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Exploring the Relationship Between Aggression, Impulsivity, and Emotional Regulation Among Young Adults

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ABSTRACT

The present study focused on the correlation between emotion regulation, impulsivity and aggression in young adults and the ability of emotion regulation to predict impulsive and aggressive behaviours. Some previous studies indicated that deficits in emotional regulation and increased impulsivity could be related to aggressive behaviors, but studies in various groups and cultures have yielded mixed results. The type of research design used was quantitative, cross sectional and correlational. A standardised self-report questionnaire was administered to 200 young people, including the Emotion Regulation Questionnaire (ERQ), Barratt Impulsiveness Scale (BIS-11) and Buss-Perry Aggression Questionnaire (BPAQ). Results showed that there was no significant correlation between emotion regulation and the impulsivity ($r = .049$, $p > .05$) and aggression scale scores ($r = –.081$, $p > .05$). Moreover, the prediction of impulsivity or aggression was not significant for emotion regulation. On the other hand, impulsivity positively correlated significantly with aggression ($r = .187$, $p < .01$), and was a significant predictor of aggressive behaviour. This indicates that impulsivity is more important to aggression among young adults than just emotion regulation. The study adds to the literature by raising the awareness of the role of impulsive tendencies in aggressive behaviours, and suggests that interventions that aim to determine aggressive behaviours should focus on strengthening self-control, Behavioral regulation and decision-making. Future studies should examine other psychological, social and environmental factors which might affect aggressiveness and impulsiveness in different groups of people.

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Introduction

Aggression is regarded as a serious psychological and social problem affecting people at all phases of development, notably teenagers and young adults. In addition to interfering with social interaction and interpersonal connections, aggressive behavior is linked to psychological suffering, scholastic challenges, delinquency, violence, and criminal activity. Aggression is now a major topic of study in psychology because of its detrimental effects. The identification of the emotional, cognitive, and behavioral elements that contribute to the emergence and maintenance of aggressive tendencies has been the focus of an increasing number of studies.

Any action meant to cause physical, verbal, or psychic harm to another person is commonly referred to as aggression. Anger, hostility, verbal aggression, physical aggressiveness, and indirect aggression are just a few of the ways it can manifest. Aggression is divided into two categories in psychological literature: proactive aggression and reactive aggression. While proactive aggression is intentional and goal-oriented, reactive aggression is impulsive, emotionally motivated, and typically happens in reaction to perceived provocation or dissatisfaction. Because emotionally upset people frequently find it difficult to control their behavioral reactions in stressful situations, prior research indicates that reactive aggressiveness is especially linked to emotional dysregulation and impulsivity.

There are many emotional controls that have been the subject of much interest in the recent literature of aggressiveness. The methods by which people keep an eye on, assess, alter, and express their emotions in ways that are adaptive are referred to as emotion regulation. Individuals that can manage their emotions are more likely to manage emotional distress, control their mixed up behavior, and respond appropriately in challenging situations. Conversely, emotional dysregulation occurs when a person is unable to understand, embrace, manage, and/or express emotional experiences as needed. Their difficulties can increase emotional instability and impulsive behaviors, hatred, and aggression.

It has been found time and time again that the lack of emotional regulation skills increases the likelihood of engaging in violent and other maladaptive behaviors. Emotional awareness, emotional clarity, impulse control and adaptive coping processes are thought to be significant contributors to aggression (Baker, Year). Emotionally dysregulated individuals often get angry, frustrated, and stressed out and lose the ability to think rationally and constructively and may be prone to impulsively violent actions.

Further empirical evidence indicates that emotional dys-regulation can be a factor in violence among several different groups of people. A correlation between emotional dysfunction and aggression has for instance been reported by Emek Yuce Zeyrek-Rios et al., who found that, in women, emotional dysregulation was a powerful predictor of aggression in violent crimes. They found that those who lack skills of managing negative disposition are more prone to aggressive and violent behaviors. Several studies have even confirmed the importance of emotional issues in aggression, despite controlling for impulsivity and alexithymia. For example, Carlo Garofalo et al. have discovered that emotion regulation remains an important predictor of violence even when impulsiveness and alexithymia are removed from the model.

Another being impulsivity which is also very associated with violence. The propensity to act quickly without giving it much thought or taking the consequences into account is known as impulsivity. Impulsive individuals often have a low level of behavioral inhibition, emotional instability and lack of self-control. From these traits, an individual is more prone to a dangerous and violent behavior. Based on previous studies, impulsive individuals are less likely to cope with stress in a healthy (rational) way and more likely to respond by engaging in emotional processes that will increase feelings of hostility.

The study by Nicole H. Weiss, et. al., indicated that impulsivity was a significant factor in aggressive

behavior of individuals who experience trauma-related symptoms. According to their findings, people with high levels of emotional discomfort and impulsive tendencies were more likely to act aggressively due to a lack of emotional and behavioral control. Similarly, impulsivity and violent conduct among teenagers were found to be significantly correlated by Chunyan Yu and colleagues, indicating that impulsive inclinations raise the risk of verbal and physical aggressiveness.

In psychology studies, the connection between impulsivity and emotion regulation has also drawn more attention. Because people who are unable to handle emotional distress frequently act impulsively to get instant emotional relief, research indicates that emotional dysregulation may be a factor in impulsive conduct. In turn, impulsivity may exacerbate violent inclinations by making it harder to weigh the pros and drawbacks before acting. Thus, impulsivity and emotional dysregulation are seen to be related psychological traits linked to violence.

Moreover, adolescents and young adults are a developmental period of emotional volatility, self-construction and susceptibility to others. These stages undergo a rapid emotional and cognitive transition that can affect peoples' ability to control their behavior and manage their emotions. If adolescents fail to learn adaptable emotional coping skills, they could be more inclined to take action impulsely, to be violent, to get into interpersonal conflict, and to act behaviorally maladjusted.

Social and environment play a role in aggression and emotional control as well. Difficult experiences in life, peer rejection, family issues, trauma exposure and exposure to violence can all negatively impact emotional development and increase aggressive tendencies. Having an emotionally dysregulation or invalidation environment while growing up may make it challenging to maintain healthy coping mechanisms, making anyone more vulnerable to engaging in impulsive and violent behaviors.

Hence the literature that now exists focusses upon impulsivity and emotion control as key psychological processes which underpin aggressiveness. Many studies have independently examined these factors but there have been few studies that examine these factors together to explain the violent behaviour in some culture and developmental contexts. Understanding these relationships is important to help psychologists, educators and mental health practitioners develop effective treatments to improve the skills of emotional regulation, strengthen self-control and reduce aggression.

For this reason, the aim of this literature review is to explore the link between emotion management and aggression, to delve into the theory and empirical findings on the relationship as well as the role impulsivity plays in violent behaviour. The focus of the review is also to provide a comprehensive understanding of the role of behavioral/emotional control processes in the context of aggression in young adults and adolescents.

In Aristotle's "golden mean" theory, emotions per se are neither good nor bad, it is rather the excess or deficiency of emotion which has an adverse effect. Such a perspective is compatible with the current conceptions in psychology emphasizing adaptive emotional management and a balance between emotional reactions.

Modern psychology was developed and emotionsstudies were an important topic in psychology. William James suggested that all emotions were due to bodily changes in response to the outside world, so perhaps his interventions would affect how emotional things would be. Later on Sigmund Freud developed this concept of 'defensive mechanisms', which were unconscious tendencies to cope with emotional dis-comfort - for example, through denial or repression.

There has been more systematic elaboration of more modern approaches to conceptualizing emotion regulation in the late 20th century. One such model that was significant is the Process Model of Emotion Regulation developed by James Gross. Situation selection, attentional deployment, cognitive reappraisal, and response modulation

are some of the emotion management techniques that Gross found. In the concept, there is a difference in maladaptive tactics, such as emotional control/strategies of repression and adaptive tactics, such as cognitive reappraisal.

By pinpointing the brain systems involved in emotional control, recent neuroscientific research has considerably advanced our understanding of emotion regulation. Research shows that the prefrontal cortex and amygdala work together to regulate emotions effectively. While the amygdala is crucial for emotional processing and emotional reaction, the prefrontal cortex is linked to logical thought and behavioral regulation.

Historical Background of Impulsivity

Impulsivity—its definition and understanding—has changed over the years, both within philosophical, psychological, and neuroscientific fields. Impulsivity is an aspect of behaviour that in early times was thought to be due to a lack of logical self-control. Aristotle understood the term impulsivity as a "lack of self-control", weakness of will (akrasia), while Plato considered impulsive as "strength of feeling [emotion] over wisdom [reason]".

Throughout the medieval period, one of the most common misconceptions about impulsive behavior was that of viewing it as a moral failing, and so needing to be controlled and disciplined. With the formalization of the profession of psychology though, the knowledge of impulsivity in the scientific realm became clearer.

Sigmund Freud related impulsivity to the id – the id is the primitive side of us that represents our urges and need for immediate gratification. Psychoanalysis theorist Freud thought that the superego and ego regulated and controlled impulsive desires. Along the same lines, William James thought that the basis of the impulsive was a disability of the inhibitor/executive function system and attention.

Jeffrey Gray was later to formulate a Reinforcement Sensitivity Theory that proposed the interaction of the Behavioral Inhibition System (BIS) and Behavioral Activation System (BAS) to be the basis for the understanding of impulsive behaviour. According to this thought, low inhibitory control in addition to high reward sensitivity will make a person more likely to make impulsive actions.

New findings from neuroscience indicate that a reduction in activity in the prefrontal cortex (PFC) is associated with impulsivity which has effects on the ability to inhibit behavior and make choices. There may be an increased emotional reactivity in the amygdala and this can contribute to impulsive reactions, particularly in an emotionally challenging situation.

It has recently been found that there is a strong relationship between emotion regulation and impulsivity. Those who are not good at managing emotions still find it challenging to manage emotional pain and often act impulsively when they are faced with an emotional situation. Emotional regulation is deficient, and so is one's ability to control behavior; emotional regulation also causes a tendency towards seeking immediate emotional relief at the expense of the long-term.

Educational investigations have shown that the lack of emotional awareness, emotional clarity and impulse control in a big way impact impulsive decision-making and maladaptive behaviors. Emotional dysregulation has consequently been associated with risky behaviour, drug and alcohol abuse, violence and other psychological issues.

Published therapeutic approaches such as DBT (dialectical behaviour therapy) and CBT (cognitive behavioural therapies) have a strong focus on helping to develop emotion regulation skills to reduce impulsive behaviour and improve emotional adjustment. All of these interventions focus on psychological factors such as emotional awareness, distress tolerance, cognitive restructuring, and behavioral self-control, as key components of psychological well-being.

Role of Emotion Regulation in Impulsive Tendency

Controlling emotions can play a vital role in the prevention of impulsive behavior and

psychological adjustment of the adolescents and young adults. Overall, people with high emotional self-regulation skills are more likely to manage their emotional distress, tolerate bad feelings and respond in a logical fashion during difficult situations. However, individuals who have poor emotional control tend to struggle with emotional control, and are at higher risk for engaging in impulsive and unhealthy behaviors.

Psychological research shows that there is a strong correlation between emotion regulation and impulsivity. Individuals who struggle with emotion recognition, understanding and management are likely to show impulsive behaviours in emotional situations. Emotional dyscontrol decreases the ability to control behavior and to think about consequences of behaviors and in turn elevates risks of aggression, risk-taking and substance abuse and heightens interpersonal conflict.

When people refrain from impulsive actions by taking the time to process an emotion, evaluate the situation and make a wise choice to avoid what has gone wrong, they are less likely to need to initiate the process again. Adaptive emotional regulation strategies like problem-solving, emotional awareness, mindfulness and cognitive reappraisal can be used to successfully manage stress and negative emotions. However, behaviors such as emotional suppression, avoidance and emotional outburst, are maladaptive, which can lead to increased distress and impulsive responses.

Emotion regulation of impulsive tendencies appears to have a crucial role within the fields of behavioral therapies, education and mental health. Strengthening the emotional regulation skills of adolescents and young adults could positively reinforce their learning by assisting them to have better self-control, decision making and interpersonal functioning in educational settings. Emotion Regulation Training programs might be useful to enhance the emotional health, school adjustment and decrease emotional instability, hostility and behavioral problems.

Likewise, in clinical environments, emotional regulation problems are related to various psychological conditions characterized by helpless actions, such as borderline personality disorder, attention-deficit/hyperactivity disorder (ADHD), substance use disorders as well as conduct problems associated with impulsivity. To reduce impulsivity and improve emotional stability, this is a focus of therapeutic interventions such as dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT).

In addition, understanding how impulsivity relates to regulating emotions could also help develop more preventive interventions designed to reduce risky behaviors and aggression in youth. The better a person can regulate their emotions, the more control they'll have over their deliberate choices, healthy relationships and handling stressful life situations.

The current study is pertinent for it attempts to explore the linkage of emotion regulation as related to impulsive tendency. The results could further the existing psychological literature by providing knowledge on the interaction between psychological knowledge of emotional regulation and behavioral control and aggression. The study's findings could be useful for psychologists, educators, counselors and mental health professionals who work with adolescents who are experiencing declines in their emotional health and are engaging in more impulsive, violent behavior.

Problem Statement

The aggression and impulsive behavior among adolescents and young adults has become a serious psychological issue because it adversely impacts the emotional health, social interactions, school performance and social functioning. It is common for individuals who have difficulties regulating their emotions to also experience difficulties with impulsive and violent behaviors, particularly under stressful conditions and/or during emotional situations. Emotional dysregulation can increase the risk of maladaptive reactions like hostility, wrath, and violence, impede behavioral control, and diminish the capacity for logical decision-making.

Previous research reveals that emotion regulation and impulsivity are closely related psychological categories that have a major impact on behavioral outcomes. People who have trouble controlling their emotions often find it difficult to handle emotional anguish and may act impulsively without thinking through the repercussions. Aggressive inclinations and unstable conduct may be exacerbated by such hasty reactions.

While several worldwide studies have looked at the connection between impulsivity, aggression, and emotion regulation, few studies have looked at these factors collectively among young people in particular cultural contexts. Additionally, prior research shows conflicting results about the type and degree of the association between impulsive behavior and emotional dysregulation. Therefore, further research is still required to determine how emotion management affects young people' impulsive inclinations and violent conduct.

Objectives of the Study

- To examine the relationship between emotion regulation and aggression among young adults.
- To examine the relationship between emotion regulation and impulsivity among young adults.
- To investigate the relationship between impulsivity and aggression among young adults.
- To determine whether emotion regulation predicts aggression among young adults.
- To determine whether emotion regulation predicts impulsivity among young adults.
- To examine the predictive role of emotion regulation in aggression and impulsivity among young adults.

Hypotheses

- H1: Emotion regulation will be negatively associated with impulsivity among young adults.
- H2: Emotion regulation will be negatively associated with aggression among young adults.
- H3: Impulsivity will be positively associated with aggression among young adults.
- H4: Emotion regulation will significantly predict impulsivity among young adults.
- H5: Emotion regulation will significantly predict aggression among young adults.

Research Methodology

Research Design

The current study examined the association between young people's impulsivity, aggression, and emotion regulation using a quantitative, cross-sectional, correlational research approach. A correlational design was considered appropriate because the study aimed to examine naturally occurring relationships among psychological variables without experimental manipulation.

With this strategy, the researcher can use statistical analysis to investigate predictive relationships and ascertain the direction and degree of associations between variables. Additionally, the cross-sectional approach enabled data collection at a single point in time, making it appropriate for evaluating participants' current psychological inclinations.

Participants / Sample

There were 200 young adults in the study's sample. A non-probability convenience sampling strategy, which is frequently employed in behavioral and social science research due to accessibility and time restrictions, was used to select participants.

Male and female volunteers in the young adult age range made up the sample. The following were the requirements for participation:

Young adult age range (about 18–25 years old)

- Willingness to take part
- Capacity to comprehend questionnaire items
- Giving informed consent

Participants who provided incomplete or inconsistent responses were eliminated from the final dataset to ensure data quality and result validity.

A sample size of 200 was chosen as suitable for

correlational and regression analyses because it gives enough statistical power to discover significant correlations between research variables.

Research Instruments

Self-report data was collected, via standardized and well validated questionnaires. Each of the instruments was selected based on the quality of the instruments used psycho-metrically and relevant to the variables studied.

Procedure

Data collection started following an official consent from the suitable academic authorities. The participants were selected at easily-reached points, and at schools.

All the participants were well informed about the objective of the study before the data collection. The confidentiality, anonymity and voluntary participation of participants was secured in return for their informed consent. In addition, they received the information that they were free to drop out of the study at any time, without any penalties.

All of the three standardized scales BIS-11, BPAQ (verbal aggression subscale) and ERQ were collected and along with demographic data the information was collected using a structured questionnaire software.

To ensure the accuracy and confidence of the answers given, the questionnaires were given to the participants to be completed in one session in a quiet setting. Data were analysed statistically following data collection procedures, where the responses were coded for analysis after checking the completeness of the responses.

Statistical Analysis

Data collected were analyzed with Statistical Package for Social Sciences (SPSS). The statistical methods listed below were used:

Descriptive Statistics (Using mean, standard deviation, frequency distribution) summarizing the characteristics of the population and psychological characteristics

To explore the associations for impulsive, aggressive and emotion regulation, Pearson Product-Moment Correlation is used.

To determine the prediction of emotion management to impulsivity and violence use linear regression analysis.

The level of significance was determined as 95% confidence interval or 0.05 level = $p<0.05$. All the results were interpreted based on study hypothesis and the statistical output.

Results

In this chapter, results of statistical analyses conducted to explore the relationship between emotion regulation, impulsivity and aggression in youth are explored. The data analysed with the Statistical Package for Social Sciences (SPSS). Reliability analysis, descriptive statistics, Simple linear regression and Pearson Product-Moment correlation were conducted to achieve the goals of the study and test the proposed hypotheses.

Table 1: *Demographic Characteristics of the Sample*

Variables	n	Percent %
Gender		
Male	80	50
Female	120	60
Education		
Undergraduates	55	27.5
Graduates	110	55

Post-graduates	35	17.5
Age		
18-23	40	40
24-29	120	60

Note. *n = frequency, % = percentage*

Reliability Analysis

A reliability analysis was performed to verify the internal consistency of the study instruments. The Buss-Perry Aggression Questionnaire (BPAQ), Barratt Impulsiveness Scale (BIS-11), and Emotion Regulation Questionnaire (ERQ) all have Cronbach's alpha coefficients determined. The results are presented in Table 4.1.

Table 2:

Scale	Number of Items	Cronbach`s Alpha
Emotion Regulation Questionnaire (ERQ)	10	0.753
Barratt Impulsiveness Scale (BIS-11)	30	0.807
Buss Perry Aggression Questionnaire (BPAQ)	29	0.719

Interpretation

The reliability analysis revealed that all study instruments had excellent internal consistency. Good reliability was shown by the Barratt Impulsiveness Scale (α =.807), the Emotion Regulation Questionnaire (α =.753), and the Buss–Perry Aggression Questionnaire (α aggression, and emotion management in the current sample.

Descriptive Statistics

Descriptive statistics were used to determine the mean scores and standard deviations of the study variables. The results are shown in Table 4.2.

Table 3: *Descriptive Statistics and Inter-scale Correlation between CBV, and PID-5*

Variable	M	SD
Emotional Regulation	47.87	8.58
Impulsivity	82.42	14.38
Aggression	83.09	3.58

The results showed that participants had a mean emotion regulation score of 47.87 (SD = 8.58), an impulsivity score of 82.42 (SD = 14.38), and an aggression score of 83.09 (SD = 13.58). The standard deviations indicate that participant responses varied moderately across all study variables.

Correlation Analysis

Pearson Product-Moment Correlation analysis was used to investigate the links between emotion regulation, impulsivity, and violence among young people. The results are shown in

Table 4:

		BIS_TOTAL	ERQ_TOTAL	BAP_TOTAL_NEW
BIS_TOTAL	Pearson Correlation	1	.049	.187**
	Sig. (2-tailed)		.494	.008
	N	200	200	200
ERQ_TOTAL	Pearson Correlation	.049	1	-.081
	Sig. (2-tailed)	.494		.253
	N	200	200	200
BAP_TOTAL_NEW	Pearson Correlation	.187**	-.081	1
	Sig. (2-tailed)	.008	.253	
	N	200	200	200

The findings demonstrated a non-significant positive connection between emotion regulation and impulsivity (r =.049, p =.494), indicating that people with better levels of emotion regulation did not have more impulsive tendencies. As a result, it was determined that there was no statistically significant correlation between these factors.

Similarly, no significant negative association was found between emotion regulation and aggression (r = -.081, p =.253). The correlation did not approach statistical significance, despite the relationship's direction suggesting that people with better emotion management tended to report lower levels of aggression.

On the other hand, impulsivity and aggression showed a strong positive correlation (r =.187, p =.008). This result suggests that individuals with greater impulsivity scores also tended to exhibit more aggressive conduct. Impulsivity may be a significant psychological correlate of violence in young adults, according to the statistically significant association.

Overall, the correlation analysis showed that aggression and impulsivity were highly correlated, however in the current sample, neither impulsivity nor aggression were significantly correlated with emotion regulation.

Regression Analysis

Simple linear regression analysis was used to see if emotion regulation significantly predicts impulsivity and violence in young people. The predictive influence of emotion regulation on impulsivity and aggression as well as the predictive role of impulsivity on aggression were investigated using Simple Linear Regression analysis. At the.05 thresholds, statistical significance was established.

Tabel 5:

Outcome Variable	Predictor Variable	Beta	R2	p
Impulsivity	Emotion Regulation	0.049	0.002	0.494
Aggression	Emotion Regulation	0.081	0.007	0.253
Aggression	Impulsivity	0.187	0.035	.008

Interpretation

Simple linear regression analyses were carried out to determine the predictive influence of emotion regulation and impulsivity on the research variables. The results showed that emotion regulation only accounted for 0.2% of the variance in impulsivity (R^2 =.002) and did not substantially predict impulsivity (β =.049, p =.494). Similarly, only 0.7% of the variance in aggression (R2 =.007) was explained by emotion regulation, which did not substantially predict aggression (β = -.081, p =.253).

On the other hand, impulsivity explained about 3.5% of the variance in aggressiveness (R^2 =.035) and was a significant predictor of aggression (β =.187, p =.008). These results imply that while emotion regulation did not show up as a major predictor of impulsivity or aggression, impulsivity is a significant predictor of aggression among young adults.

Hypothesis Testing

Pearson correlation and simple linear regression analysis were tested for the hypotheses in the present study. The results are summarised in table 6.

Firstly, it was suggested that there would be a significant correlation between young adults' impulsivity and their emotion management. There was not any major correlation between the variables (r = .049, p = .494). So the theory was tried to be disproved because it was found out that the initial theory was wrong of all. According to the second hypothesis, young adults' aggression and emotion management are significantly correlated. The results showed that the link was not significant (r = -.081, p =.253). The second theory was thus disproved.

The third hypothesis postulated a strong link between impulsivity and violence in young people. The findings showed a strong positive correlation (r = .187, p = .008). As a result, the third theory was approved.

The fourth hypothesis postulated that impulsivity would be strongly predicted by emotion regulation. Regression analysis showed that impulsivity was not substantially predicted by emotion regulation (β =.049, p =.494). The fourth theory was thus disproved. According to the fifth hypothesis, aggression would be strongly predicted by emotion regulation. The results showed that aggression was not substantially predicted by emotion regulation (β = -.081, p =.253). Consequently, the fifth hypothesis was disproved.

In conclusion, just one of the five hypotheses that were put forth received support. The results indicate that whereas emotion regulation was not significantly associated with either impulsivity or aggression and did not significantly predict either variable among young people, impulsivity is strongly correlated with aggression.

Summary

The statistical studies carried out to investigate the connections between young adults' impulsivity, aggression, and emotion regulation were reported in this chapter. All study measures had excellent internal consistency, according to reliability analyses. While emotion modulation was not substantially associated with either impulsivity or aggression, correlation analyses showed a strong positive link between impulsivity and aggression. Regression analysis also showed that impulsivity and violence were not substantially predicted by emotion regulation. Overall, the results indicate that while emotion regulation did not show up as a major correlation or predictor in the current sample, impulsivity is a significant component related with aggression among young people.

Discussion

The present study examined the relationships among emotion regulation, impulsivity, and aggression among young adults. It also explored whether emotion regulation could predict impulsivity and aggression. The findings provided partial support for the proposed hypotheses and contributed to understanding the psychological factors associated with aggressive behaviours among young adults.

This first hypothesis was that the emotion

regulation and impulsivity would be negatively correlated in the young adult population and the correlation would be large. But, the results showed that there was no relationship between the variables in that there was 0% significant effect. Consequently, it was found that the hypothesis was not valid. This discovery contrasts with a couple of earlier reports which indicated that there were important relationships among emotion control issues and impulsive terminology. Based on the foregoing, Weiss et al. (2012) proposed that those who have a hard time regulating emotions may express their emotions through impulsive reactions with an aim to decrease emotional suffering. Likewise, prior studies have suggested that emotional regulation can have a negative effect on behaviour control and one's likelihood of engaging in behaviour regardless of the consequences.

A lack of significant relationships in this study might be due to its sample. The participants were mainly young adults related to education who may have fairly developed coping mechanisms and behaviour management. Moreover, impulsivity is multi-faceted, and is impacted by a range of psychological and environmental factors like personality traits, executive functioning and social experiences. Thus, sole use of feelings regulation as a way to understand impulsive patterns in this population might be inadequate.

On the theoretical level, the results indicate that while there appears to be a relationship between emotion regulation and impulsivity it could be a different relationship across cultures and populations. This suggests that other factors need to be explored that may lead to the impulsive behaviors of young adults.

Emotion Regulation and aggression

The second hypothesis predicted it would be an inhibited emotion regulation–aggression relationship. Results showed negative association however there was no significant relationship between results. Thus, there was no evidence to support the hypothesis.

The figure of the relationship is in accordance with the previous theory and empirical studies. Gross (1998) suggested that, with good emotion regulation, people will be able to adaptively reduce negative emotions, which will decrease the chances of negative behaviour like aggression. In line with this, Garofalo et al., (2020) and Roberton et al., (2012) found that those who had higher emotion regulation difficulties were more prone to engage in aggressive behaviors.

Even though these have been found, it did not have significant relationship with this research. Any one of two answers could be, one is because aggression is actually a behaviour which is complex, several factors affect each other. Emotion regulation could only be a more minor factor compared to other factors like family environment, peer relationships, exposure to violence, personality characteristics and cultural norms that can influence the aggressive tendencies. Moreover, participants might have responded with socially desirable responses when filling-out the self-report scales, which might cause a decrease in aggressive' scores.

Results indicated that emotion regulation doesn't necessarily predict aggression in all populations and that other factors need to be taken into account when exploring aggression in young adults.

Impulsivity and Aggression

For the third hypothesis there is supposed to be a significant positive correlation between impulsivity and aggression. This hypothesis was supported by the results which showed the positive association relationship between impulsivity and aggression was statistically significant for young adults group.

This is line with previous studies which have found impulsivity to be an important risk factor for aggressive behaviour. Weiss et al. and Yu et al. studies revealed that the higher degree of impulsiveness the subject possessed the more likely he was to be verbal and physical violent. This can indicate that those who possess a more impulsive temperament tend to quickly respond to situations that may lead to strong emotions in them without sufficiently assessing what they do in response to them.

The results are also in line with the General Aggression Model, which predicts that individual's traits (e.g. impulsivity) affect how the brain processes information and how the individual acts during a social interaction. Persons who are poor at behavioral inhibition might be more prone to "taking" reactive action to situations and/or interpreting considerations as reactive.

There was a relationship although it was not large in size (statistically significant). This suggests that there is a relationship between aggression and impulsivity but only a proportion of aggressive behaviour can be explained by impulsivity. Thus it must be concluded that aggression is a more complex phenomenon and is the result of a number of factors relating to psychological, social and environmental issues.

To date, the fourth and fifth were the only hypotheses that significantly predicted impulsivity and aggression: that emotion regulation would significantly predict impulsivity and aggression. The results of the regression analyses did not lend weight to either hypothesis. Emotion regulation contributed to a small amount of variance in impulsivity and aggression, suggesting that it is not very predictive of either of these behaviors in this sample.

These findings are inconsistent with some previous studies which found emotional dysregulation to be an important predictor of maladaptive behaviours. This may be because the Emotion Regulation Questionnaire only measures two emotion regulation strategies - expressive suppression and cognitive reappraisal. These strategies might not reflect the wider aspects of emotional functioning which underlie impulsive and aggressive behaviour.

One of the alternative explanations may be due to cultural influences. Social and cultural norms can affect how emotions are expressed and/or regulated, which can in turn impact on reporting processes. Therefore, the predictive factor of emocion regulation might be different in the area of different cultures.

Conclusion

In the present study, the relations among emotion regulation, impulsivity and aggression in youth were investigated. Also, it was investigated if there was strong prediction of emotion regulation by impulsivity and violence. 200 young adults were asked to complete data collection instruments (Emotion Regulation Questionnaire (ERQ), Barratt Impulsiveness Scale (BIS-11), Buss–Perry Aggression Questionnaire (BPAQ)).

The results showed no significant relationship between emotion regulation and impulsivity, suggesting that there was no significant link between the participants' tendency towards impulsiveness and their abilities in emotional regulation. The results also showed a negative correlation (but not statistically meaningful) between emotion management and aggression. The findings suggest that in the present sample emotion regulation might not be different influences on impulsivity and aggression.

However, there was found to be a significant positive correlation between impulsivity and aggression. Impulsivity was an important psychological trait associated with aggressiveness in youth since those with a higher score on impulsivity showed more tendency to be aggressive.

When examining the predictive effect of emotion regulation on these two variables (impulsivity and violence), no significant prediction was found for either variable in only regressions. Virtually no variance was found in both models for emotion regulation, suggesting that may be other psychological, social and environmental factors that are more influential to impulsive and violent behaviors.

As a whole, the findings from the study suggest that impulsive acts are more important in conceptualizing aggression by young people, than emotion regulation. The study not only contributes to the literature providing empirical evidence on the relationship between the variables but also provides helpful information for further research and counseling techniques or intervention program in reducing aggressive

behaviors and enhance psychological well-being among youth.

Declaration

The current study includes several limitations that should be noted despite its contributions

- The study's cross-sectional research design makes it more difficult to determine the causes of impulsivity, aggression, and emotion regulation.
- Self-report questionnaires were used to gather data. As a result, social desirability bias, response bias, or false self-perceptions may have affected the participants' answers.
- The results cannot be applied to teenagers, middle-aged adults, or elderly populations because the sample was limited to young adults.
- The data was collected using convenience sampling, which may compromise external validity and decrease the sample's representativeness.
- Only impulsivity, aggressiveness, and emotion management were examined. We did not look at other pertinent factors such personality traits, emotional intelligence, stress, coping mechanisms, familial environment, peer pressure, and social support.
- The study used a self-report measure to measure aggression; behavioral or observational assessments, which could offer a more thorough knowledge of violent behavior, were not included.
- The observed connections among the study variables may have been impacted by the lack of explicit exploration of cultural and contextual factors on emotional functioning and aggressive conduct.

Recommendations

The following suggestions are put forth in light of the study's limitations and conclusions:

- Future research involving longitudinal research could be helpful for gaining a better understanding of the causal relationships between impulsivity, aggression, and emotion regulation.
- Studies on a wider and more varied population should be included from education, social and cultural backgrounds to make the research findings more generalizable.
- Other variables that could influence violent behaviour, emotion intelligence, self-control, personality characteristics, stress, coping mechanisms and family/pair environments, should be explored in future research.
- The different aspects of regulation of emotions, impulsivity and violence should be investigated instead of the whole scale scores.
- Mixed method (quantitative and qualitative) techniques could make it possible to extend understanding of the psychological processes that underlie the aggressive process.
- The school or other interested institutions should offer educational awareness programs to help young adults develop healthy interpersonal relationships, emotional skill, self-control and conflict resolution skills.
- As the susceptibility of certain individuals to aggression suggests, interventions should be developed by mental health professionals to help people control their impulses and reduce aggressive disposition.
- Studies in the future would be beneficial to examine these relationships for various ages and cultural/sociological settings to determine if the relationships found in the current study are consistent across different groups of the population.
- Other mediating and moderating factors that might influence the relationships between emotion regulation, impulsivity and aggression should be explored in future research to better understand the phenomenon of aggression in young adulthood.

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Declaration of Conflicting Interest

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