

## Perceived Self-Regulation and Violence Tendency: Psychological Implications in Turkey

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**ABSTRACT:** *This study aims to investigate the relationship between perceived self-regulation life satisfaction and violence tendencies. This study uses a quantitative approach. The sample in this study consisted of 340 participants from the entire class population. Data was collected using a questionnaire book guided by a Likert scale of 1 to 5. Data analysis was carried out in several stages, namely self-regulation scale analysis, tendency scale analysis and life scale analysis. These findings indicate a positive correlation between perceived self-regulation and life satisfaction, as well as a negative relationship between perceived self-regulation and violent tendencies. The predictive role of perceived self-regulation on life satisfaction is apparent, although the relationship between violent tendencies and life satisfaction remains ambiguous. This research shows that perceived self-regulation plays an essential role in an individual's well-being and that good self-regulation has a lower likelihood of violence.*

Penelitian ini bertujuan menyelidiki hubungan antara persepsi pengaturan diri dan kepuasan hidup serta kecenderungan kekerasan. Penelitian ini menggunakan pendekatan kuantitatif. Sampel dalam penelitian ini berjumlah 340 peserta dari seluruh populasi kelas. Data dikumpulkan dengan satu buku kuesioner dengan berpedoman skala Likert 1 sampai 5. Analisis data dilakukan dengan beberapa tahapan yaitu analisis skala pengaturan diri, analisis skala kecenderungan dan analisis skala kehidupan. Temuan ini menunjukkan adanya korelasi positif antara persepsi pengaturan diri dan kepuasan hidup, serta hubungan negatif antara persepsi pengaturan diri dan kecenderungan kekerasan. Peran prediktif dari persepsi pengaturan diri terhadap kepuasan hidup terlihat jelas, meskipun hubungan antara kecenderungan kekerasan dan kepuasan hidup masih ambigu. Penelitian ini menunjukkan bahwa pengaturan diri yang dirasakan memainkan peran penting dalam kesejahteraan individu dan pengaturan diri yang baik memiliki kecenderungan kekerasan yang lebih rendah.

**Keywords:** *Self-Regulation, Life Satisfaction, Violence Propensity.*

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## I. INTRODUCTION

Research on self-regulation has grown dramatically in the last few decades. In general, empirical studies have established a positive connection between self-regulation self-determination and self-efficacy (for a review, see Pintrich & Schunk, 2002; Mischel, Cantor & Feldman, 1996) and have appeared a slight distinction between self-regulation and self-control (see a review, Kehr, Bles, & Von Rosenstiel, 1999). Among these concepts, “Not only may a self initiate behaviour or control it, but a self also is responsible for deliberating and making choices from among the universe of possible options” (D. Vohs & Baumeister, 2017; K. D. Vohs & Heatherton, 2000). Given that the self is an encompassing inner state, perceived self-regulation intrinsically extends the meaning with past and future circumstances (Gupta & Bamel, 2023; Sharkey et al., 2012).

This body of research has shown significant effects on predictors and prevalence of perceived self-regulation and its implications for psychological adjustment. Empirical studies have identified potential factors associated with perceived self-regulatory success. For instance, action-oriented and high negative priming is linked to positively perceived self-regulation (Ay, 2023; Diefendorff et al., 1998). More specifically, action toward targets was significantly predicted by perceived self-regulatory (Turan & Kaçay, 2020). Yet, it is comparatively limited because researchers don't have a clear picture concerning the levels and correlates of this phenomenon. For example, self-regulation was linked to poor executive functions in problem populations (for a recent review, see (Hofmann et al., 2012). In contrast, it is far less consistent with perceived self-regulation (Chung & Kim, 2015; Finkel et al., 2009).

Yet most research has largely focused on self-regulation and much less commonly studied the phenomenon of perceived self-regulation. Researchers have recently paid increased attention to this conceptualization (Berg et al., 2014; Helle et al., 2013; Herdiani & Hidayat, 2023; Turan & Kaçay, 2020; Vermunt, 2005).

## II. METHOD

This study uses a quantitative approach. Data & data sources were obtained from university participants recruited from Türkiye. The sample in this study was 340 participants from the entire class population. From this total of 304 samples, three missing values, four outliers over 30 years old, and one uninvolved response were removed. The age range of the 91 men and 205 women was 18-21 (68.9%), 22-25 (29.4.7%), and 26-29 (1.7%) years. Data were collected with a single questionnaire book covering all scales. Responses to their items appear on a Likert scale of 1 to 5. The conduct of the study included all procedures followed by institutional ethical guidelines. Students participated voluntarily in the research without any financial incentives. Questionnaire booklets were given to groups of various sizes and carried out in the classroom.

Data analysis is carried out in several stages, namely self-regulation scale analysis, tendency scale analysis and life scale analysis. The perceived self-regulation scale (Arslan & Gelişli, 2015), 2015;  $\alpha = 0.86$ ,  $M = 3.74$ ,  $SD = 0.53$ .) assesses individual efforts to regulate motivation, behaviour and cognition, appearing in 16 statements. An indication of perceived self-regulation is, “I follow the plan I have prepared when studying new subjects”. The violent tendency scale (Haskan & Yildirim, 2012) includes

20 statements ( $\alpha = .90$ ,  $M = 2.17$ ,  $SD = 0.75$ ). An illustrative item said, “I want to hurt him when I am very angry with someone.” The satisfaction with life scale (Diener et al., 1985) includes five statements that express subjective well-being ( $\alpha = 0.84$ ,  $M = 3.16$ ,  $SD = 0.60$ ). One item says, for example, “So far, I have gotten the important things I want in life.”

### III. RESULT AND DISCUSSION

Preliminary analyses tested whether demographic variables (i.e., age) predicted the scores on three outcome variables (i.e., perceived self-regulation, violence tendency and life satisfaction). In this way, the result of One-way ANOVA revealed no significant differences between different age groups in their scores in perceived self-regulation, violence tendency and life satisfaction.

**Table 1. Pearson correlations among violence tendency, perceived self-regulation and life satisfaction**

|                           | Violence Tendency | Perceived Self-regulation | Life Satisfaction |
|---------------------------|-------------------|---------------------------|-------------------|
| Violence Tendency         | 1                 | -,164*                    | -,029             |
| Perceived Self-regulation | -,164*            | 1                         | ,367*             |
| Life Satisfaction         | -,029             | ,367*                     | 1                 |

\* $p < .05$

The correlation analysis in Table 1 found several exciting relationships between the observed variables. The significant positive correlation between perceived self-regulation and life satisfaction indicates that individuals with a better perception of their ability to control and manage their lives effectively tend to have higher levels of life satisfaction. This means that individuals who feel better able to manage themselves emotionally and practically are more likely to feel satisfaction in their lives overall (Du Pont et al., 2016).

On the other hand, the significant negative correlation between violent tendencies and perceived self-regulation is interesting to consider. These findings suggest that individuals who are prone to violent or aggressive behaviour are less likely to have positive perceptions about their ability to self-regulate. This could indicate that violent or aggressive tendencies in a person's behaviour may influence their view of their ability to manage their lives effectively.

However, the results that did not find a significant correlation between violent tendencies and life satisfaction suggest that, in this sample, there needs to be a stronger relationship between aggressive behaviour and levels of life satisfaction. This shows that the level of violence tends not to have a significant effect on an individual's level of life satisfaction. Other factors such as social support, financial conditions, or job satisfaction may significantly influence life satisfaction more than violent tendencies.

From these findings, individuals' perceptions of self-regulatory abilities correlate more with life satisfaction than violent tendencies. This emphasizes the importance of developing self-regulation and emotion management skills in increasing life satisfaction. Meanwhile, the relationship between violent tendencies and perceived self-regulation shows the importance of dealing with problems of aggressive or violent behaviour to improve individuals' ability to manage themselves (Mattheiss et al., 2022; Mwanja, 2023).

While these results are interesting, remember that correlation does not imply causation. These findings are based on correlational and not experimental data, so they cannot directly conclude cause and effect between these variables. Further analyses or longitudinal studies may be needed to understand better the more complex dynamics and interrelationships between variables observed in life satisfaction, violent tendencies, and perceived self-regulation.

**Table 2. Predictors of satisfaction with life: regression analyses**

| Predictors                | R   | R2  | (β)  | t     | p   | F     | p   |
|---------------------------|-----|-----|------|-------|-----|-------|-----|
| Age                       | .07 | .00 | -.04 | -0.73 | .46 | 1.52  | .21 |
| Gender                    | .02 | .00 | .02  | 0.63  | .52 | 0.19  | .66 |
| Perceived Self-Regulation | .36 | .13 | .19* | 5.76  | .00 | 45.74 | .00 |
| Violence Tendency         | .02 | .00 | .00  | 0.49  | .61 | 0.25  | .61 |

\*p < .05

Hierarchical regression analysis was used to understand how demographic variables and other factors contributed to the relationship between perceived self-regulation, violent tendencies, and life satisfaction. The first model (Model 1) tests the influence of demographic variables (such as gender and age) on the relationship between perceived self-regulation and two dependent variables, violence tendencies and life satisfaction. Meanwhile, Model 2 includes all variables (perceived self-regulation, violent tendencies, and life satisfaction) in two blocks to see the overall influence of these variables in the relationships tested.

In Model 1, gender and age variables were entered in the first block to determine whether these demographic factors influenced the relationship between perceived self-regulation violence tendencies and life satisfaction. If a significant relationship exists, this would indicate that gender and age play an important role in how perceived self-regulation relates to both dependent variables.

In Model 2, all variables (perceived self-regulation, violent tendencies, and life satisfaction) were included in the analysis, providing a more comprehensive picture of their influence on the relationships studied. This will help us understand the extent to which each variable contributes to violent tendencies and life satisfaction when controlled for each other.

Table 2 presents the beta coefficients associated with each variable in both models. This beta coefficient describes how significant the relative influence of each independent variable is on the dependent variable after considering the effects of other variables in the model.

This analysis helps to examine the extent to which demographic factors such as gender and age influence the relationships between observed variables, as well as revealing how strongly the contribution of perceived self-regulation, violent tendencies, and life satisfaction is in the regression models tested. This can provide essential insights into how these variables interact and influence each other, providing a foundation for a deeper understanding of the factors that may influence violence propensity and life satisfaction in specific demographic contexts.

**Table 3. Predictors of violence tendency: regression analyses**

| Predictors                | R   | R2  | (β)   | t     | p   | F    | p   |
|---------------------------|-----|-----|-------|-------|-----|------|-----|
| Age                       | .07 | .00 | .06   | .93   | .35 | 1.57 | .21 |
| Gender                    | .06 | .00 | .06   | .89   | .37 | 0.13 | .24 |
| Perceived Self-Regulation | .16 | .02 | -.28* | -2.29 | .02 | 8.0  | .00 |

|                   |     |     |      |     |     |      |     |
|-------------------|-----|-----|------|-----|-----|------|-----|
| Violence Tendency | .02 | .00 | -.10 | .49 | .61 | 0.25 | .61 |
|-------------------|-----|-----|------|-----|-----|------|-----|

\*p < .05

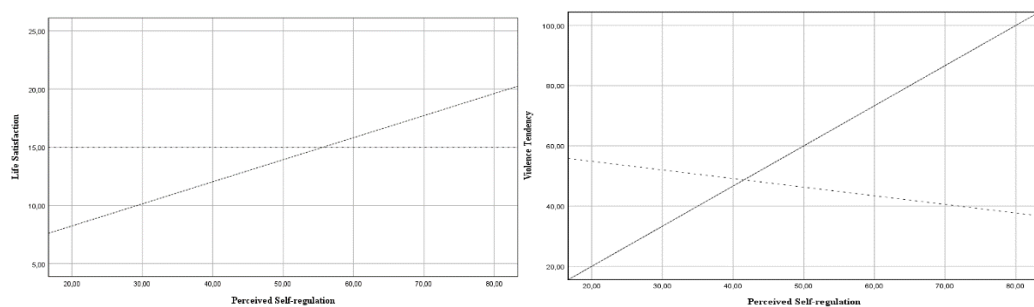
Analysis of coefficients in the relationship of variables in a regression model offers insight into the relative contribution of each variable to the final equation. In this context, the beta coefficient shows the relative magnitude of the influence of the independent variable (in this case, perceived self-regulation) on the dependent variable (life satisfaction and violence tendencies) after controlling for other variables in the model.

The results highlight the unique contribution of perceived self-regulation to life satisfaction and violence propensity. A beta value of 0.19 indicates a significant positive contribution from perceived self-regulation to life satisfaction. That is, the more positive a person's perception of self-regulation, the greater the tendency to have higher levels of life satisfaction. This shows the importance of a positive mindset towards happiness or satisfaction in life.

On the other hand, the beta coefficient of -0.28 between perceived self-regulation and violent tendencies indicates a significant negative relationship between these two variables. This suggests that the lower a person's perceived self-regulation, the higher the propensity to engage in violent behaviour. This underscores the critical role of perceived self-regulation in controlling or influencing one's violent behaviour.

This picture is also reflected in Figure 1, which illustrates the relationship between perceived self-regulation, violent tendencies, and life satisfaction. Perceptions of self-regulation lead to higher feelings of happiness or life satisfaction while also having a role in reducing the tendency to engage in violent behaviour.

These results provide a deeper understanding of the importance of individuals' mindsets in shaping their behaviour and life satisfaction. In this context, how individuals view and manage their perceptions of themselves significantly impacts their happiness and controlling behaviour that may be detrimental to themselves and others. This encourages the importance of strengthening positive aspects in self-perception to promote greater life satisfaction and reduce the tendency to engage in violent behaviour.



**Figure 1.** Significant effect of perceived self-regulation on life satisfaction and violence tendency

#### IV. CONCLUSION

Significantly, perceived self-regulation emerged as a predictor of life satisfaction. This should be an indication that people who are good self-regulators will experience more life satisfaction. However, life satisfaction did not correlate with violent tendencies in this study. In other words, variables that are inherently action and emotional responses

explain the relationship with well-being. Still, some inherent action orientations are not related to well-being. The relationship between perceived self-regulation and violent tendencies was directly negative. It may be that perceived self-regulation significantly impacts life satisfaction, so individuals must regulate their senses and tendencies well to improve their well-being. Therefore, what leads to psychological adjustment is the dynamism of perceived self-regulatory skills as they are fully integrated into tendencies that bring more significant benefits.

In general, perceived self-regulation emerged as a strong predictor of life satisfaction. Again, this was negatively associated with violent tendencies, suggesting that higher levels of self-regulatory practices may indicate lower violent tendencies overall. Finally, this study found no correlation between violent tendencies and life satisfaction. Although explaining these findings is complex, other well-being variables, such as concentration and positive coping, may be correlated. This research has important implications for theory, research and practice. The predictive role of perceived self-regulation on life satisfaction is apparent, although the relationship between violent tendencies and life satisfaction remains ambiguous. Additionally, perceived self-regulation was negatively related to violent tendencies. With these promising findings, potential predictors such as social support, motivation, confidence, and self-control are needed to draw better conclusions.

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