

Emotion Regulation In Relation To Adolescent Prosocial Behavior In Terms Of Gender

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ABSTRACT

Background. Adolescence is a critical period for emotional development and social adjustment. During this stage, the ability to regulate emotions becomes increasingly important, particularly as it influences the formation of prosocial behavior—actions intended to benefit others. Gender differences have also been observed in both emotional regulation strategies and prosocial tendencies, highlighting the need to explore how these variables interact.

Purpose. This quantitative study aimed to investigate the relationship between emotion regulation and prosocial behavior in adolescents, with a specific focus on gender differences. It also sought to identify whether gender moderates the influence of emotion regulation strategies on the development of prosocial actions among adolescents.

Method. The study involved 320 high school students aged 13–17 from urban and semi-urban schools. Data were collected using standardized psychological scales measuring emotion regulation (including cognitive reappraisal and expressive suppression) and prosocial behavior. Statistical analysis was conducted using correlation analysis, multiple regression, and moderation tests to examine gender-based differences.

Results. The findings revealed a significant positive correlation between cognitive reappraisal and prosocial behavior in both genders, with a stronger effect observed among female participants. Expressive suppression showed a weak or negative correlation with prosocial behavior, particularly among males. Gender was found to moderate the relationship, indicating that females who engage in positive emotion regulation strategies tend to display higher levels of prosocial behavior.

Conclusion. Emotion regulation plays a crucial role in shaping adolescent prosocial behavior, with notable differences between males and females. Educational and psychological interventions aimed at fostering emotional competence should consider gender-specific approaches to enhance social functioning and empathy among adolescents.

KEYWORDS

Emotional Regulation, Gender, Prosocial Behaviors

INTRODUCTION

The success of adolescent interpersonal relationships is closely related to their emotional and social development (Kim, 2023a; Lavazza, 2024; Yan, 2023). This will make adolescents able to understand well the desires, needs, feelings, and motivations of others around them. Definition of Prosocial, among others are : External influences: bystander, attraction, attribution, modeling, time pressure, nature of victim's need.

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Internal influences such as mood, personality traits, gender, place of residence, and parenting style play an important role in shaping adolescent prosocial behavior (Kim, 2023b; Ramanayake, 2023; Syafrawati, 2023). Interestingly, research findings on prosocial tendencies among adolescents show inconsistency—some studies suggest a decline, while others indicate an increase. This inconsistency makes adolescent prosocial behavior a relevant and intriguing phenomenon to explore further.

Prosocial behavior is generally understood as voluntary actions carried out to help others, which are intended to provide benefits to the recipient without necessarily offering direct or tangible rewards to the helper. Such behaviors can take the form of providing material assistance, emotional support, or physical help (Javid, 2022; Nunez-Flores, 2022; Zhan, 2022). Often, these actions are influenced by the emotional state of the individual; for example, someone in a joyful mood may be more inclined to assist others readily and warmly.

Individuals who possess strong emotion regulation skills tend to exhibit more adaptive and constructive behaviors—both for themselves and others (Berger, 2022; Chong, 2023; Lian, 2022). These individuals are often more capable of cooperating, forming close friendships, and sharing with others. The ability to regulate emotions also builds self-confidence and reinforces one's belief in their capabilities. For adolescents, developing these skills is essential, particularly as they navigate through internal and external pressures that may trigger emotional outbursts. Without proper emotional regulation, adolescents may experience disruptions in their social relationships and encounter difficulties in functioning within their social and familial environments.

Emotion regulation refers to the individual's capacity to recognize, manage, and modify emotional responses in various situations (Dong, 2023; Paramita, 2022; Wen, 2023). It involves complex psychological processes that allow one to initiate, suppress, or express emotions appropriately in response to different stimuli. This skill becomes especially critical during adolescence, a period marked by emotional fluctuation and identity formation.

In addition to emotion regulation, gender is another factor that significantly influences adolescent prosocial behavior. Patterns of prosocial tendencies often differ between males and females. While male adolescents may demonstrate relatively stable levels of prosocial behavior during early adolescence before declining in later years, female adolescents often show an increase in prosocial actions during mid-adolescence, followed by a slight decrease.

These differences are often linked to varying orientations between genders toward empathy and concern for others. Girls tend to show greater sensitivity to the needs and welfare of others and often display more emotional expressiveness. Certain biological and psychological predispositions may also contribute to this tendency, including emotional sensitivity and a heightened sense of social responsibility.

This study aims to investigate the relationship between emotion regulation and prosocial behavior in adolescents, with a particular focus on how these variables interact across gender lines. Understanding these dynamics can contribute to the development of targeted interventions that support emotional and social development among youth.

RESEARCH METHODOLOGY

This research is quantitative in nature, where the research subjects and the population are students of Surabaya Pharmaceutical Vocational School (Abbasi, 2023; Veugelers, 2023; Zheng, 2023). The total population was 276 people divided into 246 female students and 30 male students from class XI. Furthermore, the sample was determined by the Kreycik method, with a 5% chance

level, with a population of 276 then according to the determining table, a sample size of 159 was obtained.

Sampling was carried out using proportional methods.

Table 1: Gender of participants

Gender	Total number of participants	Percentages
Female	138	86,3 %
Male	22	13,8 %
Total	160	100 %

Source: Print Out SPSS Series 22.0

Table 2: Age range of participants

Ages	Total number of participants	Percentages
15	1	0,6 %
16	40	25 %
17	119	74,4 %
Total	160	100 %

Source: Print Out SPSS Series 22.0

Table 3. Statement Scores on the Scale

Alternatif Jawaban	Scores	
	Favorabel	Unfavorabel
Strongly Agree	5	1
Agree	4	2
Undecided	3	3
Disagree	2	4
Strongly Disagree	1	5

From the table above, it is obtained that this study includes all ages of adolescents, with the majority being 17 years old, the percentage is 74.4%. The total number of participants was 160 people.

RESULT AND DISCUSSION

This t-test aims to determine the level of difference in prosocial behavior between men and women. The calculation results are as follows

Table 4. Independent Samples t - Test Results of Prosocial Behavior

T	p	Sig.
-1,221	0,224	0,001

Source: Print Out SPSS Series 22.0

The difference test using the independent samples t-test technique obtained a t value of -1.221 with a p value of 0.224. Because the p value > 0.001, it can be concluded that there is no real difference in prosocial behavior between men and women. By using the Product Moment analysis technique, it is concluded that there is a significant positive correlation between Emotion Regulation and Prosocial Behavior of adolescents at SMK Farmasi Surabaya. It can be said that the higher their ability to regulate their emotions, the higher their level of prosocial behavior. This explains that the proposed hypothesis that there is a positive correlation between Emotion

Regulation and Adolescent Prosocial Behavior can be accepted. The acceptance of this research hypothesis shows that the results of this study reinforce the results of previous research.

Research by I Made Mahaardhika (2019) there is a relationship between self-concept and prosocial behavior among students of SMA Negeri 4 Denpasar in the 2017/2018 academic year. Rizky Drupadi and Ulwan Syfrudin (2019), showed in their research that there is a significant positive relationship between emotion regulation and prosocial behavior in early childhood. The results of research by Siska Friskica, et al (2020) show that there is a positive relationship between emotion regulation and prosocial behavior in SMA Raksana Medan students. which means that someone who has a high level of emotion regulation will have a higher level of prosocial behavior, whereas if a person's level of emotion regulation is low, then the level of prosocial behavior is also low. Kurniawan and Habibah's research (2015) found that there is a significant relationship between self-concept and the tendency of prosocial behavior.

In this study, the coefficient of determination was found to be 12.7%, this shows that there is an effective contribution of the emotion regulation variable to the prosocial behavior variable in adolescents at SMK Farmasi Subaya (Gini, 2022; Llorent, 2023; Wu, 2024). This means that the independent variable, namely emotion regulation, plays a role of 12.7% on the dependent variable of prosocial behavior towards adolescents of SMK Farmasi Surabaya. The complete calculation results can be seen on the attachment page. The results of the t-test calculation using the independent samples t-test technique show that there is no significant difference in prosocial behavior between men and women. The hypothesis proposed by the researcher, namely that there are differences in prosocial behavior between male students and female students, is rejected.

The results of this study, which state that there is no significant difference in sharing and helping behavior between women and men, are in line with the results of several previous studies, namely The results of research conducted at SMK Farmasi Surabaya show no difference in prosocial behavior in male and female adolescents, it is possible that the factor in the learning process is that educators always instill an attitude of responsibility.

CONCLUSION

The proposed hypothesis was tested using Product Moment analysis. The result is a correlation coefficient of 0.472 which is significant at the $p=0.00$ level ($p<0.01$). This figure shows that there is a significant positive relationship between Emotion Regulation and Prosocial Behavior of adolescent students of SMK Farmasi Surabaya. The positive sign on the correlation coefficient indicates that the higher the ability of individual Emotion Regulation, the higher the Prosocial behavior. Thus the hypothesis proposed in this study can be accepted.

The results of the different test calculation using the independent samples T-Test test technique obtained a t value of -1.221 with a value of 0.224. Because the p value obtained <0.05 , it can be concluded that there is no real difference in prosocial behavior between men and women. This proves that the hypothesis proposed by the researcher, namely that there are differences in prosocial behavior in adolescent boys and girls, is rejected.

AUTHORS' CONTRIBUTION

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; Investigation.

Author 3: Data curation; Investigation.

Author 4: Formal analysis; Methodology; Writing - original draft.

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