

A Study on Aggression Level among Adolescents

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Abstract: Aggression has been defined as physical or verbal behavior (Baudra, 1993, Newman and Newman, 1997) intended to hurt someone- slaps, direct insults, even gossipy digs (Myers, 1993) as a behavior directed towards another individual (Bushman and Anderson, 2001) in terms of violent, attacking and destructive behavior carried out with proximate, intent to cause harm (Berkowitz, 1993, Barron and Richardson, 1994, Bushman and Anderson, 2001) that results in pain to the victim. The present study aimed to find out aggression level among adolescents. A total of 60 adolescents (30male and 3ofemale) from guwahati and sarthebari aged 14 – 16 were purposively recruited for the study, Aggression Scale developed by Dr.R.L Bharadwaj was administered to collect data. A significance difference was observed between male and female adolescents and adolescents from urban and rural area.

Keywords: Aggression, Adolesents, Urban, Rural

I. INTRODUCTION

Aggression has been defined as physical or verbal behavior (Baudra, 1993, Newman and Newman, 1997) intended to hurt someone- slaps, direct insults, even gossipy digs (Myers, 1993) as a behavior directed towards another individual (Bushman and Anderson, 2001) in terms of violent, attacking and destructive behavior carried out with proximate, intent to cause harm (Berkowitz, 1993,Barron and Richardson,1994,Bushman and Anderson,2001) that results in pain to the victim. Aggression might be viewed as motivational state, a personality characteristics, a response to frustration, an inherent drive or the fulfillment of a socially learned role requirement (Harre and Lamb,1983).In other words, it is distinguishable from predation, antipredator behavior and encounters arising from competition for the same ecological niche. Aggression also involves the delivery of a noxious stimulus (Buss,1961)and the product of aggression is always perceived negatively by the recipient.

Such an attempt to define aggression would allow a wide range of behavior from nuclear bombing to rude answers to rude answers to elders, frequent quarrellings, and broken engagements, feeling of unfairmeans, sarcastic comments, and impulsiveness or planned, overt or subtle (Adams and Bromley,1998) and may be turned inwards towards the self resulting in deliberate self harm or suicide. However, any behavior which accidentally causes harm or pain is not aggression.

In defining aggression, intension happens to be a very central and essential component of any satisfactory definition. Another aspect of definition involves the infliction of harm (Barron and Richardson, 1994).This harm may be inflicted in some physical way namely punching, biting, stabbing, pushing or by means of verbal behavior as yelling, shouting, cursing, insulting, degrading or criticizing. Aggression does not always arise in same manner namely in a passive way as forgetting appointments, procrastination and misplacing important materials, but also manifests itself in several behaviors. Aggression as a potential outcome of psycho-socio-cultural settings appears to be very important aspect of personality, as aggressors always remains at high risk due to their risky life styles that may lead to development of behavioral problems, delinquency, subpace or chemical dependence and other medical conditions such as cardio-vascular problems, cancer, and brain damage. Socialization of aggressive behavior from early childhood and during adolescence may help in the

prevention of behavior directed outward against others or inward According to social psychologists gender differences in aggression are due to the following two major factors:-

- **Social Role:** - According to Eagly (1987) men are more aggressive because society accepts them to be more assertive and aggressive. On the other hand women are expected to be more nurturing, more emotional and more concerned for the well being of others than males.
- **Biological (Genetic and Hormonal) Factors:-** There is some research evidence to show that biological factors also play an important role in causing gender differences in aggression. One important biological difference in aggression is the level of testosterone. It has been found that among males, the higher the levels of testosterone the higher the level of aggression. (Olweus, 1986).

WHO has defined adolescence period from 10 to 19 years of age. Adolescents are often not able to cope up with the drastic changes that take place in their physical & psychological health. The psychological problems in this period occur due to disturbed relationship with parents, teachers, seniors and peers, scholastic backwardness compared to high expectation, sexual experimentation and substance abuse. All these are often directly or indirectly associated with aggression as well as psychological morbidity.

The aggressive personality results from the coloring of the individuals total personality by frequently unorganized aggressive impulses. General aggressions tend to begin at certain critical periods of life. Aggressions may make their appearance in adolescence, the period when the young human being is struggling with many adjustment problems.

II. HYPOTHESIS

Present study is undertaken on the basis of these hypotheses:

1.2.1. Male adolescents show high level of aggression than female adolescents.

(aged 14 – 16)

1.2.2. Adolescents from rural area show high level of aggression than students from urban area.

(aged 14 – 16)

Limitation of the Study:

Small sample size, viz., 60 participants is definitely not good enough to make conclusive remarks with regard to aggression level. The same study can be replicated with a larger sample size and by including larger geographical areas.

Tools Used:

To measure the aggression among female adolescents, the investigator has used the scale, Aggression scale developed by Dr. R.L. Bharadwaj. This scale focused on to study aggression level. This scale includes 28 items. There are five alternatives before each and every statements.

Data collection:

The survey technique under 'Descriptive method of Research' was used in the present investigation. 60 adolescents were randomly selected from Guwahati (urban) and sarthebari (rural) for this purpose. We met these 30 male and 30 female adolescents and 30 from rural and 30 urban and interact with them and distributed the Aggression Scale to them and collected the scale after completing the responses given by the adolescents.

III. RESULT AND DISCUSSION

On the basis of the response given by subjects, their questionnaires were scored. It is a self administering scale. the scoring of aggression scale is very easy with reference to the scores obtained for each item separately. Each item has five alternatives. scoring of these five alternatives follow a system of 5, 4,3,2,1 from upper to lower end. The addition of all the scores obtained on each item would be the total aggression score of the subject. The t-test was applied to study the aggression level among female adolescents those are from rural and urban areas and from different casts.

Table 1: Aggression of male and female adolescents

Sl no.	Categories	M	S.D	t	Level of significance 0.05	Level of significance 0.01
1	Male	65.13	19.36	4.48	Not significant	Not significant
2	Female	63.533	17.52			

The results presented in the Table 1 indicate that computed t-value is 4.48 which is higher than the critical value at 0.05 and 0.01 levels. So the t value is found to be significant difference at both the level. So there is significance difference in aggression of male and female adolescents. Our studies accept the research suggested by males were found to be more physically aggressive than females (Maccoby and Jacklin, 1974, Bjorkqvist, Lagerspetz and Osterman, 1994: Sapra, 2007)

Table 2: Aggression of adolescents from urban and rural area

Sl no.	Categories	M	S.D	t	Level of significance 0.05	Level of significance 0.01
1	Urban	31.86	4.62	1.15	Not significant	Not significant
2	Rural	36.32	4.52			

The results presented in the Table 2 indicate that computed t-value is 1.15 which is lower than the critical value at 0.05 and 0.01 levels. So the t value is found to be not significant at both the level. So there is no significance difference in aggression of adolescents from urban and rural area.

IV. MAJOR FINDINGS

- 1) There is a significance difference in aggression among male and female adolescents.
- 2) The male adolescents are more aggressive than female in my studies.
- 3) There is no significance difference in aggression among adolescents from urban and rural area.
- 4) The male adolescents like to take in debating with others without need and they like much to hear and read story of revolutionary heroes than female adolescents.
- 5) Female adolescents consider necessary to obey the rules of society than male.
- 6) Many of female adolescents don't like to watch actions of violence in the programmes of T.V

V. CONCLUSION

Adolescence is a very difficult time for students to navigate through, as everyone remembers from their own adolescence. Adolescents are working through puberty, friendship/relationship issues, changing family dynamics, declining academic motivation, drops in self-esteem, and bullying. There is a significant amount of evidence that suggests aggressive behavior is the result of an interaction between individual and environmental factors. Thus, parental practices are important. Environmental issues, such as abuse and discipline, are paramount in understanding the individual with aggressive behavior. In addition, parental psychiatric disorders, including substance use disorders, are important in the assessment of a violent child or adolescent. Children spend a lot of time in school, this environment can substantially

influence--either negatively or positively--aggressive tendencies. Association with a deviant peer group is also important to recognize, but on the other hand, being ostracized by peers has been related to the increased likelihood of aggressive behavior. Other environmental factors, such as excessive exposure to violence in the media and living in an impoverished neighborhood, clearly play a role.

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