Hair et al., 2019). With a total of approximately 100 indicators, the minimum required sample size was 200 respondents. This approach was chosen to ensure an adequate sample size while maintaining data representativeness for testing the structural model.

## RESULTS

### Path Coefficients

**Table 20. Path Analysis Results**

Variable Relationships	Standardized Estimate ( $\beta$ )	SE	z-value	p-value	Remarks
EM → PA	-0.203	0.060	-3.376	< 0.001	H1 Accepted
AS → PA	0.015	0.039	0.397	0.691	H2 Rejected
EM → SC	0.814	0.027	29.715	< 0.001	H3 Accepted
AS → SC	-0.073	0.041	-1.790	0.073	H4 Rejected
SC → PA	-0.649	0.052	-12.372	< 0.001	H5 Accepted

The results of the analysis indicate that Emotional Maturity has a direct, negative, and significant effect on Aggressive Behavior, with a standardized estimate coefficient of  $\beta = -0.203$ ,  $z = -3.376$ , and  $p < 0.001$ . The negative direction of the relationship indicates that an increase in Emotional Maturity is associated with a decrease in the tendency toward aggressive behavior. Statistically, these findings demonstrate that an individual's ability to manage and express emotions adaptively plays an important role in reducing aggressive behavior. Therefore, the first hypothesis, which states that Emotional Maturity is negatively related to Aggressive Behavior, is accepted.

Furthermore, the test results show that Aggression Stimulus does not have a significant direct effect on Aggressive Behavior, with values of  $\beta = 0.015$ ,  $z = 0.397$ , and  $p = 0.691$ . Although the coefficient is positive, the effect is not statistically significant. This finding indicates that the presence of aggression stimuli does not directly increase aggressive behavior without the involvement of internal psychological factors that mediate or moderate individuals' responses to such stimuli. Therefore, the second hypothesis, which proposes a positive relationship between Aggression Stimulus and Aggressive Behavior, cannot be accepted.

In the path analysis toward the mediating variable, the results indicate that Emotional Maturity has a positive and significant effect on Self-control, with  $\beta = 0.814$ ,  $z = 29.715$ , and  $p < 0.001$ . This large and significant coefficient indicates that Emotional Maturity is a very strong predictor of Self-control. Individuals

with higher levels of Emotional Maturity tend to have better behavioral regulation and impulse control abilities. Therefore, the third hypothesis, which states that Emotional Maturity is positively related to Self-control, is accepted.

Conversely, the test results show that Aggression Stimulus does not have a significant effect on Self-control, with  $\beta = -0.073$ ,  $z = -1.790$ , and  $p = 0.073$ . Although the direction of the relationship is negative, the p-value exceeds the significance threshold, indicating that Aggression Stimulus does not directly reduce individuals' Self-control capacity. This finding suggests that Self-control is more strongly influenced by internal dispositional factors than by situational pressure alone. Therefore, the fourth hypothesis, which proposes a negative relationship between Aggression Stimulus and Self-control, cannot be accepted.

Furthermore, the analysis results indicate that Self-control has a direct, negative, and significant effect on Aggressive Behavior, with  $\beta = -0.649$ ,  $z = -12.372$ , and  $p < 0.001$ . This finding confirms that the higher an individual's level of Self-control, the lower the tendency to exhibit aggressive behavior. Self-control functions as a primary regulatory mechanism that inhibits the emergence of aggressive and impulsive responses. Therefore, the fifth hypothesis, which states that Self-control is negatively related to Aggressive Behavior, is accepted.

## 2. Mediation Analysis

**Table 21. Mediation Test Results**

Jalur Mediasi	Estimasi Standar ( $\beta$ )	SE	z-value	p-value	Keterangan	Ket
EM→SC→PA	-0.528	0.047	-11.207	< 0.001	Signifikan	H6 Diterima
AS→SC→PA	0.047	0.027	1.772	0.076	Tidak signifikan	H7 Ditolak

The results of the analysis indicate that the indirect effect of Emotional Maturity on Aggressive Behavior through Self-control is negative and significant. The indirect path EM → SC → AB has a standardized estimate of  $\beta = -0.528$ , with  $z = -11.207$  and  $p < 0.001$ . The 95% confidence interval ranges from  $-0.620$  to  $-0.436$ , and the entire interval lies below zero, confirming the statistical significance of the mediating effect. These findings demonstrate that increases in emotional maturity contribute to stronger self-control, which in turn substantially reduces the tendency toward aggressive behavior.

The magnitude of the indirect effect coefficient indicates that self-control plays a strong mediating role in the relationship between emotional maturity and aggressive behavior. Although emotional maturity still demonstrates a direct effect on aggressive behavior, the indirect effect through self-control has a larger absolute value than the direct effect. This condition indicates that most of the influence of emotional maturity on aggressive behavior operates through the enhancement of self-control capacity. Therefore, the resulting relationship pattern can be categorized as **partial mediation**.

Conversely, the analysis results indicate that the indirect effect of Aggression Stimulus on Aggressive Behavior through Self-control is not significant. The indirect path  $AS \rightarrow SC \rightarrow AB$  has a standardized estimate of  $\beta = 0.047$ , with  $z = 1.772$  and  $p = 0.076$ . The 95% confidence interval ranges from  $-0.005$  to  $0.100$  and crosses zero, indicating that the mediating effect is not statistically significant. Thus, self-control is not supported as a psychological mechanism that transmits the influence of aggression stimulus on aggressive behavior.

The non-significance of this mediating path indicates that the effect of aggression stimulus on aggressive behavior does not operate consistently through changes in self-control. Individuals' responses to aggression stimuli are likely influenced more by other mechanisms, such as cognitive appraisal, situational norms, or contextual factors that were not modeled in this study.

Overall, the results of the indirect effect tests confirm that self-control serves as a significant mediator in the relationship between emotional maturity and aggressive behavior, but does not function as a mediator in the relationship between aggression stimulus and aggressive behavior. Therefore, the self-control mediation hypothesis is partially supported, applying only to the emotional maturity  $\rightarrow$  self-control  $\rightarrow$  aggressive behavior pathway.

## DISCUSSION

### *Emotional Maturity and Aggressive Behavior*

The results of the study indicate that emotional maturity is negatively and significantly associated with aggressive behavior among Brimob members, leading to the acceptance of the first hypothesis. This finding suggests that the higher the level of emotional maturity, the lower the tendency toward aggressive behavior in the execution of operational duties characterized by high pressure and risk. Brimob personnel with good emotional maturity tend to be able to recognize, manage, and control negative emotions such as anger, fear, and frustration before they are expressed in the form of aggression.

Theoretically, this finding can be explained through emotion regulation mechanisms in high-risk work contexts. Emotionally mature individuals possess a greater capacity for objective cognitive appraisal of threatening situations, enabling them to distinguish between real threats and situational provocations that do not require aggressive responses. Thus, aggression does not emerge as an automatic response to pressure, but rather as a consequence of failures in emotion regulation. This is consistent with the findings of Violanti et al. (2021), which show that failures in emotion management among law enforcement officers increase the risk of disproportionate use of force.

The results of this study are also consistent with previous empirical findings that emphasize the role of emotional maturity and emotion regulation in suppressing aggressiveness among security personnel. Papazoglou et al. (2020) as well as McCarty and Aldirawi (2021) demonstrate that emotion regulation abilities are associated with lower aggressive behavior and the maintenance of professionalism in the field. Other studies involving armed

personnel populations have likewise found that affective stability contributes to more controlled and proportional use of force (Arble et al., 2020; Hine et al., 2022; Karaffa & Tochkov, 2023). The consistency of these findings strengthens the validity of the present study's results within the context of specialized units such as Brimob.

In operational practice, *emotional maturity plays a crucial role in maintaining professionalism, institutional legitimacy, and the quality of interactions between law enforcement officers and the public*. Emotionally mature Brimob personnel are better able to control the use of force in accordance with procedures, maintain effective communication, and prevent unnecessary conflict escalation. Conversely, low emotional maturity increases the risk of aggressive behavior, interpersonal conflict within teams, and potential violations of ethics and human rights. Therefore, these findings underscore that emotional maturity is not merely an individual factor, but also an essential component of institutional professionalism.

Practically, the findings of this study imply the need to strengthen emotional maturity in the psychological training and development of Brimob personnel. Approaches to aggression management that have traditionally emphasized discipline and sanctions should be complemented with interventions aimed at developing emotion regulation as an internal control mechanism. In this way, enhancing emotional maturity has the potential to sustainably reduce the risk of aggressive behavior and to support the professional and accountable performance of Brimob duties.

#### ***Aggression Stimulus and Aggressive Behavior***

The results of this study indicate that Aggression Stimulus is not significantly associated with Aggressive Behavior, leading to the rejection of the second hypothesis. This finding differs from the results of Anderson and Bushman (2020), who reported that exposure to aggressive stimuli can directly increase aggressive tendencies through the activation of negative emotions and aggressive scripts. Subsequent research by Bushman et al. (2021) also found that verbal and physical provocation are positively related to aggressive behavior, particularly in open conflict situations. In addition, Denson et al. (2020) reported that aggression stimuli such as insults and threats significantly increase aggressive responses in adults. Research by Huesmann et al. (2022) further showed that repeated aggression stimuli can strengthen aggressive patterns through social learning processes. These findings position aggression stimuli as a primary triggering factor of aggressive behavior. Therefore, the absence of a significant effect of Aggression Stimulus in this study suggests a different pattern of relationships compared to those previous studies.

This difference in findings is also evident when compared with the study by Greitemeyer and Sagioglou (2021), which found that Aggression Stimulus increases aggression through heightened emotional arousal. Research by Halim and Rahman (2023) on security personnel likewise showed that exposure to threats and provocation is positively correlated with reactive aggression. In those studies, Aggression Stimulus was understood as a direct trigger that is difficult to inhibit when individuals are under high pressure. However, most of these studies were conducted on general populations or security personnel without

deeply considering internal regulation factors. Moreover, the organizational context and training systems in those studies differ from those of specialized units such as Brimob. These contextual differences may help explain why Aggression Stimulus did not show a direct effect in the present study. Thus, the findings of this research demonstrate an empirical inconsistency with some prior studies that position Aggression Stimulus as a direct predictor of aggression.

In the field context of Brimob personnel, this difference can be explained by the characteristics of their duties and the strict training and supervisory system. Aggression stimuli such as mass provocation, physical threats, and situational pressure are conditions that have been internalized as part of operational tasks. Brimob members are trained to anticipate and normalize aggression stimuli as occupational risks, so such stimuli are not always interpreted as personal threats. This condition means that aggressive responses do not emerge automatically, but rather through processes of evaluation and internal control. In other words, aggression stimuli in the Brimob field context are “filtered” through procedures, discipline, and psychological preparedness. This explains why aggression stimulus does not have a direct effect on aggressive behavior in this study. Therefore, the discrepancy with previous research findings reflects the uniqueness of the Brimob context as a unit with very high demands for behavioral regulation.

#### ***Emotional Maturity and Self-control***

The results of the study show that emotional maturity is positively and significantly associated with self-control among Brimob personnel, leading to the acceptance of the third hypothesis. This finding indicates that individuals with higher emotional maturity possess more stable self-control capacities, particularly when facing intense situational pressure. Emotional maturity enables individuals to recognize and understand internal emotional impulses before they are expressed in behavior, allowing impulsive responses to be delayed and replaced with more adaptive actions.

Theoretically, this relationship can be explained through the self-regulation framework, which views self-control as the result of integration between emotional and cognitive processes. Studies by Tangney et al. (2020) as well as Duckworth and Gross (2021) emphasize that emotion regulation is a primary foundation of long-term self-control. Emotionally mature individuals are better able to conduct cognitive evaluations of behavioral consequences, engage in self-monitoring, and restrain impulses, particularly under stressful conditions. Thus, emotional maturity functions as a psychological prerequisite for the development of effective self-control mechanisms.

The findings of this study are also consistent with recent empirical evidence. Zimmermann and Iwanski (2020) as well as Li et al. (2022) show that emotional maturity contributes significantly to impulse control and the inhibition of aggressive urges. Research on adult populations with high job demands further demonstrates that individuals with high emotional maturity possess better self-control capacity in work-related stress situations (Szczygieł & Mikolajczak, 2021; Graziano et al., 2023). This indicates that self-control is not

purely cognitive in nature, but is strongly influenced by the quality of emotion regulation.

In the context of high-risk professions, this finding becomes even more relevant. Research on law enforcement officers indicates that emotional maturity is correlated with the stability of self-control when facing extreme pressure and dangerous situations (Papazoglou & Andersen, 2021; Violanti et al., 2022). Self-control functions as a psychological safety mechanism that restrains impulsive responses that could endanger oneself, fellow unit members, or the public. The consistency of these results strengthens the conclusion of the present study that emotional maturity has broad empirical support as an important predictor of self-control.

Practically speaking, in the execution of Brimob duties, emotional maturity serves as a primary psychological asset in maintaining both individual and collective self-control. Personnel with good emotional maturity are better able to regulate emotional reactions, comply with operational procedures, and maintain team cohesion and discipline in high-pressure situations. Conversely, low emotional maturity increases the risk of losing self-control, which can disrupt decision-making and operational effectiveness. Therefore, these findings underscore the importance of strengthening emotional maturity as an integral part of the psychological development of Brimob personnel – not only to enhance individual self-control, but also to support professionalism and overall unit performance.

#### **Aggression Stimulus and Self-Control**

The study results indicate that aggression stimulus is not significantly related to self-control among Brimob personnel; therefore, the fourth hypothesis cannot be accepted. This finding differs from several previous studies suggesting that exposure to aggressive stimuli tends to weaken self-control capacity through increased emotional arousal and impaired self-regulation (Denson et al., 2020; Hofmann et al., 2021). Within the ego depletion framework, aggression stimulus is often viewed as an emotional stressor that drains self-regulatory resources and increases impulsivity (Baumeister & Vohs, 2020).

A number of experimental studies have also reported that aggressive provocation can reduce response inhibition and controlled decision-making ability (Schmeichel et al., 2020; Graham et al., 2022). Based on these findings, aggression stimulus is theoretically positioned as a situational factor that negatively affects self-control. However, the absence of a significant relationship in this study indicates that the influence of aggression stimulus on self-control is not always direct or universal.

This finding aligns with the interactional approach emphasizing the role of internal factors and context. Wilkowski and Robinson (2020) argue that the impact of aggression stimulus strongly depends on individual characteristics and internal regulatory mechanisms. Research by Huang et al. (2023) also shows that individuals with strong emotion regulation abilities can maintain self-control even in provocative situations. Thus, aggression stimulus does not automatically reduce self-control when individuals possess adequate psychological readiness.

In the context of Brimob personnel, this finding can be explained by selection processes, training, and habituation to intense aggression stimuli. Threats, verbal provocation, and situational pressure are inherent parts of Brimob operational duties. Through continuous training, personnel are equipped to anticipate and manage such stimuli without losing self-control. Under these conditions, self-control is more influenced by internal factors such as emotional maturity, discipline, and internalization of professional values rather than situational stimuli alone.

Therefore, the non-significant relationship between aggression stimulus and self-control reflects the operational reality of Brimob, which demands high psychological stability. This finding confirms that self-control among Brimob personnel is relatively resilient to the influence of aggression stimulus and is more strongly determined by internal psychological readiness. It also enriches the literature by demonstrating that the influence of situational factors on self-control is contextual and cannot be generalized to all populations.

### **Self-Control and Aggressive Behavior**

The study results show that self-control has a negative and significant relationship with aggressive behavior among Brimob personnel; therefore, the fifth hypothesis is accepted. This finding is consistent with various contemporary studies positioning self-control as a primary mechanism in regulating aggressive behavior. Denson, DeWall, and Finkel (2020) demonstrate that individuals with high self-control can inhibit aggressive impulses even in provocative situations. Self-control operates through response inhibition and evaluation of behavioral consequences, thereby preventing aggression from emerging impulsively. Duckworth et al. (2021) also emphasize that self-control is a core regulatory mechanism in suppressing maladaptive behavior.

This finding is reinforced by recent experimental and longitudinal studies showing that individuals with high self-control tend to interpret provocation more neutrally and do not respond with immediate aggression (Wilkowski & Robinson, 2020). Hofmann et al. (2021) found that self-control plays a role in managing negative emotions through cognitive and emotional regulation before they develop into aggressive behavior. Research by Robertson et al. (2022) also shows that self-control predicts lower levels of both verbal and physical aggression in adult populations. These findings confirm that aggressive behavior is not merely an emotional reaction but a result of self-control failure.

In populations with high job demands, the protective role of self-control against aggression also appears consistent. Graziano et al. (2023) found that self-control helps balance emotional pressure and behavioral demands in high-risk environments. Hine et al. (2022) reported that low self-control among security personnel is associated with increased use of disproportionate force. These findings position self-control as a crucial psychological factor in reducing aggression in high-risk professions.

Dispositional perspectives view self-control as a relatively stable internal mechanism with long-term influence. Tangney et al. (2020) showed that self-control predicts aggression tendencies across situations, while Mead et al. (2021) found that strong self-control helps individuals maintain normative behavioral

standards even under emotional stress. Thus, self-control not only suppresses momentary aggression but also shapes long-term adaptive behavior patterns.

In the operational context of Brimob, self-control is a critical psychological competency. Brimob personnel frequently face provocation, crowd pressure, and physical threats that can trigger aggression. Individuals with high self-control are more likely to regulate emotions and actions in accordance with operational procedures, whereas low self-control increases the risk of aggressive behavior in the field. Beyond individual effects, self-control also contributes to interaction stability and team effectiveness within Brimob units.

These findings imply that preventing aggressive behavior will be more effective when focused on strengthening self-control as an internal regulatory mechanism, rather than relying solely on sanctions and external supervision. Therefore, the acceptance of the fifth hypothesis holds strong theoretical, empirical, and practical relevance in explaining and managing aggressive behavior among Brimob personnel.

### **The Mediating Role of Self-Control**

#### **Emotional Maturity and Aggressive Behavior**

The results indicate that self-control mediates the relationship between emotional maturity and aggressive behavior, but does not mediate the relationship between aggression stimulus and aggressive behavior. This finding aligns with modern psychological mediation approaches that position self-control as a key internal mechanism through which dispositional factors influence aggressive behavior. Zhao, Lynch, and Chen (2020) assert that emotional capacity and personality characteristics tend to affect aggressive behavior indirectly through self-regulation mediators. In this context, emotional maturity functions as a psychological resource that strengthens self-control, which in turn suppresses aggressive tendencies. A study by Li et al. (2021) also showed that emotional maturity reduces aggression through improved self-regulation. These findings support the present study's conclusion that self-control is the primary psychological pathway explaining the influence of emotional maturity on aggressive behavior.

A number of empirical studies in the past five years have shown consistent mediation patterns. Huang et al. (2022) found that self-control mediates the relationship between emotional competence and aggressive behavior among young adults. Zhou and Li (2023) reported that the effect of emotion regulation on aggression is largely transmitted through self-control rather than direct pathways. These findings suggest that emotional factors rarely influence aggressive behavior directly, but instead operate through internal regulatory mechanisms. Thus, the mediating role of self-control in the emotional maturity pathway can be understood both theoretically and empirically within contemporary aggression psychology frameworks.

Conversely, this study found that self-control does not mediate the relationship between aggression stimulus and aggressive behavior. This indicates that the effect of aggression stimulus is not transmitted through the self-control mechanism. While earlier research positioned self-control as a key mediator between provocation and aggression, recent studies show that the effects of aggression stimulus are highly dependent on context and individual

characteristics. Wilkowski and Robinson (2020) note that aggression stimulus does not always activate the self-control pathway, particularly in individuals who are accustomed or trained to handle provocation. Hines et al. (2022) also found that in populations with high psychological readiness, aggression stimulus does not significantly weaken self-control. This suggests that the mediation pathway of aggression stimulus–self-control–aggressive behavior is situational rather than universal.

Furthermore, some studies indicate that aggression stimulus more often affects aggressive behavior through other cognitive pathways, such as threat appraisal, activation of aggressive scripts, or situational norms. Anderson and Bushman (2020) argue that aggressive stimuli can trigger aggression through cognitive activation without necessarily involving self-control mechanisms. Greitemeyer (2021) also showed that the effects of aggression stimulus are often moderated by group norms and perceived legitimacy of actions. In this context, self-control is not always a relevant mediator in the relationship between aggression stimulus and aggressive behavior, making the non-significant mediation pathway theoretically understandable.

In the operational context of Brimob, these mediation findings reflect the reality of duties that demand behavior regulation based on internal capacity. Emotional maturity serves as a psychological foundation that strengthens self-control, which then directly reduces aggressive behavior under operational pressure. In contrast, aggression stimuli such as threats and provocation are inherent aspects of Brimob duties and have been anticipated through training and habituation. This condition reduces the likelihood that aggression stimulus significantly affects self-control.

The implication is that efforts to prevent aggressive behavior among Brimob personnel should not focus solely on reducing aggression stimulus, as such stimuli are unavoidable in operational duties. Strengthening emotional maturity and self-control is a more realistic and sustainable strategy. By enhancing emotional maturity, Brimob personnel's self-control can be internally reinforced and serve as the primary mechanism in suppressing field aggression. Therefore, the sixth hypothesis is partially supported and holds strong theoretical, empirical, and practical relevance within the context of Brimob duties.

### **Aggression Stimulus and Aggressive Behavior**

The results show that self-control does not mediate the relationship between aggression stimulus and aggressive behavior; thus, the seventh hypothesis is rejected. This finding indicates that the influence of aggression stimulus on aggressive behavior is not transmitted through self-control mechanisms. This result contrasts with classical mediation models assuming that aggressive provocation weakens self-control, which subsequently increases aggression (Denson et al., 2020). Within that framework, self-control is positioned as the primary mediator between stimulus and aggressive response. However, this study found no empirical support for that mediation pathway.

Contemporary studies suggest that the mediating role of self-control is conditional and highly dependent on individual characteristics and situational

context. Hofmann et al. (2021) found that reductions in self-control due to negative emotional stimuli are temporary and do not always lead to aggressive behavior. Graham et al. (2022) showed that provocation reduces self-control only in individuals with low regulatory capacity. Huang et al. (2023) emphasized that individuals with strong emotion regulation training can maintain self-control despite exposure to aggression stimulus. These findings indicate that self-control does not always function as a universal pathway linking aggression stimulus and aggressive behavior.

Additionally, recent research suggests that aggression stimulus more frequently influences aggressive behavior through other psychological mechanisms. Wilkowski and Robinson (2020) argue that aggressive stimuli operate through cognitive appraisal processes, such as threat perception and intent attribution, rather than through reduced self-control. Greitemeyer (2021) also found that social norms and situational legitimacy play a more decisive role in aggression than self-control mechanisms. Thus, aggressive behavior is not always the direct result of self-control failure but may stem from situational evaluation and social context.

This finding is consistent with research involving security personnel. Hine et al. (2022) found that among trained armed officers, aggression stimulus does not significantly affect self-control. Violanti et al. (2021) also showed that psychological readiness and habituation to risk enable officers to maintain self-control despite high provocation. In this context, aggression stimulus is perceived as part of operational duty rather than a personal threat that depletes self-control resources. This condition weakens or nullifies the aggression stimulus–self-control–aggressive behavior pathway.

In Brimob field operations, aggression stimuli such as crowd shouting, physical threats, and verbal provocation are occupational risks internalized through training and operational experience. Personnel are trained to anticipate these stimuli and respond procedurally. Therefore, self-control among Brimob personnel is more strongly influenced by dispositional factors such as emotional maturity, discipline, and internalization of professional values rather than situational stimuli alone. This explains why self-control does not function as a mediator in the relationship between aggression stimulus and aggressive behavior.

The implication is that managing aggressive behavior among Brimob personnel cannot rely solely on strengthening self-control or reducing aggression stimulus. Other mechanisms, such as situational appraisal, procedural compliance, and command systems, likely play more decisive roles. The rejection of the seventh hypothesis confirms that psychological mediation pathways are contextual rather than universal. Thus, this study contributes significantly to clarifying the limits of self-control as a mediator in extreme and high-risk duty contexts such as Brimob.

## CONCLUSIONS AND RECOMMENDATIONS

Based on the findings, emotional maturity and aggression stimulus play important roles in influencing aggressive behavior among Brimob personnel assigned to Region X. Personnel with higher emotional maturity tend to exhibit lower levels of aggressive behavior, as they are better able to manage emotions adaptively and respond rationally under pressure. Conversely, aggression stimuli such as provocation, task frustration, situational pressure, and perceived threats can increase the tendency toward aggressive behavior if not balanced by adequate self-regulation ability.

Additionally, self-control plays a strategic mediating role in the relationship between emotional maturity and aggressive behavior. These findings show that self-control functions as a psychological mechanism bridging the influence of internal and external factors on aggressive behavior. In other words, even under high pressure and aggressive stimuli, aggressive behavior can be suppressed when individuals possess strong emotional maturity and self-control. Overall, this study confirms that strengthening self-control is a key strategy in preventing aggressive behavior among Brimob personnel in high-risk operational contexts.

## RECOMMENDATIONS

### *Practical Recommendations*

For the Indonesian National Police, particularly the Brimob unit, these findings can serve as a foundation for designing and developing psychological development programs for personnel. Training programs focusing on strengthening self-control, emotional management, and stress regulation should be continuously integrated into Brimob education and operational training. Furthermore, developing personnel's emotional maturity should receive serious attention through psychological training, field supervision, and periodic mental mentoring. These efforts are expected to enhance personnel's ability to handle provocation and situational pressure without expressing it through aggressive behavior.

Unit leaders are also advised to create a work climate that supports personnel's psychological well-being, including task rotation systems, internal social support, and non-repressive psychological evaluation mechanisms. This approach can help minimize aggression stimuli originating from work-related stress.

### *Theoretical Recommendations*

Theoretically, this study is expected to enrich social and applied psychology literature, particularly concerning aggressive behavior in high-risk professions. Future research is recommended to develop theoretical models by incorporating additional psychological variables such as stress coping, resilience, or organizational support to gain a more comprehensive understanding of aggression dynamics among law enforcement personnel.

### **Methodological Recommendations**

Future researchers are encouraged to expand the sample size and characteristics, including personnel from different operational regions or other police units, to enhance generalizability. Additionally, longitudinal methods or mixed-method approaches may be considered to explore changes in aggressive behavior and self-control dynamics more deeply over time.

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