



DEGREE AND PATTERN OF AGGRESSION AMONG MALE AND FEMALE STUDENTS OF PANJAB UNIVERSITY, CHANDIGARH

Community Medicine

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ABSTRACT

Background: Globally, 83% of youth homicide victims are males, and in all countries males also constitute the majority of perpetrators. Rates of youth homicide among females are much lower than rates among males almost everywhere Sexual violence also affects a significant proportion of youth. There is often a discussion that males are more aggressive than females. Some new findings reports that aggression is increasing even in females. So there is a need to compare degree of aggression in both male and female and development of prevention and intervention modules for youth in Indian context.

Objectives: To compare the degree and pattern of aggression among male and female students of Panjab University, Chandigarh.

Material and methods: This cross sectional study was conducted in January 2018-April 2018 on 400 students selected from various departments of Panjab University through convenient sampling method. Buss and Perry Questionnaire was used for collection of data.

Result and discussion: In our study participants the mean score on the total of Buss and Perry Aggression scale was 73.10 (standard deviation = 18.40). This indicates rather a high aggression level in university students. Traditionally, it has often been reported that males are more aggressive than females, and that this trend is said to be linked to testosterone. In proportions of their total aggression scores, boys and girls were almost equally aggressive in this study. This in itself hints at a change that if not more, girls were at least as aggressive as boys i.e increase in aggression

KEYWORDS

Aggression, Anger, Physical Aggression, Verbal Aggression, Hostility

INTRODUCTION

Globally, 83% of youth homicide victims are males, and in all countries males also constitute the majority of perpetrators. Rates of youth homicide among females are much lower than rates among males almost everywhere Sexual violence also affects a significant proportion of youth. For example, 3–24% of women surveyed in the “WHO Multi-country study on women’s health and domestic violence” reported that their first sexual experience was forced. Physical fighting and bullying are also common among young people. Youth homicide and non-fatal violence not only contribute greatly to the global burden of premature death, injury and disability, but also have a serious, often lifelong, impact on a person’s psychological and social functioning. This can affect victims’ families, friends and communities. Youth violence increases the costs of health, welfare and criminal justice services; reduces productivity; decreases the value of property.⁽¹⁾

There is often a discussion that males are more aggressive than females. An average of 565 adolescents and young adults between the ages of 10 and 29 year die each day as a result of interpersonal violence across the world. NFHS-3 from India revealed that 27 per cent married young females experienced physical, sexual, or emotional violence by their spouse and 7 per cent of all females and 11 per cent of married females experienced sexual violence. Studies from India reported that 19 to 42.8 per cent of adolescent females had experienced domestic violence and 25.3 and 32.2 per cent of young married women experienced physical and sexual violence within marriage, respectively.⁽²⁾

Some new findings reports that aggression is increasing even in females. So there is a need to compare degree of aggression in both male and female and development of prevention and intervention modules for youth in Indian context.

OBJECTIVE

To compare the degree and pattern of aggression among male and female students of Panjab University, Chandigarh

MATERIAL AND METHODS

This cross sectional study was conducted in January 2018-April 2018 on 400 students selected from various departments of Panjab University through convenient sampling method. Buss and Perry Questionnaire was used for collection of data. Students of Panjab University who voluntarily signed the written consent were included into the study. Those who were not willing and did not sign the consent form were excluded from the sample. Questionnaires were distributed

to the students and after briefing them about how to fill it, they were given about 10-15 minutes to fill it. The collected information of each respondent was entered in Microsoft Excel spreadsheet. Appropriate statistics were applied using SPSS software version 21. Percentages and Cross Tabs were used to draw inferences; Statistical tests were applied on data to check significance. All results were calculated at 95% confidence interval. Informed written consent was taken from each participant after establishing rapport and explaining research objectives to them before starting the interview and filling up the questionnaire. They were informed that information disclosed during the study and thereafter would remain confidential.

RESULTS

Among the 400 respondents 169 (42.2%) were males and 231 (57.8%) were females. More than half of participants lie in 18-21 years age group (54.5%). Some (33.5%) of participants were in 21-24 years age group. A few (9.25%) participants lie in 24-27 years age group.

Figure.1: Sex-wise distribution of participants

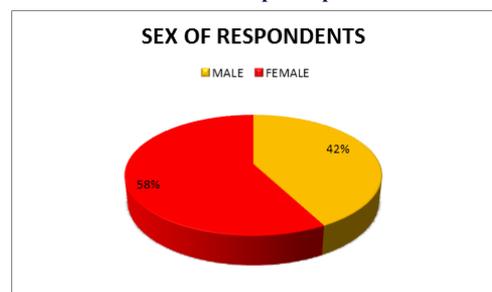


Figure.1 shows that 58% of respondents were female and 42% were males.

Figure.2: Age-wise distribution of participants

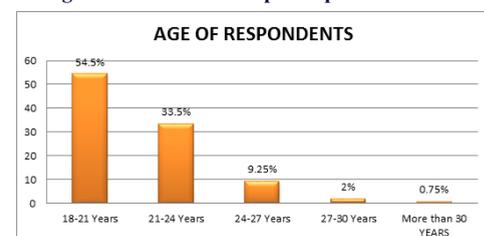


Figure.2 shows that more than half of participants were in 18-21 years age group (54.5%). Some (33.5%) of participants were in 21-24 years age group.

Figure.3: Family-wise distribution of participants

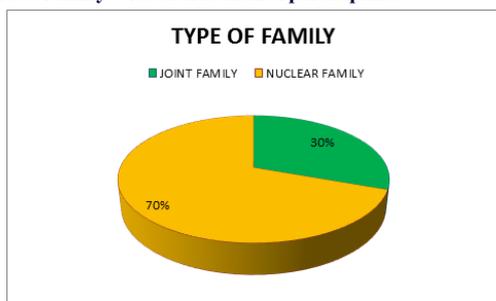


Figure.3: shows that 30% participants were from nuclear families and 70% participants were from joint families.

Table.1: Prevalence of Aggression in study population

Aggression score	Count	Percentage
Normal (29-57)	79	19.8
Mild (58-87)	234	58.5
Severe (88-145)	87	21.7

N=400

Table.1 shows that more than half of the respondents (58.5%) had mild aggression category of score (58-87), some (21.7%) respondents had severe aggression category of score (88-145) and (19.8%) respondents had normal aggression category of score (29-57).

The mean score and standard deviation on the total of Buss-Perry Aggression scale were 73.10 and 18.40 respectively

Table.2: Distribution of participants according to their Physical aggression score

Sex	Physical Aggression Score			Total (%)
	Normal (9-17)	Mild (18-27)	Severe (28-45)	
Male	52 (30.8) (34)	97 (57.4) (46.4)	20 (11.8) (52.6)	169
Female	101(43.8) (66)	112 (48.4) (53.6)	18 (7.8) (47.4)	231
Total	153	209	38	400

Table.2 shows that there was significant relation between physical aggression and sex of participants ($\chi^2=7.44$, p-value=0.024). Males had more physical aggression score than females.

Table.3: Distribution of participants according to their Anger score

Sex	Anger Score			Total (%)
	Normal (7-13)	Mild (14-21)	Severe (22-35)	
Male	75 (44.4) (43.1)	85 (50.3) (43.2)	9 (5.3) (31)	169
Female	99 (42.8) (56.9)	112 (48.5) (56.8)	20 (8.7) (69)	231
Total	174	197	29	400

Table.3 shows that there was no significant relation between anger and sex of participants ($\chi^2= 1.61$, p-value= 0.44). Males and females both had equal anger score.

Table.4: Distribution of participants according to their Hostility score

Sex	Hostility Score			Total (%)
	Normal (8-15)	Mild (16-24)	Severe (25-50)	
Male	21 (12.4) (41.2)	76 (45) (46.6)	72 (42.6) (38.7)	169
Female	30 (13) (58.8)	87 (37.6) (53.4)	114 (49.4) (61.3)	231
Total	51	163	186	400

Table.4 shows that hostility and sex of participants had no significant relationship with each other ($\chi^2=2.25$, p-value=0.32).Both males and females had almost equal hostility score.

Table.5: Distribution of participants according to their Verbal aggression score

Sex	Verbal Aggression Score			Total (%)
	Normal (5-9)	Mild (10-15)	Severe (16-25)	
Male	12 (7) (35.3)	54 (32) (35)	103 (61) (48.6)	169
Female	22 (9.5) (64.7)	100 (43.3) (65)	109 (47.2) (51.4)	231
Total	34	154	212	400

Table.5 shows that verbal aggression and sex of participants had significant relationship with each other ($\chi^2=7.41$, p-value=.024). Females had more verbal aggression score than males.

DISCUSSION

In our study participants the mean score on the total of Buss and Perry Aggression scale was 73.10 (standard deviation = 18.40).This indicates rather a high aggression level in university standard. Traditionally, it has often been reported that males are more aggressive than females, and that this trend is said to be linked to testosterone. This notion is supported by the fact that in most mammals, males are more aggressive than females. Some decades ago, the view that females were basically non-aggressive was challenged, and explorations into female forms of aggression began. In their studies on adolescent aggressive behavior in Finland, based on peer estimations of aggression, Lagerspetz et al. and Björkqvist et al. identified three different styles of aggressive behavior: physical aggression, direct verbal aggression, and indirect aggression. They found girls to use indirect aggression more than boys. It was conceptualized as social manipulation with the intention to harm the target person psychologically or socially, often attacking the target person circuitously. For example, they do it through malicious gossip, or otherwise manipulating the social network of the school class in order to lower the victim's standing in the social hierarchy or perhaps even excluding her altogether from a friendship group.

According the meta-analysis by Card et al., boys are generally more aggressive than girls; they show, in raw scores, practically as much indirect aggression as females do. (3) One Study conducted by Owens & MacMullin reported that boys always exceeded girls in use of physical aggression while girls exceeded boys in use of indirect aggression from year 9 onwards. (4) Almost similar findings were found in this study that, in regard to total aggression score gender differences in aggressive behavior. In proportions of their total aggression scores, boys and girls were almost equally aggressive. Males were more physically aggressive than females but females are verbally aggressive than males. Both males and females had almost equal score in anger and hostility in this study. This in itself hints at a change that if not more, girls were at least as aggressive as boys i.e increase in aggression.

LIMITATIONS

Collected data was based on self-reporting. Under or over reporting of behavior might had affected the results. Due to social stigma many students might had hidden the real facts and their feelings

RECOMMENDATIONS

Programs like mentorships as seen in western countries should include students counseling in university (at rise approach). There is a need for more scientific studies and RCTs (Randomized Controlled Trails) regarding this increasing aggression in youth. There is a need to explain students about benefits of meditation and yoga practice in their life and should encourage them to incorporate these practices at their daily routines.

References

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