



Verbal Aggression and Its Relationship to Addiction in The Digital Age

Salsabilla Laurensia¹, Umami Karlina², Selly Rahmayati³, Kristina Br Simbolon⁴, Alrefi⁵, Akbari⁶
¹²³⁴⁵ Universitas Sriwijaya, Indonesia

Corresponding Author:  ummikarlina20@gmail.com

ABSTRACT

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This study explores the connection between verbal aggression and digital addiction, particularly among adolescents who engage with social media. Its significance lies in the growing prevalence of digital interactions that can provoke aggressive behaviors. By utilizing a literature review approach, the research analyzes 25 articles published between 2015 and 2024, indicating that verbal aggression can adversely affect mental health, leading to issues such as depression and diminished academic performance. The results underscore the necessity for increased awareness and comprehension of how social media influences adolescent behavior, along with the critical need for interventions aimed at alleviating these negative impacts.

Keywords: *verbal aggression, social media, addiction*

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INTRODUCTION

In recent years, the growth of social media has significantly transformed the way teenagers interact and express themselves, utilizing various applications such as Instagram, TikTok, WhatsApp, Facebook, and others. Indonesia ranks as the fourth most populous country in the world, with a total population of 275 million people (Worldometers, 2020). According to the Indonesian Internet Service Providers Association (APJII), the number of Internet users in Indonesia is projected to reach 221,563,479 in 2024. The people who use the most internet are mostly Gen Z at 34.40%. Accessibility to sophisticated technology, including smartphones, has revolutionized human lifestyles, giving good and bad consequences (Subarjo & Setianingsih in Fazry & Apsari, 2021). Social media also offers an opportunity to express oneself and a challenge, especially regarding verbally aggressive behavior toward teenagers. Verbal aggression on social media is aggressive behavior that uses words, either tone of voice or behavior, to hurt others. As defined by Berkowitz (2003), verbal aggressive behavior is a form of aggressive behavior or action that is deliberately expressed to hurt others. Vissing and Straus (in Merdekasari & Chaer, 2017) also added that verbal aggressive behavior is communication specifically aimed at attacking someone's psychology. Arifianto (2019) stated that through social media someone is free to communicate with others, either in the form of commenting, criticizing, or even insulting others. Examples of this behavior include making bad comments about other social media users, and then giving insults, threats, or slandering the owner of the social media account. Verbal aggressive

behavior can have a negative impact on the victim, the effects felt not only hurt feelings but also have an impact on psychological conditions so that they feel frustrated, sad, decreased, academic achievement, and even depression (Malihah and Alfiasari, 2018).

Verbal aggression, defined as behavior that hurts others through words, can have negative psychological impacts, causing frustration, depression, and decreased academic achievement, but many teenagers who use social media do not yet understand the impact of verbal aggression itself, therefore there is a need for further understanding of the impact of social media on adolescent mental health.

METHOD

In writing this article, the method of literature review was used. Snyder (2019: 333) (Nurislaminingsih et al., 2020) said that A literature review is a research method intended to gather and distill the core insights from prior studies and analyze various expert perspectives documented in the text. Snyder (2019: 339) suggested that a literature review serves as a foundation for diverse types of research, as its findings provide an understanding of knowledge development, act as a source of inspiration for policymaking, spark the generation of new ideas, and serve as a guide for research within specific fields.

A literature review analyzes scientific writings that are directly relevant to the research question. This article journal took from 25 articles that had met the requirements and provisions. The author conducted a literature review with a focus on journal articles published in the period 2015 to 2024. Thus, data collection was carried out by searching for sources and compiling information from a number of references such as books, journals, and previous research. Library materials obtained from a number of related sources were analyzed critically and more intensively in order to provide support for the propositions and ideas proposed.

RESULTS AND DISCUSSION

Verbal Aggressiveness Research in the last 10 years had various studies. The research study materials are presented in the following table:

No.	Author and Published Year	Sample	Methodology	Objectives	Results
1.	(Fatmawati & Maryam, 2024)	177 students	Quantitative research	Examining the effect of peer social support on verbal aggression among students at SMP PGRI 9 Sidoarjo.	A negative relationship was found between peer social support and verbal aggression; as peer social support increased, verbal aggression decreased among students at SMP PGRI 9 Sidoarjo.
2.	(Todingrante et al., 2023)	472 people	Quantitative research	To see whether family functioning could be a predictor of verbal aggression behavior in late	The results of the study showed that the higher the family functioning, the lower the verbal aggression

				adolescents in Makassar city.	behavior in late adolescents in Makassar City.
3.	(Silsa Nabilla & Rinaldi, 2023)	331 people	Quantitative research	To find out how self-control affects verbal aggression in adolescents who used TikTok.	The level of self-control was found to influence verbal aggressive behavior in adolescents using TikTok in Padang City. The findings indicated that higher self-control in adolescents was associated with a lower tendency toward verbal aggression, and conversely, lower self-control corresponded with higher verbal aggression.
4.	(Wahyudi et al., 2022)	150 people	Quantitative research	To examine the effect of loneliness on verbal aggressiveness among students at Mulawarman University.	Loneliness was found to influence verbal aggressiveness on social media among Mulawarman University students.
5.	(Winarlin, 2024)	16 people	Quantitative research	To assess the effectiveness of sociodrama techniques in group guidance for reducing verbal aggressive behavior among junior high school students.	The study concluded that sociodrama techniques were effective in reducing verbal aggressive behavior among junior high school students.
6.	(Rosalinda & Satwika, 2019)	184 people	Quantitative research	To investigate the relationship between self-control and verbal aggression behavior in class X students at SMK "X" Gresik.	The level of closeness in the relationship fell into the moderate category. It indicated a negative relationship direction, meaning that higher self-control was

					associated with lower verbal aggression behavior among students, and vice versa.
7.	(Febriany et al., 2022)	134 adolescents, 78 male adolescents and 56 female adolescents.	Quantitative research	To examine whether there is a relationship between fanaticism and verbal aggression in adolescents.	There was a highly significant negative relationship between fanaticism and verbal aggression in adolescents. This means that as the level of fanaticism increases, verbal aggression tends to decrease, and conversely, lower levels of fanaticism are associated with higher levels of verbal aggression in adolescents.
8.	(Alif et al., 2021)	119 people	Quantitative research	To empirically investigate the relationship between self-concept and the tendency to engage in verbal aggression among adolescents who use social media.	This study demonstrated that self-concept accounted for 25% of the tendency to engage in verbal aggression. In addition to self-concept, other variables or factors influencing verbal aggression included emotional regulation, self-control, religiosity, and others.
9.	(Zahara et al., 2018)	Children at the X halfway house, aged 7-12 years, had complaints of verbal aggression	Quantitative research	To decrease the tendency for verbal aggression in these children, enabling them to exhibit more positive behaviors in their daily lives.	There was a reduction in verbal aggression scores among the five participants. This indicated that group art therapy was quite effective in decreasing the tendency for verbal

					aggression in these five children at the X halfway house.
10.	(Raharjo et al., 2024)	111 participant	Quantitative research	To investigate the relationship between the intensity of playing Mobile Legends and verbal aggressiveness based on gender.	There was a significant positive correlation between the intensity of playing Mobile Legends and verbal aggressiveness. This means that as the intensity of playing Mobile Legends increases, verbal aggressiveness also tends to increase; conversely, a lower intensity of playing Mobile Legends is associated with lower levels of verbal aggressiveness.
11.	(Novita, 2012)	52 people	Quantitative research	To find out the differences in aggressiveness in terms of parenting patterns in students of SMAN 1 Medan.	Based on the average values, it was found that students raised with an authoritarian parenting style exhibited higher levels of aggressiveness (average score of 125.250) compared to those raised with a permissive parenting style (average score of 111.111) and a democratic style (average score of 83.364). Meanwhile, it was determined that the aggressiveness levels of students at SMAN 1 Medan fell within the low category.

12.	(Rahma & Delliana, 2022)	100 people	Quantitative research	To find out the content of Ria Ricis' YouTube on netizens' verbal aggression and to find out the level of influence of Ria Ricis' YouTube content on netizens' verbal aggression.	The results indicated a strong relationship between variables X and Y, demonstrating their influence on each other. Therefore, it can be concluded that Ria Ricis' YouTube video content had an impact on netizens' verbal aggression.
13.	(Putra & Hartono, 2024)	201 people	Quantitative research	Assessed the level of self-control using psychometric instruments that had been validated, and identified verbal aggressive behavior through a questionnaire specifically designed for this purpose..	The significant negative relationship between self-control ability and verbal aggressive behavior indicated that adolescents with lower levels of self-control were more prone to exhibit verbal aggression while playing online games.
14.	(Mustikasari et al., 2021)	8th grade students	Quantitative research	To evaluate the effectiveness of psychoeducation through training using the sociodrama technique in reducing verbal aggressive behavior among junior high school students.	Training using the sociodrama technique has been shown to be effective and can serve as a medium for reducing verbal aggressive behavior in junior high school students.
15.	(Ayu et al., 2024)	10 people.	Quantitative research	To examine the effect of group counseling services using behavioral contract techniques on students' verbal aggressive behavior.	The description of this study indicated that the results of the pre-test and post-test on the indicators of cursing, mocking, insulting, getting angry, gossiping, and provoking

					conflict showed changes in value, evidenced by a reduction in these behaviors following the post-test.
16.	(Tanjung, 2016)	100 people	Quantitative research	To analyze the impact of online games on the aggressiveness of junior high school children in Sidoarjo Regency.	Based on research in the field, it showed that online game research did not affect children's aggressiveness.
17.	(Safitri & Fikri, 2022)	174 people	Quantitative research	To investigate the relationship between game addiction and verbal aggressive behavior among online game users.	There was a strong positive relationship between game addiction and verbal aggressive behavior. This indicates that higher levels of addiction to online games are associated with increased verbal aggressiveness among users. Conversely, lower levels of game addiction correspond to decreased verbal aggressiveness.
18.	(Julia & Renika, Dwi Setia, 2022)	72 people	Quantitative research	To gather accurate data on the level of aggressive behavior among students of SMPN 2 Kejuruan Muda in Aceh Tamiang Regency.	This study categorized students' verbal aggressive behavior as follows: 14 students (19.4%) were never verbally aggressive, 44 students (61.1%) were sometimes aggressive, and 44 students (61.1%) were often verbally aggressive.

19.	(Rochansyah et al., 2023)	110 people	Quantitative research	To find out the relationship between religiosity and emotional regulation with verbal aggressiveness as a mediator variable in adolescents who played online games.	There was a relationship between religiosity and verbal aggressiveness with emotional regulation as a mediator variable in adolescents who played online games.
20.	(Chaq et al., 2019)	100 students of MA Al-Hidayah Baron	Quantitative research	To investigate the correlation between religiosity and self-control in relation to adolescent verbal aggressiveness.	The results of the study indicated that the religiosity variable did not demonstrate a negative relationship with verbal aggressive behavior.
21.	(Dini, putri afrilliani, 2024)	100 people	Quantitative research	To find out the effect of Parenting Style on Verbal Aggression behavior in Online Gambling Players (Slots) in Sumbawa Besar Regency.	There were other factors that influenced Verbal Aggression behavior besides parenting style, and there were differences in parenting styles between two parents in adolescents which were reviewed based on the parenting style applied.
22.	(Nura Natingkaseh et al., 2022)	104 people	Quantitative research	To determine the relationship between self-control and the tendency to engage in verbal aggression among female adolescents.	There was a linear relationship between self-control and the tendency to engage in verbal aggression among female adolescents. Additionally, a significant relationship was found between the independent variable (X) and the

				dependent variable (Y).	
23.	(Habibah & Marsinun, 2023)	92 people	Quantitative research	To determine the relationship between self-control and verbal aggression in seventh-grade students.	There was a strong positive and significant relationship between the self-control variable and the verbal aggression variable, indicating a strong positive correlation between the two.
24.	(Sulubere et al., 2023)	8 people	Qualitative research	To determine the factors that triggered verbal aggressive behavior carried out by netizens towards celebrities (victims).	The results of the study revealed that the behavior that occurred in netizens or perpetrators was due to past events such as in the family environment and social environment of netizens, so that there were several factors that triggered an individual to carry out verbal aggressive actions in the present.
25.	(Lestari et al., 2023)	127 people	Quantitative research	To determine the relationship between emotional regulation and verbal aggression among students who use social media.	The results of this study indicated a negative relationship between emotional regulation and verbal aggressiveness among students who use social media.

From the findings of several research journals related to verbal aggressiveness, the results of the last 10 years of journals have varied. Starting from the use of research methods, samples taken and sampling techniques vary. Most studies used quantitative methods, but some also used qualitative methods. Research in journals in the last 10 years mostly took samples of adolescents to early adults aged 13-20, but there was one study in 2018 that took samples of children aged 7-12 years.

In the results of the study (Julia & Renika. Dwi Setia, 2022) the distribution of Verbal Aggressive Behavior in adolescents provided an overview of the distribution of verbal aggressive behavior in Junior High School students, most students were in the category of "sometimes" verbally aggressive. This study provided important data on the prevalence of verbal aggression in adolescents and highlighted the need for intervention to reduce this behavior earlier.

Several studies have indicated that in this digital era, various factors influence aggressive behavior, particularly verbal aggression, which is prevalent today. One significant influence is the use of digital platforms such as TikTok, YouTube, and online games. Research by Safitri and Fikri (2022) found a positive relationship between online game addiction and verbal aggressive behavior, suggesting that higher levels of online game addiction correlate with an increased tendency for verbal aggression among players.

This finding is further supported by Raharjo et al. (2024), who reported a significant positive correlation between the frequency of playing online games, specifically Mobile Legends, and verbally aggressive behavior. Their results indicated that the more often individuals played Mobile Legends, the greater their tendency to exhibit verbal aggressiveness. Conversely, a decrease in the intensity of playing Mobile Legends was associated with a reduction in verbal aggressive behavior.

However, there is a different perspective from Tanjung (2016), whose research suggested that online gaming does not significantly affect children's aggressiveness. This discrepancy highlights the complexity of the relationship between online gaming and aggressive behavior, warranting further investigation. From several research results that examined the relationship between online games and verbal aggression, it could be concluded that online games could influence a person to commit verbal aggression.

The Influence of Fanaticism on Verbal Aggression Research by (Febriany et al., 2022) showed that fanaticism in adolescents was negatively related to verbal aggressiveness. This meant that the higher a person's fanaticism, the lower their tendency to show verbally aggressive behavior. On the other hand, research by (Sulubere et al., 2023) revealed that past social experiences and environmental influences trigger netizens to be verbally aggressive towards public figures such as celebrities. Research related to Ria Ricis' content (Rahma & Delliana, 2022) also showed that content produced by public figures could influence netizens' verbal aggression. This showed that fanaticism or loyalty to public figures, as well as exposure to media content, affected the level of verbal aggression shown by fans and netizens. Excessive use of social media platforms could worsen a person's self-control. Research by (Silsa Nabilla & Rinaldi, 2023) showed that there was a significant negative relationship between self-control and verbal aggressive behavior in adolescent TikTok users. The lower the self-control, the higher the tendency of adolescents to commit verbal aggression. This study was in line with the results of (Rosalinda & Satwika, 2019) which found that students with low self-control tend to commit verbal aggression more often. Added research from (Nura Natingkaseh et al., 2022) was also related to self-control which had a significant negative relationship with the tendency of verbal aggression in female adolescents in Kaimana Regency, namely the higher the self-control of female adolescents, the lower their tendency to commit verbal aggression. However, the facts in the field showed mixed results. For example, research by (Habibah & Marsinun, 2023) actually showed a strong positive relationship between high self-control and the tendency of verbal aggression in students. Supported by research (Aida, 2019) stated that there was no relationship between self-control and aggressive behavior in adolescents, because even though they already

had strong self-control, there were things that caused self-control to be unrelated to verbal aggression, one of which was peers and negative cultural influences could also cause aggressive behavior such as showing violence in the media, especially television and films, so that it fostered aggressive behavior.

Research from (Winarlin, 2024) stated that socio-drama techniques in group guidance were effective in reducing students' verbal aggressive behavior, as seen from the reduction in swearing, shouting, and teasing after the intervention. This was also supported by research from (Mustikasari et al., 2021) which proved that sociodrama technique training was effective in reducing students' verbal aggressiveness, so it could be used as psychoeducation to reduce this behavior at the Junior High School level. In addition to sociodrama techniques, there were other techniques, namely group art therapy and behavioral contracts. Research (Zahara et al., 2018) showed that group art therapy was effective in reducing children's verbal aggression by helping them express anger creatively, reduce negative emotions, and increase self-control.

The study (Ayu et al., 2024) also showed that the behavioral contract technique in group counseling services had a significant effect on reducing verbal aggressive behavior in grade IX students of SMPN 1 Tanjung Palas Tengah. Thus, the research explained that various counseling techniques, such as sociodrama, group art therapy, and behavioral contracts, were effective in reducing students' verbal aggression, with sociodrama helping to reduce swearing and teasing, group art therapy allowing children to express anger creatively, and behavioral contracts significantly reducing aggressive behavior in Junior High School.

CONCLUSION

This study showed that verbal aggression displayed by adolescents using social media had a significant effect on mental health, including depression, and decreased academic achievement. Furthermore, this study highlighted the detrimental effects of excessive social media use, which could exacerbate problems related to self-control and lead to increased verbal aggression, especially among users of platforms such as TikTok and online gaming environments. Despite the fact that digital interactions provide opportunities for self-expression, aggressive behaviors that emerge could be harmful to individuals and their social environment. Therefore, it was important to raise awareness about the impact of verbal aggression and take effective preventive measures to stop such behavior. Further research was needed to understand the factors that influenced verbal aggression and to create better ways to prevent aggression in the modern era.

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