

THE RELATIONSHIP OF FANATICISM AND EMOTIONAL MATURITY WITH AGGRESSIVE BEHAVIOR AMONG FOOTBALL SUPPORTERS IN LAMONGAN

Ahmad Ihsan Jauharuddin¹, Hazim²

^{1,2} Psychology Study Program, Universitas Muhammadiyah Sidoarjo, Indonesia

Abstract

Football is a highly popular sport with a large supporter base in Indonesia, including Lamongan. Fanatical supporters may display aggressive behavior, both physically and verbally, particularly when their favored team loses. This study aimed to examine the relationship of fanaticism and emotional maturity with aggressive behavior among Persela Lamongan supporters. A quantitative correlational design was employed. The population comprised 16,000 supporters, with a sample of 340 respondents selected using purposive sampling. The instruments included an aggression scale (reliability = 0.867), a fanaticism scale (0.915), and an emotional maturity scale (0.893). Data were analyzed using multiple linear regression. The findings indicate that higher fanaticism combined with lower emotional maturity is associated with increased aggressive behavior among supporters. Accordingly, psychological interventions are needed to reduce aggression and strengthen emotional regulation within supporter communities.

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Corresponding Author*

Hazim (hazim@umsida.ac.id)



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INTRODUCTION

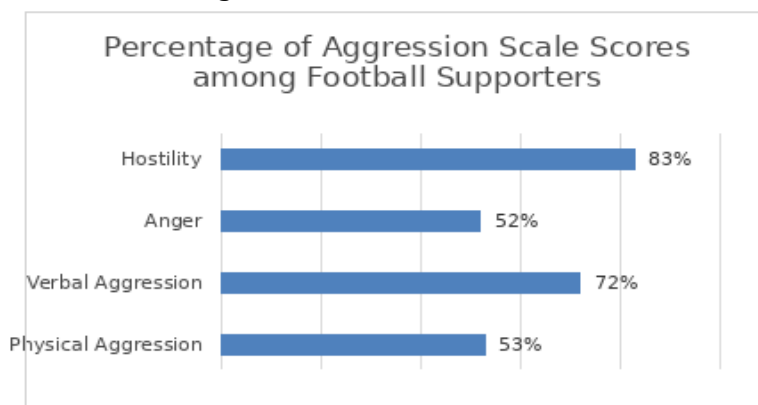
Football is a highly popular sport in Indonesia and throughout the world. Football spectators come from diverse backgrounds, including men and women, children and adults, as well as people from different socioeconomic groups. It is therefore unsurprising that football stadiums are often crowded during matches. Thousands, and sometimes even hundreds of thousands, of spectators are willing to travel to stadiums to watch their favorite teams. Football spectators can generally be classified into two groups. The first consists of spectators who simply enjoy the match without taking sides or supporting a particular team. The second consists of spectators who actively support and encourage a football team. This latter group is commonly referred to as football supporters [1].

According to data obtained from rappler.com on November 17, 2016, the number of football supporters in Indonesia was approximately 3,000,000 [2]. Data from kompasiana.com dated September 25, 2018 indicated that supporter membership was dominated by adolescents. A FIFA survey showed that approximately 22,528 people in Indonesia aged 21-74 watched football matches organized by FIFA [3]. Persela Lamongan is one of the clubs with a substantial supporter base; its match attendance ranked among the ten highest in the Indonesian League in 2019 [4]. Furthermore, data from bola.com dated January 10, 2025, presented during a press conference on the survey entitled "The Voice of Indonesian Supporters on Recent Developments in National Football," indicated that the majority of football supporters were aged 25-34 years.

Recently, clashes among Indonesian football supporters have occurred again. Kompas.com reported on February 18, 2020 that a clash involving Persebaya Surabaya and Arema supporters took place around Supriyadi Stadium in Blitar City, East Java, during the East Java Governor's Cup semifinal. Although no fatalities were reported, seven motorcycles were burned by the crowd during the incident. Supporter clashes can result in casualties and material damage, and the people involved are not limited to adults because adolescents may also participate. Such incidents may be triggered by resentment toward rival clubs and supporters as well as intense rivalry between clubs in the same region. These actions can be categorized as aggressive behavior [2]. A similar phenomenon occurred in Lamongan, the location of the present study. CNN Indonesia reported that on February 18, 2025, the Liga 2 2024/2025 quarterfinal match between Persela Lamongan and Persija Jepara at Tuban Sport Center ended in disorder, causing the match to be stopped in the 78th minute. Several stadium

facilities were damaged by supporters who entered the field; advertising boards and a goal were burned, and windows were broken. The unrest was allegedly triggered by dissatisfaction among Persela supporters with the referee's decision to issue a red card to their team in the 20th minute, after which Laskar Joko Tingkir conceded a goal in the 37th minute. Around the 75th minute, disappointed Persela supporters, whose team was still trailing 0-1, threw drink bottles and flares onto the field. Radar Bojonegoro also reported on Persela Lamongan's poor competitive position and repeated defeats against several clubs, including Arema Malang, PSIS Semarang, Persib Bandung, Bali United, Persija Jakarta, PSM Makassar, Borneo FC, and Madura United. Supporters' disappointment increased because Persela won only a few of its matches. After the match, some Persela Lamongan supporters expressed their frustration by breaking windows and the gate of the Persela Secretariat office, damaging flower pots in the courtyard of the Lamongan Regent's office, and knocking down several signs in the town square. Some supporters also reportedly threw flares toward the Lamongan Regent's residence. The influence of highly fanatical supporters can generate excessive aggression and encourage other supporters, whether affiliated with supporter communities or acting independently, and both younger and older individuals, to engage in similar behavior [5].

A preliminary survey was conducted to identify the level of aggression among football supporters. Based on questionnaire responses from Lamongan football supporters, hostility obtained the highest score, at 83, indicating a relatively strong tendency toward hostile attitudes. Verbal aggression was also high, with a score of 72.21, showing that respondents more frequently expressed anger or dissatisfaction verbally than physically. Meanwhile, physical aggression scored 53.5 and anger scored 52.25, both of which fell within the moderate category. These findings suggest that respondents were more likely to express aggression through verbal behavior and hostility than through physical aggression or explicit outbursts of anger.



This phenomenon is closely related to aggressive behavior. According to Sarwono, aggression refers to actions or behavior that injure or harm another party, whether intentionally or unintentionally, and whether committed by an individual or an institution. Berkowitz defines aggression as an action or behavior intended to hurt another person, either physically or verbally [6]. Baron and Byrne describe aggressive behavior as behavior directed toward harming another living being. Baron further defines aggressive behavior as an individual's behavior intended to injure or harm another person who does not wish to receive such treatment. Aggressive behavior involves four elements: an intention to injure or harm, an individual acting as the perpetrator, an individual acting as the victim, and the victim's unwillingness to receive the perpetrator's behavior. Thus, aggressive behavior among football supporters can be understood as deliberate physical or psychological actions intended to hurt other supporters or damage property [1]. Such behavior may arise from poor self-control, which reduces a person's ability to respect and empathize with others. Individuals with aggressive tendencies often display hostility, irritability, and irrational beliefs. If not addressed appropriately, aggressive behavior can escalate into violence that harms oneself, other people, or the surrounding environment [7].

Aggressive behavior is therefore a behavioral tendency to intentionally harm others physically or psychologically in order to achieve a desired goal. Its negative consequences may include anxiety, depression, suicidal behavior, legal problems, physical injury, or even death; victims, particularly adolescents, may also experience psychological and emotional trauma and mental health problems such as panic attacks, phobias, and depression [8].

According to Buss and Perry, aggressive behavior consists of four aspects derived from three basic dimensions: motor, affective, and cognitive. The four aspects are: (1) physical aggression, namely actions that hurt, disturb, or endanger others through physical motor responses; (2) verbal aggression, namely actions that hurt, disturb, or endanger others through verbal responses; (3) anger, an affective reaction involving physiological arousal as preparation for aggression; and (4) hostility, which is classified as covert aggression and represents the cognitive component, including hatred, jealousy, and envy toward others. Supporters with high levels of aggression may engage in behavior that harms themselves or others, such as hitting rival supporters, damaging public facilities, or mocking supporters of other clubs. By contrast, supporters with low levels of aggression tend not to engage in hitting, vandalism, or insulting behavior. Buss and Perry identify fanaticism as one factor that may influence aggressive behavior [2].

Fanaticism refers to excessive enthusiasm for one's own views or beliefs that may give rise to particular patterns of behavior. Fanatical individuals may disparage certain people or objects because their beliefs and viewpoints are held excessively and rigidly, even when others perceive their behavior as extreme [9]. Fanaticism is often viewed as a factor that intensifies individual or group behavior and may lead to aggression. According to Goddard, aspects of fanaticism include the intensity of interest and affection toward a particular activity, personal and group attitudes toward that activity, the length of time an individual has been involved in the activity, and the motivation the individual receives [10]. In football, highly fanatical supporters may focus only on the strengths of their favorite team while emphasizing the weaknesses of other teams. Expressions of such fanaticism can frequently develop into aggressive behavior [11]. According to Wolman, factors influencing fanaticism include: (1) ignorance, namely blindly following a choice without sufficient knowledge and relying only on personal belief; (2) excessive loyalty to a group, in which group interests are prioritized over the self; and (3) charismatic figures, whereby fanatical behavior develops because an individual excessively admires or glorifies a particular figure [12].

A supporter with a high level of fanaticism may display behaviors such as attending matches wherever the club plays, purchasing club merchandise, and defending the club when it is insulted or mocked by rival supporters. These behaviors reflect several aspects of fanaticism, particularly intense interest and affection for an activity as well as personal and group attitudes toward that activity. In contrast, supporters with low fanaticism may attend live matches less frequently and remain silent when their club is insulted or mocked by rival supporters. One manifestation of fanaticism is the willingness to defend what one believes in by any means. Supporters with high aggressive tendencies may engage in physical or verbal violence, such as hitting other supporters or insulting rival clubs. Such behavior is reflected in the dimensions of physical aggression, verbal aggression, anger, and hostility. Conversely, supporters with low aggressive tendencies are more likely to remain silent when their club is insulted and to avoid clashes because they recognize that such incidents can harm themselves and others [2].

Study [2] found a relationship between fanaticism and aggressive behavior among football supporters, with fanaticism contributing 21.1% to aggressive behavior; 61% of respondents had high fanaticism and 58% had high aggressive behavior. Study [13] reported an empirical correlation coefficient of 0.290, which exceeded the theoretical coefficients at the 5% level (0.113) and the 1% level (0.148), indicating that the hypothesis was supported and the result was significant. Study [14] reported a correlation coefficient of -0.465 between aggressiveness and fanaticism. Study [9] found a significant relationship ($p < 0.05$), with fanaticism contributing 64.4% to aggressiveness. Previous studies therefore suggest that fanaticism is associated with aggressive behavior and can contribute to its

emergence. Supporter fanaticism may culminate in disputes and physical conflict, and fanaticism is also regarded as a factor that strengthens group behavior leading to aggression [13].

Characteristics of fanaticism include: (1) excessive enthusiasm or zeal that is not based on rational judgment but on uncontrolled emotion. The absence of rational judgment can make fanatical individuals behave disproportionately and engage in unreasonable actions; and (2) broad-minded education may foster more balanced attitudes, whereas narrow indoctrination may foster fanaticism [12]. Several factors influence aggression among supporters. These include internal factors, such as resentment, rivalry, and emotional maturity, and external factors, such as provocation by others and emotional reactions when watching a favored team compete, whether joy when the team wins or disappointment when it loses. Supporters' emotional maturity is therefore an important internal factor affecting their behavior when supporting their team [15]. Fanaticism is often irrational or based on beliefs that are held too strongly. As a result, individuals may reject alternative viewpoints and become preoccupied with achieving what they want. Fanatical supporters may become obsessive in supporting their chosen team and can become a source of unrest because the collective power of supporter groups should not be underestimated. Although such enthusiasm can be positive, it also has a negative side when some supporters engage in anarchic behavior [16].

Emotional maturity is the ability to control and regulate emotions. Individuals with low emotional maturity may be more vulnerable to self-harming behavior because they have difficulty distinguishing feelings from reality and acting rationally [17]. According to Bimo Walgito, emotional maturity is characterized by the ability to think maturely and objectively. Indicators of emotional maturity include: (1) accepting oneself and others as they are in accordance with objective circumstances, because emotionally mature individuals are able to think clearly and objectively; (2) not behaving impulsively, meaning that individuals respond to stimuli after careful thought and can regulate their thinking before responding; (3) being able to control emotions and emotional expression appropriately; (4) being able to think objectively, which is reflected in patience, attentiveness, and generally good tolerance; and (5) having a strong sense of responsibility, independence, resilience against frustration, and the ability to face problems with understanding [18]. Katkovsky and Gorlow conceptualize emotional maturity through seven aspects: independence, acceptance of reality, adaptability, appropriate responsiveness, the capacity for balance, empathy, and the ability to control anger [19].

Study [15] showed a negative relationship between emotional maturity and aggressive behavior, with a correlation coefficient of -0.961 and a significance value of sig. (2-tailed) = 0.000, which was lower than $\alpha = 0.05$. Study [3] reported reliability coefficients of 0.866 for the emotional maturity scale and 0.757 for the aggression scale. The regression analysis supported the presence of a negative relationship between emotional maturity and aggressive behavior. Accordingly, previous findings indicate that emotional maturity influences aggressive behavior and that emotional maturity is related to aggression among football supporters.

Goleman describes emotional maturity as involving a high level of self-awareness, the ability to control responses to stimuli, strong motivation, high empathy, and skills for building positive relationships with others. Emotional maturity therefore represents a pattern of thinking that supports decision-making by considering whether an action will have positive or negative consequences and by preparing the individual to accept the consequences of that decision. In other words, emotional maturity is considered important for preventing or reducing aggressive behavior in individuals and their surroundings [3]. Hurlock also argues that emotional maturity influences how individuals determine their attitudes, because individual perceptions and interpretations of events can generate emotional reactions. Supporters with good emotional maturity are more capable of regulating their emotions calmly when facing different situations and match outcomes involving themselves or their team. In contrast, supporters with poor emotional maturity may be unable to control emotional outbursts and impulses [20].

Based on the discussion above, fanaticism and emotional maturity among football supporters may both contribute to aggressive behavior. This prompted the researchers to investigate further whether fanaticism and emotional maturity are related to aggressive behavior among Persela Lamongan football supporters.

METHODS

This study employed a quantitative correlational approach, which examines relationships between two or more variables to determine the extent to which variation in one variable is associated with variation in another. Three variables were investigated: fanaticism, emotional maturity, and aggressive behavior.

The study population consisted of 16,000 individuals according to Wikipedia data. A sample of approximately 340 respondents was determined using the Isaac and Michael sampling table with a 5% margin of error. A non-probability purposive sampling method was used, with the following inclusion criteria:

1. Persela Lamongan supporters
2. Aged 21-74 years
3. Willing to participate as respondents

Data were collected using rating scales. A Likert-type scale was employed with four response options: Strongly Appropriate (SA), Appropriate (A), Inappropriate (I), and Strongly Inappropriate (SI). Social media was used to reach potential participants by distributing the scales through the researchers' social media accounts.

Based on the focus of the study, three research instruments were used to collect data from the defined population. Aggression was measured using an adapted scale developed by Agriawan (2016), consisting of 15 statement items based on the aspects of aggression proposed by Buss and Perry: physical aggression, verbal aggression, anger, and hostility. The reliability coefficient of this scale was 0.867.

Fanaticism was measured using an adapted scale developed by Agriawan (2016), consisting of 29 statement items based on the aspects of fanaticism proposed by Goddard. These aspects include: (1) the intensity of interest in a particular activity; (2) personal and group attitudes toward the activity; (3) the length of time an individual has engaged in the activity; and (4) motivation received from the family. The reliability coefficient of this scale was 0.915.

Emotional maturity was measured using an adapted scale developed by Rizqi (2011), consisting of 34 statement items based on the aspects of emotional maturity proposed by Katkovsky and Gorlow. These aspects include independence, acceptance of reality, adaptability, appropriate responsiveness, the capacity for balance, empathy, and the ability to control anger. The reliability coefficient of this scale was 0.893.

Data were analyzed using multiple linear regression to determine whether fanaticism and emotional maturity were related to aggressive behavior among the participants. Before conducting the multiple linear regression analysis, classical assumption tests were performed.

RESULTS AND DISCUSSION

Research Results

Table 3.1 Normality Test
One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		340
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	5.70313808
Most Extreme	Absolute	.052

Differences	Positive	.052
	Negative	-.025
Kolmogorov-Smirnov Z		.952
Asymp. Sig. (2-tailed)		.325

a. Test distribution is Normal.

b. Calculated from data.

Based on the One-Sample Kolmogorov-Smirnov Test presented above, the significance value was 0.325, which was greater than 0.05 ($0.325 > 0.05$). Therefore, the data can be considered normally distributed, indicating that the variables met the normality assumption.

Table 3.2 Linearity Test

Linearity Test of Variables	Sig. Linearity	Sig. Deviation from Linearity	Notes
<i>Supporter Aggressive Behavior * Fanaticism</i>	0.000	0.104	Linear
<i>Supporter Aggressive Behavior * Emotional Maturity</i>	0.000	0.100	Linear

Table 3.2 shows that the significance value for linearity between supporters' aggressive behavior and fanaticism was 0.000, which was lower than 0.05 ($0.000 < 0.05$), indicating a linear relationship. The significance value for deviation from linearity was 0.104, which was greater than 0.05 ($0.104 > 0.05$), further supporting linearity. The significance value for linearity between supporters' aggressive behavior and emotional maturity was also 0.000, which was lower than 0.05 ($0.000 < 0.05$), indicating a linear relationship. The significance value for deviation from linearity was 0.100, which was greater than 0.05 ($0.100 > 0.05$), again confirming linearity.

Table 3.3 Hypothesis Test

Correlations				
		Fanaticism	Emotional Maturity	Supporter Aggressive Behavior
Fanaticism	Pearson Correlation	1	-.190 ^{xx}	.772 ^{xx}
	Sig. (2-tailed)		.000	.000
	N	340	340	340
Emotional Maturity	Pearson Correlation	-.190 ^{xx}	1	-.200 ^{xx}
	Sig. (2-tailed)	.000		.000
	N	340	340	340
Supporter Aggressive Behavior	Pearson Correlation	.772 ^{xx}	-.200 ^{xx}	1
	Sig. (2-tailed)	.000	.000	
	N	340	340	340

^{xx}. Correlation is significant at the 0.01 level (2-tailed).

The analysis showed a correlation of 0.772 between fanaticism and supporters' aggressive behavior, with a significance value of 0.000 ($r = 0.772$, $p < 0.05$). This indicates a significant positive relationship: the higher the level of fanaticism, the higher the level of aggressive behavior, and vice versa. For emotional maturity and supporters' aggressive behavior, the correlation coefficient was -0.200 with a significance value of 0.000 ($r = -0.200$, $p < 0.05$), indicating that higher emotional maturity was associated with lower aggressive behavior, and vice versa.

Table 3.4 Effect Size

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.774 ^a	.599	.597	5.72004
^a . Predictors: (Constant), Emotional Maturity, Fanaticism				
^b . Dependent Variable: Supporter Aggressive Behavior				

Based on Table 3.4, the R Square value was 0.599, equivalent to 59.9%. Thus, fanaticism and emotional maturity jointly accounted for 59.9% of the variance in supporters' aggressive behavior, while the remaining 40.1% was influenced by other psychological factors.

Table 3.5 Standard Deviation and Mean

Descriptive Statistics							
	N	Range	Minimum	Maximum	Mean	Std. Deviation	Variance
Fanaticism	340	28.00	17.00	45.00	31.0176	5.66516	32.094
Emotional Maturity	340	54.00	45.00	99.00	79.3353	11.02475	121.545
Supporter Aggressive Behavior	340	47.00	57.00	104.00	81.2912	9.00871	81.157
Valid N (listwise)	340						

Based on Table 3.5, the academic boredom variable had a theoretical mean (μ) of 54.37 and a standard deviation (σ) of 12.767. The student engagement variable had a theoretical mean (μ) of 50.09 and a standard deviation (σ) of 6.253. The academic burnout variable had a theoretical mean (μ) of 109.14 and a standard deviation (σ) of 15.736.

Table 6. Subject Score Categories

Category	Subject Scores					
	Fanaticism		Emotional Maturity		Supporter Aggressive Behavior	
	Number of People	%	Number of People	Number of People	%	Number of People
Low	37	11%	72	37	11%	72
Moderate	261	77%	204	261	77%	204
High	42	12%	64	42	12%	64
Total	340	100%	340	340	100%	340

Based on the categorization table, 16 supporters were classified as having low fanaticism, representing 11% of respondents. A total of 261 supporters (77%) were in the moderate category, while 42 supporters (12%) were in the high category. For emotional maturity, 72 supporters were classified in the low category, representing 21% of respondents. A total of 204 supporters were in the moderate category, representing 60%, and 19 supporters were in the high category, representing 19%. For supporters' aggressive behavior, 50 supporters were classified in the low category (15%), 241 in the moderate category (71%), and 48 in the high category (14%).

Discussion

The results show that fanaticism and emotional maturity are each significantly related to aggressive behavior among football supporters in Lamongan, but the relationships operate in opposite directions. The correlation between fanaticism and supporters' aggressive behavior was $r = 0.772$ with a significance value of 0.000 ($p < 0.05$), indicating a significant positive relationship: higher fanaticism was associated with a greater tendency toward aggressive behavior, and vice versa. In contrast, the correlation between emotional maturity and supporters' aggressive behavior was $r = -0.200$ with a significance value of 0.000 ($p < 0.05$), indicating a significant negative relationship: higher emotional maturity was associated with a lower tendency toward aggressive behavior, and vice versa. These findings confirm that fanaticism and emotional maturity are two relevant psychological factors for understanding and reducing aggressive behavior among football supporters.

The strong positive relationship between fanaticism and supporters' aggressive behavior ($r = 0.772$, $p < 0.05$) indicates that fanaticism is one of the main predictors of aggression among football supporters [1]. Fanaticism reflects intense emotional attachment to a club and strong identification with a supporter group, such that a team's victory or defeat is no longer interpreted merely as a sporting event but as part of the group's self-esteem [2]. When personal identity becomes closely fused with group identity, tolerance for provocation, ridicule, or refereeing decisions perceived as unfavorable may decrease substantially, making aggressive actions in defense of the group more likely [3].

Theoretically, this relationship can also be explained through social identity theory, according to which individuals who are strongly attached to their group tend to demonstrate pronounced in-group bias and hostility toward rival supporter groups as out-groups [4]. High fanaticism encourages supporters to frame match situations as "us versus them," making intergroup conflict more likely to escalate into physical or verbal aggression [5]. In addition, conformity pressure within highly fanatical supporter groups can increase the risk that individuals who initially have no intention of using violence may nevertheless engage in aggressive behavior to maintain solidarity and avoid being labeled disloyal [6]. Consequently, when the group is perceived to be under threat, individuals may act aggressively as a form of group identity protection. Frustration-aggression theory further explains that disappointment following a defeat or a refereeing decision perceived as unfair can trigger aggressive behavior as an outlet for negative emotion [7].

These findings are consistent with previous studies that have repeatedly reported a positive correlation between supporter fanaticism and aggressive behavior, including stadium riots, clashes between supporter groups, and damage to public facilities [8]. Ayunda et al. similarly found a significant positive relationship between fanaticism and aggressive behavior among supporters ($r = 0.319$, $p = 0.001 < 0.05$) [9]. Darwis and Harsono also reported that higher fanaticism was associated with higher aggressive behavior ($r = 0.272$, $p = 0.000 < 0.05$) [2]. The correlation obtained in the present study ($r = 0.772$) further strengthens the argument that fanaticism is not merely a supporting factor but a major determinant that deserves serious attention in efforts to prevent supporter violence, particularly in large supporter communities such as those in Lamongan.

The study also found a significant negative relationship between emotional maturity and supporters' aggressive behavior ($r = -0.200$, $p < 0.05$), indicating that emotional maturity functions as a protective factor. Emotional maturity reflects an individual's capacity to recognize, understand, and regulate emotions in a stable manner, including the ability to restrain impulsive reactions when facing tense situations such as provocation from rival supporters or match decisions perceived as unfair [10]. Supporters with higher emotional maturity are generally better able to evaluate situations rationally before reacting and are therefore less likely to be provoked into aggressive behavior [11].

Theoretically, emotionally mature individuals have better self-regulation, including the ability to delay negative emotional responses and redirect them into more adaptive forms of expression [11]. Emotional maturity is also associated with empathy and the ability to consider the consequences of one's actions, enabling emotionally mature individuals to exercise greater restraint even in emotionally charged group situations, such as collective euphoria or mass disappointment in the stands [12]. This helps explain why emotional maturity can reduce aggressive behavior even when an individual remains part of a highly fanatical supporter environment. According to Hurlock's theory of emotional development, emotional maturity is characterized by the ability to control emotions so that individuals can make rational decisions rather than follow momentary emotional impulses [13]. Gross likewise explains that effective emotion regulation enables individuals to reduce the intensity of negative emotions and thereby lowers the risk of aggressive behavior [14].

These findings are consistent with several studies showing that emotional maturity contributes negatively to aggressiveness (Fakhira, 2024). Rahayu found that emotional maturity reduced aggressive behavior among supporters ($r = -0.789$, $p = 0.001 < 0.05$) [15]. Similarly, Risma and Khotimah reported that higher emotional maturity was associated with lower aggressive behavior ($r = -0.154$, $p = 0.009 < 0.05$) [16]. In other words, emotional maturity appears to function primarily as a

restraining factor that reduces the intensity of aggression rather than as a single factor that completely eliminates aggressive tendencies among supporters.

This study has several limitations. First, it examined only two psychological variables, fanaticism and emotional maturity, and therefore does not capture all factors that may influence aggressive behavior among football supporters. Second, the data were collected using self-report instruments, meaning that responses depended on participants' perceptions and honesty and may have been affected by social desirability bias. Third, the study used a cross-sectional design, so the relationships identified are correlational and cannot be used to establish causality. In addition, because all respondents were football supporters from Lamongan, the generalizability of the findings to supporter groups in other regions with different cultures and characteristics is limited.

CONCLUSION

This study demonstrates significant relationships between fanaticism, emotional maturity, and aggressive behavior among football supporters in Lamongan. Fanaticism was positively related to aggressive behavior, indicating that higher levels of supporter fanaticism were associated with a greater tendency to display aggressive behavior. In contrast, emotional maturity was negatively related to aggressive behavior, indicating that higher emotional maturity was associated with a lower tendency toward aggression. Fanaticism therefore acts as a factor that may increase the likelihood of aggressive behavior, whereas emotional maturity serves as a protective factor that helps supporters regulate their emotions and behavior in various match situations. Thus, fanaticism and emotional maturity are two important factors that jointly contribute to aggressive behavior among football supporters in Lamongan.

The findings have practical implications for supporter communities, football club management, security personnel, and other relevant stakeholders seeking to create a more positive and sportsmanlike supporter culture. Supporter communities are encouraged to organize activities that promote sportsmanship, emotional control, and respect for opponents so that fanaticism can be expressed through positive forms of support. Football clubs may also collaborate with psychologists, academics, and supporter leaders to implement character-building programs, emotion-regulation training, and anti-violence campaigns within supporter communities. Such educational programs are expected to strengthen awareness that loyalty to a team does not need to be expressed through aggressive actions. These efforts may help foster a more mature and orderly supporter culture that maintains safety and comfort during football matches.

Future studies are encouraged to consider additional variables that may influence aggressive behavior among football supporters, such as group conformity, social identity, self-control, frustration, emotion regulation, and the influence of social media. Future research may also employ qualitative or mixed-method approaches to obtain a deeper understanding of the psychological dynamics underlying supporter aggression. In addition, future studies could include supporter communities from other clubs or regions to improve the generalizability of the findings. Expanding the scope of research may provide a more comprehensive understanding of the factors influencing supporter aggression and contribute to the development of strategies for preventing violence in football.

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