



Available online at:

<http://unikastpaulus.ac.id/jurnal/index.php/jpkm>

JKPM: Jurnal Pendidikan dan Kebudayaan Missio,

P-ISSN: 1411-1659; E-ISSN: 2502-9576

Volume 13, No 2, Juli 2021 (179-190)

DOI: <https://doi.org/10.36928/jpkm.v13i2.748>

USAHA PENGEMBANGAN KEMAMPUAN SELF-CONTROL UNTUK MENJADI PRIBADI EFEKTIF

Frans Laka Lazar

Prodi PGSD Unika Santu Paulus Ruteng, Jl. Ahmad Yani, No.10 Ruteng 86508

e-mail: franslaka67@gmail.com

Abstrak

Setiap orang berjuang untuk membentuk diri menjadi pribadi yang matang, dewasa atau efektif. Salah satu ciri pribadi yang dewasa (efektif) yaitu mampu mengontrol setiap emosi atau impuls dari dalam diri. *Self-control* merupakan kemampuan untuk mengarahkan tingkah laku sendiri dan menekan berbagai dorongan yang ada. Dorongan-dorongan yang muncul bisa dikendalikan melalui *behavioral control*, *cognitive control*, *decision control*, *informational control*, dan *restrospective control*. Pengendalian diri hendaknya mengikuti prinsip-prinsip etika atau moral, prinsip kesadaran, prinsip permenungan atau refleksi, prinsip kesabaran dan prinsip pengalihan perhatian terhadap objek atau sesuatu yang lain. Penelitian ini bertujuan untuk mengupas usaha yang dilakukan oleh individu untuk mengembangkan kemampuan menguasai diri atau mengontrol emosi dalam hidupnya. Untuk mencapai tujuan tersebut, penulis melakukan studi pustaka dengan mengambil bahan penelitian dari buku-buku dan jurnal. Hasil studi menunjukkan tiga usaha yang dilakukan untuk mengembangkan kemampuan *self-control*, yaitu menumbuhkan kesadaran diri, mengelolah diri (emosi), dan berusaha menjadi pribadi dewasa.

Kata kunci: Kemampuan Self-Control; Pribadi Efektif.

THE EFFORTS TO DEVELOP SELF-CONTROL SKILLS TO BECOME AN EFFECTIVE PERSON

Abstract

Each person strives to mold himself into a mature or effective person. One of the characteristics of a mature or effective person is being able to control every emotion or impulse from within. Self-control is the ability to direct one's own behavior and suppress the various urges that exist. The impulses that appear can be controlled by means of behavioral control, cognitive control, decision control, informational control, and retrospective control. And self-control should follow ethical or moral principles, the principle of awareness, the principle of reflection, the principle of patience, and the principle of distraction towards objects or something else. The objective of this research is to examine the efforts made by individuals to develop the ability to control themselves or control emotions in their lives. To achieve this goal, the researcher conducted a literature study taken from books and journals. The results of the study show three efforts made to develop self-control abilities, namely growing self-awareness, managing one emotion, and trying to become a mature person.

Keywords: *Self-Control skill; Effective Person*

INTRODUCTION

Many problems in society can arise and are sometimes difficult to control, for example taking ownership of others (stealing, robbing, corruption), vandalism, the use of illegal drugs, free sex, and so on, are caused by low self-control (Ningsi, 2018). Ideally, the older the person, the more mature a person is, but the reality often speaks differently. People who are mature in age or are adulthood, may not be able to control themselves, even show explosive emotions, infantile behavior, or various other antisocial actions.

From various incidents, we find out that there are people who can control themselves well, but the other may not be or have low self-control, every behavior will have a certain effect and children can learn from all of these, including the effects of a behavior. As Bandura stated that a person does not only learn from observing the behavior of others, but also learns from the effects caused by a behavior (Sriyanti, 2012).

The results of Liau-bei Wu's research (in Sriyanti, 2012) on 1000 middle school children strengthen the role of parents in the formation of self-control and the influence of self-control on various bad behaviors. The conclusion of this study stated that parenting style affects deviant behavior, so the conclusion is there is a relationship between self-control and deviant behavior in adolescents. Moreover, results of Gottfredson and Hirschi's research showed that all crimes come from low self-control.

Self-control has a big role for the formation of good and constructive behavior, Gul and Pesendofer (Sriyanti, 2012) state that the function of self-control is to align personal desires for self-interest with temptation. She stated that the ability of a person to controls one's desires and avoids temptation plays a very important role in shaping good behavior. There is a human tendency in children to behave according to their own will, there is a tendency for children to defy rules,

disobey their parents and obey their own will. Lazy studying, cheating, not doing homework, watching TV / movies for hours, playing games, coming home late at night, drinking alcohol are all temptations that bother children. This temptation can be resisted with good self-control.

Self-control can be done in many ways, especially dealing with various challenging and difficult situations. Why is self-control important? There are some reasons. *First*, social factors. Humans are social creatures who always interact with other people to fulfill both physiological and psychological needs. In order for all the necessities of life to be fulfilled, cooperation with other people is mutually beneficial. This happens because people can control themselves from various personal interests. *Second*, the factor of self-identity or self-worth. Self-control shows our identity or who we really are. People often give an assessment of what we often do in everyday life and self-control is an important aspect of managing and controlling our behavior. Self-control is an important aspect in actualizing our thought patterns, feelings, and behavior in dealing with every situation. A person who can control himself from negative things will get a positive assessment from others. *Third*, the factor of life goals. Self-control plays a role in achieving one's life goals. This is caused by people who are able to refrain from behaviors that are detrimental to themselves and others (Gunawan W. Adi, 2018).

Self-control or the ability to control his/herself from various situations is one of the characteristics of an effective and healthy personality. Below will be explained two major points, namely human personality, and self-control.

METHOD

The method used in this study is library research. The researcher read various literatures taken from books

and journal articles related to the topic of the efforts to develop self-control skills to become an effective person. The sources of the literature were read and note-taking techniques, analyzed carefully, integrated, interpreted, compiled critically, and formulated creatively to produce this article (Sari & Asmendri, 2020). The objective of this study is to describe the efforts to develop self-control skills to become an effective person.

RESULT AND DISCUSSION

Personality Essence

The person or personality is often interpreted differently. Below will be explained some definitions of personality. Personality means self/person as a whole which is unique and special for each individual. According to Gordon Allport:

"Personality is the dynamic organization within the individual of those psychophysical systems, that determines his unique adjustment to his environment" (Carducci, 1998: 3-4).

There are several emphases in Allport's definition, such: *first*, "dynamic organization": personality is always developing and changing or dynamic (living, changing, developing). This is understandable because the individual lives and develops from the simple to the perfect. The individual is always there and lives with other people, there is interaction with other people. Personality has the possibility to change according to the environment - it is not static. *Second*, the term "psychophysical" indicates that personality is not only a mental aspect, but it encompasses the work of the body and soul, which are one unit. In the physical body, there is something spiritual. For example, nowadays there are many diseases that arise due to psychological stress in social, political, career, family life such as ulcers, migraines, eczema, etc. or there is another motto that reads: Men Sano Korpore Sane. *Third*, another

important element: "unique". Each person is unique and special. No two people have the same personality. *Fourth*, "Adjusting to the environment". Personality is something that has an adaptation and decisive function (Hutagalung, 2007: 1-5).

Another definition put forward by Richard M. Ryckman (1999: 306) is as follows: "Personality is the dynamic and organized set of characters possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in various situations."

This definition emphasizes that personality is dynamic and has a number of characteristics that are unique to a person which specifically affects a person's thoughts, motivations, and behavior in various situations.

Personality Forming Elements

The behavior pattern of each individual is different and unique. Human behavior is determined by instincts, impulses, reflexes, or it is no longer influenced by the human mind and spirit. Below will be explained some of the elements that make up the human personality (Gunawan W. Adi, 2018, & Sriyanti, 2012).

First, knowledge. Fantasy, understanding, and concepts are in one's knowledge. All of these things are appeared from observation and experience of the environment in which the individual is. All that is recorded by the brain and then expressed by the individual in the form of behavior.

Second, feelings. Feelings are a human conscious *condition* that results in positive and negative assessments of a situation or event. The form of assessment is influenced by his knowledge. Feelings are always subjective.

Third, instinct. An instinctual drive is a will that is already present in everyone. There are seven types of instinctual drives, namely the urge to sustain life, the sexual drive, the urge to find food, the urge to serve, the urge

to socialize with other people, the urge to imitate the behavior of others, and the urge to be artistic.

A person's personality is complex and *unique*, and different for each person. No one has the same character and personality even though they are born twins. This is due to the background of self-formation that starts within the family. The complete personality consists of the elements of knowledge, feelings and instinctual drives. The three of them are an inseparable unit.

Personality Types

The classification of the human personality type varies according to various psychologists depending on the school of psychology where he comes from. Below will be presented the views of Florence Littauer (1992) and Dwi Oktaviana and Utin Desi Susiaty (2017) regarding the types of human personality, which are divided into four types.

(a) Popular Sanguine-Type

Sanguine-type individuals are usually energetic, friendly, give a cheerful impression in any condition, and like to motivate people. Sanguine has a tendency to seek attention, affection, support, and recognition from those around them.

People with the sanguine type are usually extroverted, initiate conversation, optimistic, and easily get along with or make friends with anyone. However, they generally have an irregular pattern of carrying out tasks, are quite emotional, and are very sensitive to what other people think of them.

(b) Powerful Choleric-Type

Individuals with choleric types have a firm attitude, are goal-oriented and can organize an action quickly, tend to seek loyalty and appreciation from others for their abilities.

Choleric individuals like challenges and can easily complete even difficult tasks. A choleric person has the potential to be a good leader, disciplined enough, and able to focus

on something, and have a sense of control.

The negative characteristics of the choleric type are being, stubborn, and insensitive to people's feelings.

(c) Perfect Melancholy-Type

Individuals with melancholy types are quiet, thinkers, and perfectionists. A perfectionist attitude encourages him to complete tasks systematically and on time. However, this type is also often pessimistic, critical, and often disappointed if they do not succeed in achieving what they aspire to.

This type of person needs the support of others, space, and silence to think before acting, writing, or talking about what is on his mind.

(d) Peaceful Phlegmatic-Type

Phlegmatic-type individuals are peaceful, quiet, not easy to get along with, and simple. People with this type are a little slow but by no means stupid, slow in attitude and speech. Basically, this type of person doesn't like risks and challenges, takes time to adjust to a change.

Based on Florence Littauer's view of the four personality types above, the writer concludes that each person is unique and also has a unique personality type. That personality type becomes the peculiarity of that person. To find out a person's personality type it is necessary to make a comparative psychological test. The test will determine what kind of personality type a person has.

Friedman and Rosenman (Smith, et al. 2003, Dede Rina, dkk., 2021) introduced two types of human personality, namely Type A and Type B. These two personality types have special characteristics.

First, Type A personality has the following characteristics: (1) sharp and very aggressive speech style; (2) always eating, talking, and walking fast; (3) impatient with people who are slow, like to interrupt other people's conversations; (4) often do many things at the same time (polyphasic); (5)

selfish, only interested in conversations related to himself and trying to direct the conversation according to his will; (6) feel guilty when relaxed and find it difficult to calm down after work; (7) leads to things that should be appreciated; (8) inattentive and unable to remember the details of a room; (9) if they are competed with by other types B, there will be a riot; and (10) believe that success is achieved by doing things faster so that he continues to work quickly

Second, type B personality has the following characteristics: (1) slow and relaxed speech style; (2) talking and walking casually; (3) patient; (4) doing a job one by one; (5) better able to understand other people; (6) can relax after work; (7) leads to things that are worthy of respect; (8) always doing something without pushing yourself; (9) playing games for fun, not victory; and (10) it is difficult, to be frank for fear of hurting others.

Two personality types proposed by Friedman and Rosenman focus more on the nature or character of a person. Their views help a person to get to know himself and his particular personality type. Type A is associated with an aggressive personality, while Type B is associated with a calm and peaceful personality. Both types can be found in a person.

Factors Affecting Personality

The human personality is dynamic and changes and develops according to the phases of human development from conception, childhood to old age and death. The factors that influence a person's personality (Sujanto et al., 2006) are as follows.

First, biological factors. This factor is related to the physical shape. There are physical differences between one person to another. A person's physical characteristics can be one of the determining factors for the development of his personality (Carducci, 1998).

Second, certain geographical and cultural factors. Different geographic locations will produce different types of culture. For example, coastal communities produce fishing culture, rural communities produce farmer culture, and so on. The geographical location gives an indication of the general personality characteristics of a society.

Third, the group experience factor. Humans are social creatures who always exist with others and interact with others as well. The first group that the child experiences and learns to interact with is the family. It means that family has a very important role in shaping one's personality. After family, there are other groups that contribute to a person's personality, namely peers, the school environment, and the community in which a person lives.

Fourth, the unique experience factor. Everyone's experience is different and unique. No two people have the same experience even though they live in the same neighborhood. Each experience is personal and it helps shape each person's personality according to his basic character.

A person's personality is not only formed by one single factor but by many factors as explained above such as family environment, socio-cultural environment, peer groups and so on. All these factors make up a unique and complex person. The background of self-formation affects a person's personality.

Characteristics of Human Personality

The human personality is unique and special and no two people have the same personality. There must be things that stand out as his specialty. Below will be described two general characteristics of personality, namely a healthy and an unhealthy personality.

(a) Healthy Personality

Individuals who have a healthy personality appear in the following

characteristics. *First*, they are able to assess themselves realistically, especially to recognize the strengths and weaknesses that exist within them. *Second*, being able to assess achievement realistically, in the sense of judging success rationally and not boasting about the success but always being humble and having a grateful heart. *Third*, autonomous or independent in how to think, act, be able to make decisions, develop themselves, and adjust to the norms prevailing in society. *Fourth*, being able to realistically assess living situations and conditions, and to accept the existing reality positively. *Fifth*, having a philosophy of life which becomes the basic vision that encourages him to develop. *Sixth*, outward-oriented, which appears in respect, empathy for others, care for situations and people, is flexible in thinking, feels comfortable and open with others, and a spirit of sacrifice. *Seventh*, a person who is happy, joyful, full of affection, and accepts himself and the situation as it is. *Eighth*, being able to control emotions when faced with challenging situations, full of frustration, stress, depression, and destruction (Rahmat, 2014, Riyanto, 2006).

Every person wants to have a healthy personality. A healthy personality is a person who is able to understand and accept himself as he is, a person who is confident and optimistic, a person who has a life orientation, a person who is able to manage his emotions well. To achieve this goal, one must know himself well with all his strengths and weaknesses.

(b) Unhealthy Personality

An unhealthy personality is the opposite of a healthy personality. Personal characteristics that are psychologically unhealthy include irritability, hyperactivity, difficulty sleeping (insomnia), being hostile to all forms of authority, being pessimistic about life, experiencing frequent stress or depression, frequent anxiety, being rude to people, others especially with people who are easier, unable to avoid

deviant behavior even though they have been warned or punished, like to criticize or ridicule others, lack enthusiasm in life, lack the awareness to obey religious teachings, and often experience psychosomatic disorders (head dizziness, chest pain, etc. although the cause is not an organic factor) (Aqib, 2013).

From the abnormality aspect, the writer concludes that human personality consists of two parts, namely a healthy and an unhealthy person. A healthy person is a person who does not experience serious psychological problems even though there are problems in his life. A healthy personality makes someone more productive by living. Meanwhile, a sick personality is a person who needs special attention and treatment.

The Nature of Self-Control

According to Chaplin (1985), self-control is "the ability to guide one's own behavior; the ability to repress or inhibit impulsive behavior or impulses." Goldfried and Merbaum (1973), explain self-control as the ability to organize, guide, regulate, and direct forms of behavior that can lead individuals to positive consequences.

Acocella and Chalhoun (1990) understand self-control as regulating one's physical, psychological, and behavioral processes. In other words, self-control is a series of processes that shape itself. Skinner (Alwisol, 2009) further explains that self-control is an act of oneself in controlling external variables that determine behavior. Behavior can be controlled in various ways, namely avoiding things or stimuli that are not liked, and strengthening oneself.

Based on the above definition, it can conclude that self-control is a form of potential that can be developed and used by individuals in dealing with various situations, with the aim of preventing and reducing the negative psychological effects of various pressures in the environment. In addition, self-control is a form of individual ability to control and

manage behavioral factors in accordance with situations and social conditions.

Types of Self-Control

Of course, an individual can deal with various situations and conditions that require him to be able to adjust and act according to the demands of the prevailing situation. Below will be described several types of self-control (Calhoun & Acocella, 1990).

First, behavioral control, which is a person's ability to influence or modify an unpleasant situation, for example preventing or staying away from an unpleasant situation, choosing the right time to react, or limiting the intensity of the situation.

Second, cognitive control, which is the individual's ability to process unwanted information by interpreting, assessing, and combining an event in a cognitive framework as psychological adaptation or to reduce pressure. With the information possessed by individuals regarding unpleasant circumstances, individuals try to assess and interpret a situation by paying attention to positive aspects subjectively or focusing on pleasant or neutral thoughts. Or in other words, the individual tries to see the positive side of every unpleasant experience and event.

Third, decision control, which is a person's ability to choose an action based on something he believes or agrees with. Self-control helps determine a choice from the many possibilities which are carried out freely and without pressure or coercion from anyone and any party.

Fourth, informational control, which is the opportunity to get information about stressful events, when they will happen, why they occur and what are the consequences. This information control can help improve a person's ability to predict and prepare for what will happen and reduce a person's fear of dealing with the unknown, thereby reducing stress.

Fifth, retrospective control, namely the ability to look back at what and who caused a pressing event after it happened. Individuals try to find the meaning of every event that occurs in life, both fun and challenging and full of difficulties. It does not mean that the individual controls every event that occurs, but the individual tries to modify the stressful experience to reduce anxiety.

Based on the above explanation, the writer can conclude that self-control occurs in several forms. There is something called controlling unpleasant behavior, controlling negative thoughts, controlling various decisions made based on emotion alone, and controlling various false information. The forms of self-control mentioned above help a person to be able to master oneself from various aspects.

Factors Affecting Self-Control

Self-control does not just happen, but it exists and occurs because there are certain dimensions that influence it. Below will be described several factors that influence the occurrence of self-control.

First, individual personality. Each person's personality is unique, special, and different. Personal differences also greatly affect a person to react to any pressure, challenge or difficulty. There are individuals who immediately respond and react to psychological stress or problem, while others may be silent or slow to respond.

Second, the condition of the individual's living environment. The environmental situation is an important element in the self-control process. Every individual has a different and varied strategy in controlling himself over a particular problem or situation. Every environmental situation has its own peculiarities that can affect the reaction pattern carried out by a person.

Third, cultural factors. Every culture has certain beliefs and

thoughts that influence a person to relate and react to the environment. Culture also determines and shapes people's behavior, so it can be understood that reactions to stress or stressful and unpleasant situations also differ from culture to culture. Thus, the strategies used are also different and varied.

Fourth, experience. Experience shapes the learning process in a person. Experience that comes from the learning process in the family environment plays an important role in shaping children's self-control. For examples, when someone reacts, he always recalls the experience of being a valuable teacher who taught him to understand the lesson better.

Fifth, the age factor. There is an assumption saying that as you get older, you more more mature in thinking and acting. It is true that this statement is not always true, but what is generally expected is that it is. Various experiences really help a person to react and act more intelligently and wisely to a situation or problem. Older people tend to have better self-control than younger people (Gunawan W. Adi, 2018).

The ability to control oneself is formed from several factors such as individual personality types who are optimistic and confident, a democratic environment where a person grows or lives, the socio-cultural environment in which the individual is located, various enjoyable and challenging life experiences, and we believe that the age factor could affect maturity of a person. All of the above factors affect a person's self-control.

Principles of Self-Control

It didn't seem that it is easy for someone to control himself. A person needs to learn many things from his life experience in order to be more mature in controlling himself. There are several principles that need to be understood by a person in controlling himself.

First, ethical or moral principles. Moral principles teach a

person to be able to distinguish between good and bad. Every religion must teach good morals for every adherent, for example not stealing, not killing, not cheating, not lying, not getting drunk, not committing immoral acts, or not harming others. When there is an urge to do something that is against the principles of good morals, then that person needs to be aware of the negative urge and return to the signs of good ethics. In a dilemma or conflict situation, a person needs to make careful considerations before acting or must be able to control himself over these negative things.

Second, the principle of consciousness. This principle teaches a person to always be aware of every form of negative thoughts and feelings that arise. In general, people do not see an event and an action objectively and rationally but are more controlled by their subjective thoughts and feelings. For example, someone is offended and angry because of an attitude or words that are whispered behind his back. He thought that other people were talking about him, even though they were probably talking about something completely different. But when people are aware of the situation and feelings of anger that arises in them, then they can control themselves and channel them in an intelligent way without hurting others and destroying relationships with others.

Third, the principle of reflection. Reflection on feelings of anger and depression is born from self-awareness. A person asks himself about various things that cause him to be angry or emotional, for example, what is the advantage of being angry, why I am angry, or whether it is appropriate for me to channel my anger. These questions can reduce or mitigate feelings of anger. People who are angry usually do not use good and correct reason or logic. So there needs time to reflect on each event or experience rationally.

Fourth, the principle of patience. Emotions experienced by a person usually fluctuate, rise and fall.

Negative emotions occur only in certain situations and are not permanent. Even if it is only for a moment, if it is not realized and channeled properly, it will harm oneself and damage relationships with others. Therefore, it is necessary to be patient in defusing negative emotions and need to face them and respond to them with wisdom and responsibility.

Fifth, the principle of distraction. People who are under psychological stress spend a great deal of time and energy on things that are not productive. If the other five principles have been implemented and there is no change in attitude, then the principle of attention transfer can be implemented even if it is temporary. The purpose of attention transfer is to keep yourself busy with other things that are more recreational and fun, other activities to reduce emotional tension. The previously chaotic thoughts and feelings of uncertainty diminished a little. Positive emotions are slowly starting to grow back (Gunawan W. Adi, 2018).

Based on the explanation above, the writer can say that in order for a person to be able to control himself better, then he must understand the principles of self-control. He must know the code of ethics that applies in his daily life, he must also be aware of what is going on in him, and be patient in facing various situations that are always changing.

Self-Control Characteristics

Self-Control is an individual's ability to control himself or to control thoughts, feelings, and behavior or unpleasant situations. There are personal characteristics that can exercise self-control: *first*, the ability to deal with unwanted situations by preventing or avoiding unpleasant situations, and being able to cope with stress, frustration, and explosive emotions. *Second*, the ability to delay or divert negative emotions by regulating behavior, thoughts and feelings to achieve something that is more valuable or more acceptable to

society. *Third*, the ability to make judgments objectively. This ability requires rational logical thinking of every experience, whether pleasant or unpleasant. *Fourth*, the ability to see positively an event or behavior that causes stress. *Fifth*, the ability to make the right decisions by making careful considerations from various points of view (Smet, 1994: 35).

The Self-Control Efforts to Become Effective Person

Self-control is one aspect of emotional intelligence, namely the ability to manage one's own emotions. An individual is said to have an effective and healthy personality if he can control himself when faced with various challenging situations, crisis situations, and difficult situations. He does not easily give up and run away from reality, but always has a positive attitude and sees good values behind difficulties and challenges.

Cultivate self-awareness

The first step in being able to control one thought, feelings, and actions, is first of all people must know and realize "who they are" or "who am I", all their strengths or potential, and also the weaknesses or shortcomings that are owned. By getting to know himself better, especially the weakness character, it will be easier for him to act in a healthy manner.

Individuals who know themselves well and have high self-awareness will respond and react in a healthy way, be aware of problems and triggers, be able to communicate well or be able to control themselves against any impulses that arise. High self-awareness allows someone to monitor and examine their actions (Weisinger, 2006: 7-33). Meanwhile, individuals who have low self-awareness, easily react and respond negatively and sometimes even have difficulty controlling themselves to events or people.

Knowing and realizing yourself is a learning process. There are several ways of learning to increase self-

awareness, such as, investigating how to make judgments, conforming to one's own senses, recognizing one's own feelings, learning all personal intentions, and paying attention to one's own actions.

Self-Management (Emotion)

Managing oneself means understanding oneself and all of their feelings and using that knowledge to deal with situations productively; instead of suppressing emotions and depriving them of valuable information that emotions impart to themselves. Because emotions are generated by the interaction between thinking, physiological changes, and a person's behavior in response to an external event, people can control emotions by controlling each component. Then the emotions that cause stress are usually caused by problematic situations, for example, fear of being fired or transferred.

The components that work together in controlling emotions or feelings, namely *first*, positive cognitive thoughts or assessments of an event or person's actions. *Second*, physiological changes. How does the body react to events, incidents, people's attitudes that cause people to be depressed? *Third*, the behavior or the tendency of a person's actions. A person who is angry or emotional can be seen from his aggressive attitude or behavior and tends to be destructive. If these three components can be controlled, then that person will display an effective and emotionally intelligent person (Mutiarra Puspita, 2019).

To control emotions, we must be able to control our behavior. In order to do so, we must first become acquainted with it. First, learning to recognize one's own behavior, especially positive behavior, which becomes the strength for self-development and negative behavior that hinders self-development. Second, avoiding unproductive behavior such as sarcasm, arrogance, and so on.

Trying to Become a Mature Person

Becoming a mature person is everyone's hope and dream. Everyone struggles to shape themselves as they are according to the wishes and expectations of society. A mature person must have the following characteristics.

First, the extension of self. A mature person is a person who does not live for himself but is always open to others. He must be able to take part in and enjoy the various activities in his life and be willing to accept the failures and successes he experiences. One important aspect of self-expansion is projecting about the future or having a clear vision of life. Thus he can plan and expect the things he has planned.

Second, a realistic self-orientation (self-objectification). An effective and mature person is a person who is able to build warm relationships with other people, both in deep intimate relationships and small talk feels safe, and accepts himself and the world around him. There are two main components of realistic self-orientation, namely: (1) humor, the ability to relieve tension through humorous things, and (2) Insight, namely the ability of a person to understand himself.

Third, the philosophy of life. An effective and mature person is a person who has a way of life to achieve the desired goals. Philosophy of life gives a clear and definite orientation about life to achieve. This view of life is what moves people to live according to their dreams and hopes ((Hutagalung, 2007).

Becoming a mature person is a long process. As we get older it is hoped that a person's maturity will also be formed. But that assumption is not always true. The fact is that there are various efforts or ways that develop oneself in order to achieve ideal self-maturity such as the educational process, trainings, courses on self-discovery, and so on. A mature person is a person who is open, accepts himself as he is, has a realistic orientation, and has a vision of a healthy life

CONCLUSION

Self-control is the ability to direct one's own behavior and suppress the various urges that exist. The impulses that appear can be controlled by means of behavioral control, cognitive control, decision control, informational control, and retrospective control. And self-control should follow ethical or moral principles, the principle of awareness, the principle of reflection, the principle of patience, and the principle of distraction towards objects or something else.

People who are able to control themselves or to exercise self-control present themselves as individuals who are effective, healthy, and mature. The characteristics of individuals who are able to exercise self-control such as being able to overcome unwanted situations by preventing or staying away from those unpleasant situations; be able to delay or divert negative emotions; be able to make judgments objectively; be able to see the positive meaning behind events or incidents that cause stress; and be able to make the right decision

REFERENCES

- Acocella, J. R., & Calhoun, J. F. 1990. *Psychology of Adjustment Human Relationship*. New York: McGraw-Hill.
- Adam, Linda, dan Lenz, Elinor. 1995. *Be Your Best, Personal Effectiveness in Your Life and Your Relationships*. Jakarta: PT. Gramedi.
- Alwisol. 2009. *Psikologi Kepribadian*. Malang: UMM Press.
- Aqib, Zainal. 2013. *Konseling Kesehatan Mental*. Bandung: CV Yrama Widya.
- Carducci, Bernardo, J. 1998. *The Psychology of Personality, Viewpoints, Research, and Applications*. Indiana University
- Southeast USA: An International Thomson Publishing Company.
- Dayakisni, Tri & Hudaniah. 2003. *Psikologi Sosial*. Malang: UMM Press
- Dede Rina, Nita Fitra, & Hendrawati. 2021. Literature Review Hubungan antara tipe Kepribadian dengan Hipertensi. *Jurnal Keperawatan Komprehensif*, Vol.7, No.1: 15-19.
- Dwi Oktaviana & Utin Desi Susiaty. 2017. Perbedaan Prestasi Belajar Matematika Ditinjau dari Tipe Kepribadian Siswa dala, Pembelajaran Matematika. *Jurnal SAP Susunan Artikel Pendidikan*, Vol.2, No.2: 27-133.
- Gunawan W. Adi. 2018. *Jurus Pengendalian Diri*. <http://adiwgunawan.com/awg.php?co>
<http://azrl.wordpress.com/2008/10/26/mengendalikan-diri/>
- Goldfried, M. R., & Merbaum, M. 1973. *Behavior Change through Self-Control*. Inggris Oxford: APA.
- Hutagalung, Inge. 2007. *Pengembangan Kepribadian, Tinjauan Praktis Menuju Pribadi Positif*. Jakarta: PT Indeks.
- Littauer, Florence. 1992. *Personality Plus*. Jakarta: Binarupa Aksara.
- Myers, David G. 1999. *Sosial Psychology*. New York: McMraw-Hill College.
- Mutiara Puspita, Sinta. 2019. Kemampuan Mengelola Emosi sebagai Dasar Kesehatan Mental Anak usia Dini. *SELING Jurnal Progam Studi PGRA*, Vol.5, No.1: 85-92.
- Ningsih, Ruli. 2018. Pengaruh Kontrol Diri terhadap Perilaku Disiplin Remaja. *Jurnal Psikoedukasi dan Konseling*, Vol.2, No.2: 48-52.

- Rahmat, Dede. 2014. *Bimbingan dan Konseling Kesehatan Mental*. Bandung: PT Remaja Rosdakarya.
- Riyanto, Rheo. 2006. *Jadilah Dirimu Sendiri*. Yogyakarta: Kanisius.
- Smet, Bart. 1994. *Psikologi Kesehatan*. Jakarta: Gramedia.
- Ryckman, Richard M. 1999. *Theories of Personality*. USA: Warsworths/Thomson Learning.
- Sari, Milya & Asmendri. 2020. 'Penelitian Kepustakaan (Library Reseach) dalam Pendidikan Ipa, Natural Science,' *Jurnal Bidang Ipa dan Pendidikan Ipa (Online)*, Vol 6 (1), 41-53.
- Smith, Edward E., Hoeksema, Susan Nolen, Fredrickson, Barbara L., Loftus, Geoffry R., Bem, Daryl J., & Maren, Stephen. 2003. *Atkinson & Hilgard's Introdunction to Psychology*. United States: Thomson.
- Sriyanti, Lilik. 2012. Pembentukan Self Control dalam Perspektif Nilai Multikultural. *MUDARRISA Jurnal Kajian Pendidikan Islam*, Vol.4, No.1: 66-89.
- Sujanto, Agus, Lubis, Halem, & Hadi, Taufi. 2006. *Psikologi Kepribadian*. Jakarta: Bumi Aksara.
- Weisinger, Hendrie. 2006. *Emotional Intelligence at Work*. New York: John Wiley & Son, Inc.
- Weiten, Wayne dan Lloyd, Margaret A. 999. *Psychology Applied to Modern Life*. United States: Wadsworth Thomson Learning.