



Aggression Behaviour among Adolescents and Young Adults

Mrs.Priya.M *

Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, TamilNadu

Sneka.P**

Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, TamilNadu

ABSTRACT

Adolescents are not capable to manage with the extreme changes that take place in their physical & psychological health. The psychological problems in this age period occur due to disturbed relationship with parents, teachers, seniors and peers, scholastic backwardness compared to high expectation, sexual experimentation and substance abuse. The present study has focused on the level of Aggression among adolescents and young adults. For the conduct of the current study 60 students in the age group of 14-24 are collected from Coimbatore city schools and colleges through random sampling. The variables for the present study were gender, age, adolescent's living with parents/without parents and adolescents with single/dual parents. The tool used was Aggression scale by Dr.(Mrs.) G.P. Mathur and Dr.(Mrs.) Raj kumari Bhatnagar(2012). Each statement describes different forms of individual's aggression in different situations. It has 5 points scale. In this scale statement are in two forms i.e. positive and negative. The samples were subjected to percentile scoring and chi square. The result found that girls having high aggression level compared to boys. Adolescent's having high aggression than young adults. Children who are living without parents also falling under high aggression than children living with parents. Regarding parenting type, children who having single parent shows high aggression level than those of dual parent children.

KEYWORDS : Aggression behaviour, youth and adults, children with single /dual parents and children living with/without parents

1 INTRODUCTION

Aggression among children is a common problem and it is a result of poor parenting, biological factors and environmental factors and also due to lack of relationship. In some cases, children are exposed to aggression or violence and they imitates that behavior. These children might receive attention for negative behavior from parents, teachers or friends. If parents ignore those behaviors or unknowingly reward it or they encourage it. For some children, aggressive behavior is a result of emotional disorder or depression. In some cases children will lash out because of fear or suspension and is more common in cases of schizophrenia, paranoia, or other psychotic conditions (Amber Erickson Gabbey 2013).

TYPES OF AGGRESSION

- Instrumental Aggression: - Aggression aimed to get an object, privilege or space with no deliberate intent to injury another person (typical of toddlers).
- Hostile Aggression: - It means proposed to hurt another person, such as hitting, kicking, or frightening to hit up somebody.
- Relational Aggression: - In this aggressive behavior can occur through the social elimination of peer relationships or gossiping or hurting another person (Berk. L, 1999)

Understanding aggression

It is hard to explain about the aggressive behaviour of people. But, we have to know their characteristics of children, youth, their families and their atmosphere can also increase (risk factors) or decrease (protective factors) the likelihood that they will display aggressive behaviour. Some of these are listed below.

Individual

Risk factors

- Temperament difficulties
- Poor control of emotional
- Lack of social skills
- Lower average IQ
- Abuse of alcoholism
- Mental health issues

Protective factors

- Confidence
- Empathy

- Self-worthy
- Cultural identity
- Higher average IQ

Family

Risk factors

- Managing that too harsh, too lenient or inconsistent
- Poor appropriate management
- Elimination from parents, are cold and uncooperative, use aggression to solve their own problems or don't communicate or work through problems with them
- Lack of family stability
- Ignore or abuse
- Parents Using alcohol, drugs etc.
- Experiences with depression mother
- Protective factors
- Hard, fair and consistent discipline
- Appropriate level of parental control
- Encouraging caregivers
- Secure attachment to a caregiver (that builds trust, self-esteem, self-control and confidence)
- Family stability
- Positive parental involvement

Environment

Risk factors

- Economically or socially lacking from living situation
- Insecure neighborhood (e.g., with gangs, drug dealing)
- Being connected with gangs
- Attending a poorly run or insecure school
- Teens having friends who behave aggressively
- Influences of internet or television

Protective factors

- Living in a socially advantaged neighborhood
- Involving in extracurricular activities
- Doing well at school
- Solid relationship with at least one caring adult (such as a parent, grandparent or teacher)
- Feeling a sense of attachment to their community

"Normal" aggression

Negative behavior may be comes across the development stages of Children and youth. As well as considered to be some normal aggression however "normal" aggressive behavior are not socially acceptable and also young adults necessary to completely aware of that(Centre for Addiction and Mental Health, 2007).

OBJECTIVES:-

- To find out the level of childhood aggression
- To analyse the childhood aggression in different situations
- To assess the influence of variables like gender, single or dual parent and living with/without parents on level of aggression in children

HYPOTHESIS:-

- There is no gender wise significant difference in the level of aggression
- There is no significant difference exists between children who living with single parent or dual parent
- There is no significant difference arises in children aggression who living with or without parents

2. METHOD

For the conduct of the current study 60 students in the age group of 14-24 are collected from Coimbatore city schools and colleges through random sampling.

2.1 CONSTRUCTION OF TOOLS

The details of the tools used for the research is as below

Aggression scale by Dr.(Mrs.) G.P. Mathur and Dr.(Mrs.) Raj kumari Bhatnagar(2012).

Aggression scale is used to study the level of aggression in any age group (above 14 years). It consists of 55 statements. Each statement describes different forms of individual's aggression in different situations. It has 5 points scale. In this scale statement are in two forms i.e. positive and negative. In this scale, statements are in two forms i.e. positive and negative.

There are 30 statements are in positive form and 25 in negative form. In positive form of statements, score will be given as 5, 4, 3, 2, 1 respectively and in negative form of statement. Scores will be given as 1, 2, 3, 4, 5 respectively.

The total numbers of answers constitute the final score. Maximum score is 275 and minimum is 55. Higher score show higher aggression level and lower scores show lower aggression level.

2.2 PROCEDURE

The investigator personally presented the interview schedule to every respondent. A special rapport was established between the sample and the investigator. The investigator collected the required information from respondents and other needed information. The investigator cleared the doubts asked by the respondents during the administration session. The sample has to spend 25 to 30 minutes in answering to the statements. In order to attain the purpose of the current study, the collected data was coded, classified and tabulated. It was then subjected to statistical analysis using percentile analysis and chi square test.

3. RESULTS AND DISCUSSION

The total of 60 student samples was distributed gender wise. According to this 50 percent of them are boys i.e 30 students and remaining 30 student (50 percent)

Gender wise distribution of samples according to aggression level

The researcher has collected selected samples background information through questionnaire. The selected samples were distributed according to gender wise in their aggression level. The total number of girls selected were 40 (67%) and 20 boys (33%). Their aggression level can be depicted under table-I.

Gender	N (60)	Percentage (%)	High Aggression	Average Aggression	Low Aggression			
			No	%	No	%	No	%
Girls	40	66.6	19	47.5	21	52.5	0	-
Boys	20	33.4	9	45	11	55	0	-

χ²0.0328

Level

At 95% confidence interval reflects a significance level of 0.05. From the table 1 it is clear that girls are having high aggression (47.5%) level compared to boys (45%), but if we see average level aggression majority are boys i.e 55 percent and girls average aggression level was 52.5 percent. No sample comes under low aggression level.

It implies that the Gender level aggression was not significantly associated, since the calculated χ^2 (0.0328) is less than the critical values (5.991). Hence, the null hypothesis has been accepted since it is not statistically significant.

three point scale i.e. High aggression, Average aggression and Low aggression. It has been observed that there is a slight difference in the level of aggression among girls and boys. Girls having high aggression as compared to boys, but in case of average aggression level majority were boys. Overall we can say that there is no gender difference observed among aggression level.

Fig:1 Gender wise distribution of samples according to aggression level

From Table-1 and Fig-1 we can see the distribution of respondents on their aggression level according to gender. The aggression level can be categorized into

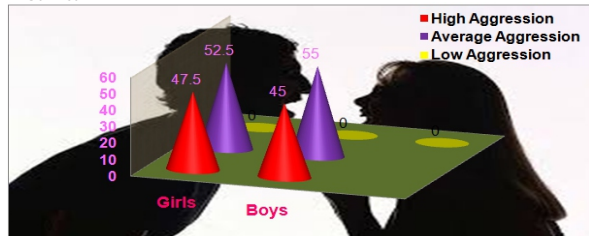
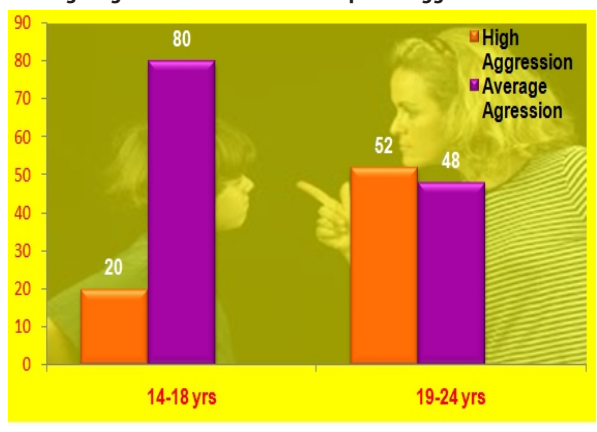


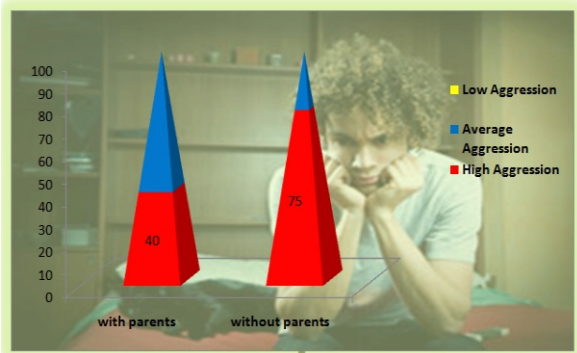
Fig:2 Age wise distribution of samples in aggression level



Chi-Square 2.164

From **fig.2** it is clear that there is no significant difference observed among adolescents and young adults in their level of aggression. In case of high aggression level majority were young adults (52%), in average level aggression highest percent observed among adolescents (80%).

Fig:3 Distribution of aggression level among children who live with parents and without parents

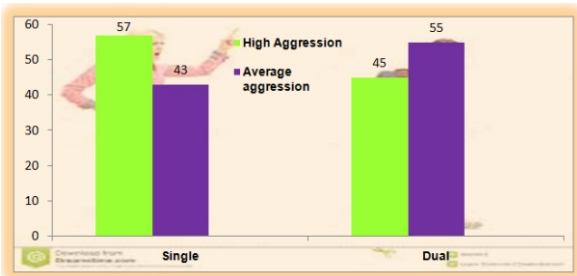


Chi-Square 9.182

Fig.3 shows the distribution of respondents according to living condition. The above figure clearly indicates that, the children who living without parents are having high aggression compared to those who living with parents.

Fig.4

Distribution of aggression among children who live with Single and dual Parents



Chi-Square 0.496

Fig.4 shows distribution of children aggression level among single and dual parents. From above figure it is clear those children who living with single parent having high aggression level (57%) and majority of (55%) children who living with dual parents were having average aggression level.

Overall we can say that single parent children are suffering from high aggression. At 95% confidence interval reflects a significance level of 0.05n level than dual parent children. No one comes under low aggression.

4. SUMMARY AND CONCLUSION

In present study focused on to identify "Aggression behavior among adolescents and young adults". The researcher collected adolescents and young adult's samples from Coimbatore city. A total of 60 samples were collected randomly and distributed according to variables. The questionnaires were administered to get adequate data on aggression behavior among adolescents and young adults.

Aggression scale by Dr. (Mrs.) G.P. Mathur and Dr. (Mrs.) Raj kumari Bhatnagar (2012) was used to assess the required information. Further it can be subjected to percentile and chi square analysis.

4.1 THE KEY FINDINGS OF THE STUDY

- Girls are having high aggression (47.5%) level compared to boys (45%), but if we see average level aggression majority are boys i.e

55 percent and girls average aggression was 52.5 percent

- Majority of young adults (52%) were having high aggression level and 48 percent are having average aggression level. In case of adolescents, average aggression level was found to be higher (80%) and rest of them (20%) are having high aggression levels
- Children who living without parents (75%) are having high aggression level and majority of children who living with parents have average aggression level (60%)
- Majority of children who living with single parent having high aggression (57%) and rest of them are having (43%) average aggression. Among children who living with dual parents, majority of them are having average aggression (55%) and remaining 45 percent are having high aggression level.

4.2 CONCLUSION:

From present study we can concluded that girls, young adults, children living without parents/single parent are having high aggression level.

- The calculated hypothesis has been accepted in gender difference, since it is not statistically significant
- Among adolescents and young adults also there is no significant difference exists and hence hypothesis is has been accepted
- Children who living without parents were having higher aggression level than who living with parents, and significant difference exists between them so the hypothesis can be rejected
- There is no significant difference observed among children aggression with single and dual parents. Hence hypothesis can be accepted.

4.3 RECOMMENDATIONS

Preventing aggression

The following guidelines are preventing aggression.

- Young people should know how to behave with clear expectation
- Building rapport, talking with them, listen to them and be understanding of young adults
- Aggression defines in your own way to understanding cultural sensitivity, who come from other cultural, social or spiritual background etc
- Encouraging their positive behaviours to proved rewards and credits
- Avoid agreements
- Managing their problems. Deal or solve with small problems before they reached into bigger ones
- Young adults should be aware of triggers. Because that cause can occur active to aggressive behaviour and work towards eliminating them or minimizing their outcomes through identify the situation or stresses
- Young people and children should manage their emotions helping through developing strategies. Necessary to develop the skills of managing emotion
- Use positive reinforcement. congratulate and prize positive social behaviours

Managing aggression

- Controlling body language and tone of voice. Make sure body language and tone of voice do not contradict verbal message
- Stay calm. Focus on letting the person know that we care about him or her, are concerned about what is happening and are there to help. Don't try to solve the problem or conflict that led to the aggressive behaviour while a young person is acting aggressively toward us
- Offer a way out. Offer a young person a way out of the situation. Give clear choices, with safe limitations. In this way, we can allow the young person to retain a feeling of control along with his or her self-esteem
- Discourage bystanders. When a young person is acting out, ask peers who may be watching to leave the setting and continue with their activities
- Don't make threats. Don't give warnings about consequences that we are not prepared to follow through on or that are unreasonably severe
- Don't make generalizations. Saying, "You always do this when..." reinforces negative behaviours
- Wait for the right moment. Wait until after an incident involving aggression is over, when everyone has calmed down, to talk to a young person about inappropriate behaviours

- Maintain safety. Make sure that everyone present during an incident involving aggression is safe at all times
- Deal appropriately with threats. In most cases, children or youth who make threats don't carry them out. We get a young person making threats to focus on the way he or she is feeling, and to keep them away from any target of aggression. Keep in mind that young people who have behaved aggressively, damaged property, set fires, harmed animals or shown other conduct problems in the past are more likely to carry out a threat

REFERENCES

- Amber Erickson Gabbey., (2013). Aggressive Behavior. Published on, (23), pp.12-15. | Berkowitz, L., (1989). Frustration-Aggression Hypothesis: Examination and Reformulation, *Psychological Bulletin*, 106(1), pp.59-73. | Hage, S., Van Meijel, B., Fluttert, F., and Berden, GF., (2009). Aggressive behaviour in adolescent psychiatric settings: what are risk factors, possible interventions and implications for nursing practice? A literature review, *Journal Psychiatry Mental Health Nurse*. 16 (7), pp.661-669. | Pratyay Pratin dutta., and kazi ashique firdous., (2012), Association Of Aggression With Socio Demographic Characteristics ; Across Sectional Study Among Rural Adolescents, *National Journal Of Medical Research*, Vol, 12, Pp. 442, Bhubaneswar, India. | Suhina Chatterjee., (2013). Relationships among Stress and Aggression in Adolescents. *Indian Journal of Applied Research*, Vol, 3. | Tremblay, RE., Nagin, DS., Seguin, JR., Zoccolillo, M., Zelazo, PD., and Boivin, M., (2004). Physical Aggression during Early Childhood: Trajectories And Predictors, *Pediatrics*, 114(1), pp.43-50. |