

Evaluation of The Application of The Word "It's Okay" In Angry Women's Culture

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ABSTRACT

Anger is an internal state that involves human emotional, cognitive, and physiological aspects. Expression of angry emotions can appear in verbal and non-verbal forms. The use of angry speech is used more by women than by men. These differences consist of parenting and socialization patterns that shape how a person's emotions are conveyed. This study aimed to evaluate the word "it is okay" in the culture of angry women. This study uses a qualitative research method with a case study approach. Respondents used in this study amounted to 3 people with a purposive sampling technique. Methods of data collection using observation and interview techniques. The study results show that the word "it's okay" is always used by women when they are emotional or whenever there are fights and differences of opinion. This word is used to avoid a big fight. This satisfies women; their hearts feel calmer because they don't hurt others.

Keywords: Angry Women, It's Okay word

Introduction

Humans are creatures created by Allah SWT who have feelings and emotions that enable them to live optimally. Emotion is a complex reaction with a high degree of activity that causes behavior change because emotion is an urge to act (Manizar, 2017).

Anger is an internal state that involves human emotional, cognitive, and physiological aspects. When angry, we feel physical discomforts, such as a racing heart, shortness of breath, and disturbed digestive system. Cognitively too, we will experience reduction where cognitive processes become very selective and impartial, judgments become not objective, and rational considerations decrease. Seeing the characteristics of anger, it cannot be denied that anger threatens individuals and their social environment if allowed to grow wild. Anger is also a significant factor in triggering aggression and criminal acts (Sabrian, 2019).

Expression of angry emotions can appear in verbal and non-verbal forms. Non-verbal forms such as screaming, hitting, crying, and so on. Oral forms such as uttering utterances, insults, satire, words are okay and so on (Sabrian, 2019).

The use of angry speech is used more by women than by men. This is because of genetic factors that God has created. Women are more sensitive to their feelings and prefer speech to express their anger. In contrast, men prefer to use action as an expression of anger. These differences consist of parenting and socialization patterns that shape how a person's

emotions are conveyed. This makes the difference in communicating emotional expression between men and women through language (Sabrian, 2019).

Besides functioning as a lens in viewing socio-cultural phenomena, language is also a tool humans can use to express their emotional state. Emotions appear with changes in facial expressions, gestures, and voice intonation. Emotions are the most basic feelings experienced by a person, described in the form of happiness and anger (Sabrian, 2019).

The language of love is an expression of acceptance of emotional maturity involving emotional control. This means that a person can maintain his feelings, suppress his emotions, suppress revenge in his anxiety, cannot change his mood, and it is not easy to change his mind. Emotional maturity can also be said to be a learning process to develop love perfectly and broadly, where it becomes a reaction of individual choice so that it can automatically change the emotions that exist in humans (Manizar, 2017).

The word smoothing in expressions, for example, the term "it's okay," seems better than the word up in the expression of the language of love (Soliha et al., 2021). Several previous studies have explored the relationship between love and other variables. For example, a researcher found that storage-type love attitudes had women's positive evaluation of praise given by men to material objects. That is, women with the storage type appreciate men who complement the things that these women have (Suriyah et al., 2019).

According to previous research conducted by Zuhdi (2019), Indonesian people, especially women, express angry emotions with passive expressions. Passive expressions include silence, ignoring, crying, avoiding, and others. The majority stated that they were silent as much as 76.2%, ignoring as much as 6.2%, crying as much as 5.4%, avoiding as much as 4.6%, controlling their emotions 3.4%, and smiling as much as 1.5% of respondents.

Based on the initial interviews conducted in April, it was found that the respondents suppressed their emotions by hiding more and only expressing one or two words, such as the word "it's okay," to prevent separation or further debate.

Based on the explanation above encourages researchers to examine the concept of angry emotions in women to evaluate the word "why" in the culture of angry women in Indonesia.

Material And Methods

This study used qualitative research methods. The type of approach used in this research is a case study. The variable in this study is anger. The respondents in this study were three people aged 18-21 years, students of 'Aisiyiah University, Yogyakarta.

In this study, researchers used a purposive sampling technique in data collection. The tools used in this study were books, pens and recorders. The data collection method in this

study was carried out using observation and interview techniques.

Data analysis through three stages data reduction, data presentation, conclusion, or verification. Data validity by triangulation of data sources and triangulation of data collection.

Results

action techniques.

The study's results include the introduction of angry emotions, controlling angry emotions, overcoming angry emotions, and expressing angry emotions. These four aspects are explained in detail as follows:

1. Recognition of Angry Emotions

In the introduction of angry emotions, five questions cover self-view related to emotions, the process of arising emotions within oneself, the mental and physical state when emotions are, and what things make angry feelings arise.

In the first question related to emotions, from the three excerpts from interviews with the three respondents, it can be concluded that emotion is a response to one's self in dealing with positive and negative situations.

In the second question about the process of generating emotions, from the three excerpts from the interviews with the three respondents, it can be concluded that the process of developing feelings occurs spontaneously or quickly, which affects psychologically, causing emotional outbursts.

On the third question about the state of mind when emotional, from the three excerpts from interviews with the three respondents, it can be concluded that respondents' emotional state of mind varies depending on self-acceptance and how to control emotions.

On the fourth question about their physical condition when they are emotional, from the three excerpts from interviews with the three respondents, it can be concluded that the physical condition of the respondents when they are emotional does not change, and they never play physically.

On the fifth question about what things affect the emotion of anger, from the three excerpts from interviews with the three respondents, it can be concluded that many factors can cause someone to be angry, one of which is something that is not in line with expectations so that one cannot accept this and emotions arise.

2. Angry Emotional Control

Angry emotional control consists of four questions, including how to deal with excess

feelings when emotions are the underlying reasons for controlling emotions, how emotions affect patterns of thinking and behavior, and what impacts arise if controlling emotions.

The first question is about how to deal with excess feelings when emotions. From the three excerpts from interviews with the three respondents, it can be concluded that the respondent responds to excessive emotions by being silent and yielding.

In the second question about the underlying reasons for controlling emotions, from the results of the three interview excerpts with the three respondents, it can be concluded that the reasons underlying the respondents for controlling emotions are to avoid quarrels that will hurt someone's heart.

On the third question about how emotions influence thinking patterns and behavior, from the three results of interview excerpts with the three respondents, it can be concluded that emotions significantly affect a person's mindset and behavior to handle or control emotions.

On the fourth question about the impact when controlling emotions, from the three results of interview excerpts, it can be concluded that controlling emotions have a very positive effect, both for oneself and others, one of which is avoiding fights.

3. Expression of Angry Emotions

Expressions of angry emotions include five questions covering what to do when emotional, what phrases to say when emotional, how often to say when emotional, whether the expression makes you feel more satisfied when emotional, and what if the words expressed offend or hurt other people.

In the first question about what to do when emotional, from the three excerpts from interviews with the three respondents, it can be concluded that when emotional, the respondent chooses to be silent, gives in, and avoids the source of emotion.

On the second question about what expressions are said when emotional. from the results of the three interview excerpts from the three respondents, it can be concluded that the expression uttered when emotions are by speaking one or two words. The word that is often used is the word "it's okay."

In the third question about how often to say the word when emotional, from the three interview excerpts from the three respondents, it can be concluded that respondents often use the phrase "it's okay" every time they are emotional or when there are fights and differences of opinion.

In the fourth question about whether this expression makes you feel more satisfied when you are emotional, from the results of the three interview excerpts with the three respondents, it can be concluded that the respondents felt comfortable even though they

gave in, so their hearts felt calmer by not hurting other people.

On the fifth question about what your attitude is if the words expressed offend or hurt other people, from the results of the three interview excerpts with the three respondents, it can be concluded that when the words spoken offend or hurt other people, the respondent chooses to apologize.

4. How to Stabilize Emotions

In this aspect, two questions cover what efforts are made to stabilize emotions or improve mood and how long it takes to stabilize.

In the first question about what efforts were made to stabilize emotions or improve mood, from the results of the three interview excerpts with the three respondents, it can be concluded that to stabilize or improve mood after the respondent's emotions have their way according to their respective preferences such as sleeping, walking the walk and eat.

In the second question about how long it takes to stabilize emotions, from the results of the three interview excerpts with the three respondents, it can be concluded that the respondents did not take long to stabilize their emotions, only in a matter of minutes to a few hours they could stabilize.

Discussion

1. Recognition of Angry Emotions

According to (Fadhila, 2013), the ability to recognize angry emotions is shown when angry emotions arise within. This ability can be done by identifying the early signs that lead to anger. This follows the results of interviews conducted with the three respondents that emotion is a state of self-response that occurs spontaneously in dealing with positive and negative situations.

Another theory also strengthens the results of this study, which reveal that emotions develop since a child is born, emotions are caused by stimuli. The daily experiences experienced by individuals in dealing with a stimulus will sharpen their emotional sensitivity and accuracy in expressing their feelings (Al Baqi, 2015).

The respondents' opinion reinforces the statement above in the interviews with the three respondents that the mental and physical state of the respondents when emotional varies depending on self-acceptance and how to control emotions.

Another theory expressed by (Budi, 2020) says that the emotions possessed by a person have different reactions. The reaction is positive or negative.

The things that affect the angry emotions of the respondents are due to various stimuli or factors, one of which is not according to the desired expectations or does not

like the existing conditions. This follows the theory expressed by (Novariani, 2019) that anger arises from a dislike for a condition that creates negative emotional states that affect a person's physical and psychological changes that can encourage individuals to act aggressively.

Another theory expressed by (Al Baqi, 2015) strengthens the results of this study that emotions appear due to turbulent feelings so that the person concerned experiences change in certain situations regarding feelings. Still, the whole person responds to the problem.

In the hadith narrated by al Bukhari, Malik, and at Tirmidhi, Abu Hurairah said: "Someone said to the Prophet, Advise me! He said: Do not be angry. The man repeated several times, and the Apostle replied: Don't be angry."

Based on this hadith, we can conclude that we are forbidden to be angry because being angry is a bad deed

2. Angry Emotional Control

According to (Fadhila, 2013), The ability to control angry emotions is owned by someone who can handle these emotions within. This ability can be done by regulating emotions and maintaining emotional balance to avoid excessive emotions.

The results of the interviews with the three respondents said that the way the respondents responded to emotions was by being silent and yielding. This follows the theory (Zuhdi, 2019), which states that controlling emotions with anger is a person's way of hiding them by keeping quiet and not conveying them to others.

The theory reinforces the results of this study expressed (Fadhila, 2013) that Repression is a way for someone to control anger but immediately forget their angry feelings and Controlling, namely, holding and controlling emotionally the storm of anger that is taking place within him.

Self-control theory reveals differences in anger control and how the environment and culture affect an individual. This theory views that before becoming a behavioral response, a stimulus from outside will first be processed within a person through the Cognitive-affective Processing System (CAPS).

3. Relieves Angry Emotions

According to (Fadhila, 2013), The ability to defuse angry emotions is one of the strategies that individuals carry out after individuals are angry. The method used to relieve angry emotions is by keeping oneself busy such as going for a walk, being alone, reading books, watching television, exercising, and doing breathing relaxation techniques.

This theory is from interviews with the three respondents that to stabilize or improve moods after being emotional, they have their ways according to their respective preferences, such as sleeping, traveling, and eating.

Another theory expressed by (Al Baqi, 2015) strengthens the results of this study that one approach that can explain differences in the management and expression of anger is the cognitive-behavior approach. The cognitive-behavior approach emphasizes that thought processes and emotions influence the behavior that appears (whether it conforms to social expectations). When an event occurs, thoughts and emotions will respond and determine what behavior will appear.

Another theory corroborates the results of this study that what the respondents did was a form of diversion. Diversion diverts or channels emotional tension to other objects (Diana, 2015).

4. Expression of Angry Emotions

According to (Fadhila, 2013), expressing angry emotions is honest and appropriate but can hurt someone's feelings. Individuals can defend their rights and express true feelings.

The interviews with the three respondents revealed that they often used the word "it's okay" for every emotion or every time there was a fight and a difference of opinion. Respondents felt satisfied despite giving in, so their hearts felt calmer by not hurting others. This is to the theory expressed by (Rachmania, 2020) that the expression of words when emotions are angry in the form of the phrase "it's okay" is included in the expression of hurt or resentment.

Another theory reinforces the results of this study that the word "why" is included in non-literal indirect angry speech acts (ironic anger), which are anger conveyed in an indirect sentence mode and meaning that is not explicit (Bahri, 2015).

Respondents said that if the utterances offended other people, the respondent apologized. This aligns with the theory that holding anger does not mean keeping it from erupting at any time. Forgiveness is a process of melting everything down and bringing relief to the heart (Diana, 2015)

Conclusion

Acceptance of women's situations when they are angry by being silent, yielding, and avoiding. The expression of the language of love for women is by being quiet, delivering, and avoiding. This makes women feel satisfied, their hearts feel calmer because they don't hurt other people. The word "it's okay" is always used when emotional or whenever there are fights and differences of opinion. This word is used to avoid a big fight.

Limitations and Suggestions (optional)

So far, there are no limitations in this study. It is suggested that future researchers can conduct more extensive research. Future researchers can conduct research related to the factors that cause emotions.

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