

Relationship Between Self-control and Cyberdating Violence in Couples Who Have Long-distance Relationships

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Abstract: Emerging adulthood in romantic relationships, especially those in long-distance relationships, has the possibility of Cyberdating violence to occur. For this reason, it is necessary to have self-control in romantic relationships. This study aims to determine the relationship between self-control and Cyberdating violence in couples undergoing long-distance relationships in Kupang City—this type of quantitative research with a correlational approach. Participants in the study were 368 emerging adults who had or were in a long-distance relationship, aged 18-25 years. Collecting data using the Self-control Scale (Cronbach' = 0.917), which consists of 2 dimensions, the dimensions of inhibition and initiation, and the Cyber Dating Violence Scale (Cronbach' = 0.952), which consists of 2 dimensions, psychological violence and relational violence. Data analysis using Spearman Rank. The results of the analysis show that there is a significant relationship between self-control and Cyberdating violence.

Keywords: *Self-control, Cyber-Dating Violence, Emerging Adulthood, Long-distance Relationship*

Abstrak: *Emerging adulthood* dalam menjalani hubungan asmara terutama pada mereka yang menjalani *long-distance relationship* memiliki kemungkinan terjadinya *Cyberdating violence*, untuk itu perlunya *self-control* dalam menjalin hubungan asmara. Penelitian ini bertujuan untuk mengetahui hubungan *self-control* dan *Cyberdating violence* pada pasangan yang menjalani hubungan jarak jauh atau *long-distance relationship* di Kota Kupang. Jenis penelitian kuantitatif dengan pendekatan korelasional. Partisipan dalam penelitian 368 wanita dan pria yang pernah atau sedang menjalani *long-distance relationship*, berusia 18-25 tahun. Pengumpulan data menggunakan Skala *Self-control* (Cronbach'= 0,917) yang terdiri dari 2 dimensi yaitu dimensi *inhibition* dan *initiation*; dan Skala *Cyberdating Violence* (Cronbach'=0,952) yang terdiri dari 2 dimensi yaitu *psychological violence* dan *relational violence*. Analisis data menggunakan Spearman Rank. Hasil analisis menunjukkan adanya hubungan yang signifikan antara *self-control* dan *Cyberdating violence*.

Kata kunci: *Self-control, Kekerasan Digital dalam berkencan, Emerging Adulthood, Hubungan Jarak Jauh*

Article history:

Received 19 October 2022

Received in revised form 1 May 2023

Accepted 6 May 2023

Available online 27 May 2023

Introduction

In this millennial era, technology is developing rapidly from time to time. Over time, due to rapid technological developments, technology has been used in various fields such as telecommunications, economics, education, industry, banking, and health. Technology is also used in establishing romantic relationships to communicate between couples. Romance that used to take a lot of time when they wanted to exchange news, where a couple had to write a letter and go to the post office to send it, now only needs to use a cellphone to exchange news with one click (Abdi, 2020). However, communication technology also harms its users. For example, technology is used for fraud, cyberbullying, slander, defamation, and other harmful impacts (Rahman, 2016). This shows the need for self-control in the use of technology. People can modify their behavior, manage desired and unwanted information, and choose one action based on something (Averill, 2011; Marsela & Supriatna, 2019).

Self-control is the ability of individuals to regulate, direct and change behavior through cognitive considerations in a more positive direction so that the behavior that arises does not deviate from the applicable rules. The influence of self-control on the emergence of behavior is considered significant because visible behavior results from the individual's self-control process (Zulkarnain, 2012 in Ardilasari, 2017).

The research of Tangney et al. (2004) explained that individuals who have high self-control have a relationship with better adjustment (one of which is reduced psychopathology and increased self-esteem) and contributes to academic success, reduced binge eating, reduced alcohol use, better social relationships, and have good interpersonal skills.

From the results of his research, Chapple (in Malatuny, 2016) concluded that low self-control causes peer rejection, deviant peer relationships, and delinquency. Thus, it is essential for individuals who are in a dating relationship to maintain self-control.

Johnson (in Rusyidi & Nuriyah Hidayat, 2020) formulated that dating has a general dimension that includes social interaction between two individuals of different sexes where both allocate time and energy through joint activities to build intimate romantic relationships to get to know each other, getting a sense of belonging security and feelings of worth that may end without or by building commitment through engagement or marriage.

In a romantic relationship, interaction and physical closeness are meaningful (Kurniati in Winata & Sannjaya, 2020). However, many couples have to undergo a long-distance relationship due to the demands of work or continuing education in a different city from their partner?. This relationship usually occurs during the developmental period of emerging adulthood.

Emerging adulthood is a period of transition from adolescence to adulthood from 18 to 25 years old. The stage of individual development at that age is a transition period when the individual can no longer be called a teenager (adolescence) but cannot yet be called an early adult (young adulthood). One of the distinctive features of emerging adulthood is exploration, which has a changing impact on their lives, starting from the fields of love, work, and worldview. These changes are sometimes unpleasant, resulting in instability in the life of emerging adulthood. This emotional instability during the developmental period of emerging adulthood can lead to relationship quarrels that can lead to dating violence (Arnett in Al Kahfi & Hamidah, 2017).

Cyberdating is a form of dating violence that focuses on psychological and emotional abuse using technology. Cyberdating violence can be in the form of threats, insults, humiliating behavior, slander, giving negative comments through social media, isolation such as deleting or blocking friendships on social media, and

excessive partner control behavior (Follingstad & Edmundson in Winata & Sannjaya, 2020).

Cyberdating violence also includes sharing embarrassing photos of their partners on the internet without their partner's permission or using passwords and usernames from a partner's email to spy on them. This harms victims, some of which can reduce self-esteem, depression, anxiety disorders, and self-isolation and even lead to suicidal behavior (Teten, 2019; Ril in Winata & Sannjaya, 2020). This behavior has been considered more dangerous because the accessibility of using technology is getting easier (Borrajo, 2015).

Dating relationships have the potential to cause violence against women. The founder of the Indonesian Feminist community, Dea Safira Basori, said that in dating, the most common form of violence is the boyfriend's possessive attitude. In dating relationships, men tend to regulate, prohibit excessively, and must report if they want to travel. All of this is done based on love, even though this is a form of psychological violence by manipulating the mind. The reasons are, for example, that there is still an assumption that women are inferior to men, the concept of ownership or a sense of belonging to women, and the patriarchal culture inherent in society (CNN, 2018).

The phenomenon of violence in dating that often occurs is an important reason why this research was conducted. Especially the form of Cyberdating violent behavior that occurs in couples who undergo long-distance relationships when communicating online. Based on the results of Winata & Sanjaya's research, it was found that jealousy and its dimensions have a significant influence that can cause Cyberdating violence to occur in individuals who are in long-distance relationships.

From the results of previous studies, there is a difference in one of the variables. This study uses self-control variables, for the researcher is interested in examining whether there is a relationship between self-control and Cyberdating violence in couples who undergo long-distance relationships in Kupang City.

Method

Participants in this study were men and women aged 18-25 years who are currently or have been in a long-distance relationship or in a long-distance relationship and live in Kupang City as many as 381 people. However, 13 participants were unwilling to fill out the form or, in other words, refused to provide the information or data needed in this study, leaving 368 participants. Based on the measurement and data analysis, the type of research that will be used in this research is quantitative research. The independent variable in this study is self-control, while the dependent variable is Cyberdating violence.

This study uses a measuring instrument in the form of a scale. This study was measured by the Self-control instrument by De Ridder et al. (Arifin & Milla, 2020) and the Cyber Dating Violence instrument by CADRI (Wolfe et al., 2001). The scale will be distributed through a Google form which will be distributed through several social media, such as WhatsApp, Facebook, and Instagram. Before the scale is distributed, it will go through a validity test to determine whether all the items can produce correct and precise information/data about what will be studied and will go through the reliability test stage to test the consistency of the answers. The self-control scale has four answer choices, SS (Strongly Agree), S (Agree), TS (Disagree), and STS (Strongly Disagree), and the Cyberdating violence scale has four answer choices, Never (never happened during the time courtship), Rarely (occurs 1-2 times), Sometimes (occurs 3-5 times), Often (occurs six or more times during courtship). Data were analyzed using Spearman rho.

Result

Table 1.
Classification of Respondents by Age

Age	Frequency (F)	Percentage (%)
18	11	3%
19	28	7,6%
20	51	14%
21	52	14,3%
22	58	15,7%
23	73	19,6%
24	55	14,5%
25	41	11,3%
Total	368	100%

Based on table 1 shows that respondents aged 18 years were 11 people (3%), respondents aged 19 years were 28 people (7.6%), respondents aged 20 years were 51 people (14%), respondents aged 21 years old as many as 52 people (14.3%), respondents aged 22 years as many as 58 people (15.7%), respondents aged 23 years as many as 73 people (19.6%), respondents aged 24 years as many as 55 people (14.5%), and respondents aged 25 years were 41 people (11.3%).

Table 2.
Classification of Respondents by Gender

Gender	Frequency	Percentage
Female	237	64,4%
Male	131	35,6%
Total	368	100%

Based on the results of data processing on the categorization of respondents based on gender, data obtained that there are 65.4% or as many as 237 respondents fall into the female category. The remaining 35.6% or as many as 131 respondents in the male category.

Table 3.
Hypothesis Test Results

		Self-control	Cyber Dating Violence
Self-control	Spearman's rho	—	
	p-value	—	
Cyberdating Violence	Spearman's rho	-0.393	—
	p-value	<.001	—

* p < .05, ** p < .01, *** p < .001

Based on Table 3, it is known that the correlation coefficient between the variables of self-control and Cyberdating violence in couples undergoing a long-distance relationship in Kupang City is -0.393, which means the direction of the correlation is negative or not in the same direction. Table 3 shows that the self-control variable has a significant relationship with Cyberdating violence with a significance value of 0.001 < 0.05.

Discussion

This study aimed to determine the relationship between self-control and Cyberdating violence in couples undergoing long-distance relationships in Kupang City. The results of hypothesis testing using Spearman rank indicate a relationship between self-control and Cyberdating violence, with a significant value of $p < 0.001 > 0.05$ and $\rho = -0.393$.

According to research findings, the higher the self-control, the lower the tendency to cyber-dating violent behavior. On the contrary, the lower the self-control, the higher the tendency to cyber-dating violent behavior. This also shows that self-control is one of the internal factors influencing individuals to commit Cyberdating violence.

The results of this study are in line with the theory of De Ridder et al. (in Arifin & Milla, 2020), the higher the individual's self-control score, the better the behavior that appears, and conversely, the lower the self-control score, the behavior that appears is not in accordance with the norms prevailing in the individual's environment.

Low self-control can lead to peer rejection, deviant peer relationships, and delinquency, so individuals with low self-control tend to commit Cyberdating violence to their partners. Thus, we should be able to control and maintain self-control well (Malatuny 2016).

Research conducted by Tangney et al. (2004) explained that individuals who have high self-control have a relationship with better adjustment (one of which is reduced psychopathology and increased self-esteem) and contribute to academic success, reducing alcohol use, have better social relationships and have good interpersonal skills compared to individuals who have low self-control.

In this study, there is something quite interesting. Women commit Cyberdating violence more than men. However, this can be explained by a gender perspective on aggression which emphasizes that the differences in the tendency of aggressive behavior by men and women depend on the situation. Men are significantly more likely to act aggressively on others even when no one provokes them, whereas women are as aggressive as men only when provoked (Baron & Byrne, 2005). So, in this study, more women do Cyberdating violence.

Björkqvist, Sterman, and Hjelt-Bäck (1994) found that men were more likely to engage in physical, sexual, and emotional violence. In contrast, women were more likely to engage in verbal and emotional aggression. In this study, the measuring instrument for Cyberdating violence focuses more on verbal, psychological, and emotional violence. This could be why the rate of violence in dating by women is seen to be higher than that of men.

The other findings in this study are the reasons respondents choose to undergo long-distance relationships, namely due to reasons for continuing education and job demands that make them forced to undergo long-distance relationships. In these different cities, they live and indeed want to undergo long-distance relationships.

Conclusion

The conclusion that can be drawn based on the results of the research that has been described is that there is a relationship between self-control and Cyberdating violence in couples undergoing long-distance relationships in Kupang City, where there is a significant negative relationship with a value of $0.001 < 0.05$ and a correlation coefficient of -0.393 . Cyberdating violence in emerging adulthood in Kupang City between men and women has a big difference where women have a higher tendency to commit Cyberdating violence. Differences in the tendency of aggressive behavior by men and women depend on the situation. Men are significantly more likely to act aggressively on others even when no one provokes them, whereas women are as aggressive as men only when provoked.

Suggestion

For further researchers, it is hoped that they will be able to dig deeper into Cyberdating violence in emerging adulthood and other developmental ages. The government is also expected to be able to create programs for the promotion, prevention, and elimination of Cyberdating violence because dating violence is sometimes not realized, and its existence and impact will be experienced by victims and emerging adulthood is expected to be able to maintain or reduce the tendency of Cyberdating violence behavior.

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