



THE EFFECT OF AGGRESSION AND RUMINATION OF RURAL AND URBAN ADOLESCENTS IN RELATION TO THEIR SELF-ESTEEM

Social Science

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KEYWORDS

The individuals who live in a loving environment and enjoy supporting relationships early in life probably enjoy healthy self-esteem. On the contrary those people who have had an abusive childhood, rejection from parents or society, emotional or physical trauma in early relationships, are normally not able to develop a healthy sense of self worth. What other people think about an individual, the words they say, their conduct towards the person, and the level of respect a person receives from the other party are all vital components that help to develop self-esteem of a person as a child.

Low self esteem in a person is indicative of less of self respect the person feels towards himself/ herself. Individuals with low self-esteem usually feel insecure regardless of all the assurance they get from their near and dear ones. In any situation they usually end up exaggerating and emphasizing their flaws and failures and downgrading their success ventures and positive attitudes. Such people also inhabit numerous negative concepts about self which they communicate to others.

Low self-esteem in the long run augments chances of mental illness, affects relationships, and damage overall quality of life. The root cause of low self-esteem as believed and experienced by most experts traces its dawn very early in life - when seeds of low self-esteem are sown in a person's life he is usually a child or probably an adolescent. A person's early relationship with parents, family, siblings, peers and teachers are known to play a deep impact on their self-esteem; which eventually becomes a part of their personality and stays with them forever.

Most children and adolescents look forward to their family, friends, and peers to make them feel special and worthy as a person in their life. If the people on the giving end fail to fulfill their duty, the singular individual on the receiving end feels dejected, worthless, and lonely leading to great damage of their self esteem that they had otherwise thought of themselves. Such single and lonely individuals begin to feel that life of others is very worthwhile and happy even in their absence and so they are not needed in their life for any general or particular reason. Such kind of single people/ adolescents develop problems of self-esteem and they start to feel that they are a failure and have failed in their efforts to earn approval and importance in the life of others like a parent, a friend, or a partner and they therefore start believing themselves as a burden which is worthless.

Once the seeds of low self esteem spread out its roots it gets impregnated in the personality of the suffering individual and brings along with it its numerous negative ramifications. Adolescents suffering from low self-esteem are seen to also suffer from depression, anxiety disorder, eating malfunctions, substance abuse, and a failure on all these fronts to remain composed makes them aggressive. And improper conduct due to aggression particularly in public leads to rumination and adolescents have been found ruminating on their misconduct very often.

Adolescents who are also students have often being seen struggling in succeeding to achieve completion of tasks/ assignments and performing well in exams at school level and carrying out simple household chores at domestic front because they are much convinced that their efforts will go in win and ultimately lead only to failure of the given task. Their diminished self opinion does not allow them to listen to their soul or to take any credit or accept any positive feedback; for them the positive feedback is everything (foul, false, fury) but not real and genuine because they have developed the habit of having negative self belief about themselves under all circumstances of life.

Various investigations on boys and girls (that were aged between aged between 8 to 15 years) it has been observed that boys are more aggressive both physical and verbal when it was measured on direct aggression scale. But in case of and direct aggression scale measurements the sex differences reversed hence it was concluded that boys exhibit more direct aggression and girls exhibit larger quantity of indirect aggression than boys.

Many studies have proven that male gender engages in direct aggression that includes physical abuse pushing back shoving, throwing things at the face of the person, screaming, calling names and abusive language usage are exhibited by boys. On the other hand females indulge in indirect regression that includes hiding away from the abuser, not letting the victim know their hidden intents etc. The strategy adopted to fulfill this include spreading rumors about the target person, indulgence in abusive gossip, back biting, warning others to stay away from a particular person etc.

Certitude of choice -

There was seen a large conflict of interest regarding who should be deciding about what? Who is the signing authority about their education, employment, and partners. On one hand parents were pursuing their children to take up life choices and decisions according to them on other hand kids wanted freedom of choice.

Such kind of behavior was more pronounced in the rural setting where the less educated parents with farming background persuaded and initiated their children particularly males to take up their farming occupation as their future means of livelihood and the male students were found to be disagreeing and wanted either to move to the urban settings and get a white collar job or even certain kind of work abroad because in the state of Punjab particularly there is a culture of moving abroad for further studies or occupations profession. A lad in India would be ashamed of sweeping the floors or driving a truck around on the highways but he will readily accept and do such kind of job in Canada or any other country.

The urban parents were a little more liberal letting the children to decide their hours of study but then the parents did uphold the responsibility of which stream to take and which college or institute to join. Many a times parents did this under the influence of others and because of peer pressure and they failed to think that each kid/student is different from other and hence and educational institute which is better for one kind of person with a particular mindset may not be that appropriate for their own child. The parents seemed to run a rat race and the students unwillingly became a passive part of it.

The gender roles were found to be most dominant in case of older kids particularly in the rural setting where the girls were expected to give a helping hand to manage the household chores along with their studies. The students of urban setting were found to be more liberal than their rural counterparts but still girls were expected to behave studios and decent which can be seen from two viewpoints. Girls had to handle extra pressure of being a girl and prove their mettle among the family, friends and society on the other hand boys who were good at studies thought that they have to compete with girls of their same age and those boys who were not good in academic performance were constantly compared to girls who were their age mates and classmates. This created a sense of depression and low esteem in the male students where their mail ego got wounded because otherwise in the patriarchal set up of India boys are mostly thought that they are superior too female gender in most aspects of life.

Younger adolescents however in both the education settings taken up in this study and in both genders were found to be more responsive with an acceptance of parental influence where they were found to study and behave according to their parents wish. The only pressure with younger adolescents was reputation among the peers and tit-bit kind of conflicts with friends.

Girls are more into relational or indirect aggression instead of overt aggression. The reason behind this is that indirect aggression causes non achievement of goals which is an important factor for girls. Boys tend to exhibit too much higher level of aggression even towards those people who have not provoked or harmed them in any way. But under situations of intense provocation, the aggressive action exhibited by females is no less than shown by boys under similar situation. Various comparative studies of urban and rural children declared that students of rural setting are more rough and aggressive than their urban counterparts. There are studies that say that in New York there were more chances of rural youth carrying a gun to school in comparison to their subtle rural counterparts.

Different sexes behave differently under similar situations despite of the region or culture we are talking about. Males can even go to extreme levels by killing/shooting (with a pistol) the other person. In case of bully behavior females intend to bully those people whom they are previously aware or known or whom they had an earlier relationship while boys were found more prone to attack, take hold off or show their power over strangers.

Advances in technology and modern developments have had a significant effect upon people's lives and work. Industrialization has brought the entire world on a common platform making it into a large but accessible global village. But this has impacted parenting practices as well. There is more noteworthy mindfulness about parental jobs and obligations and, parents really do not invest in quality time spent with their kids and miss the chances of being a companion especially to their adolescent kids. Parents are over-occupied with making money or endeavoring to accomplish their desires and they truly lack opportunity and energy they should invest with their kids. Distance among home and the work environment is further driving this issue beyond limits of control.

Raising an adolescent is a challenging task. If adolescents are heartily acknowledged at home, they feel the warmth and compassion in their home ambience they will feel cheerful and genuinely secure. These kids will behave proper and sober when among a gathering of friends. Different variables can likewise impact their way of behaving. A decent home might get along admirably and a disgusting/horrendous home might influence their social and mental state-of-mind. A sound and positive family environment is very crucial in upbringing of adolescents. They can bear and live better to issues of the world in such a circumstance. But if they are questionable about their worth in the life of their parents and in their home, there can be a mountain of problems to be sorted out.

In present situation there is huge expansion in the number of students in the educational establishments, quickly impacting universe of work and impacting student's needs and issues. There is an unequivocal requirement for providing a time frame for a coordinated program of expert assistance, and directional help by experienced and qualified people for the improvement of the multitude of overall characters of the pupils.

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