

Aggression among Youth: A Gender Study



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Abstract

The present study endeavors to cast a glance at Aggression among Lucknow University Students. Gender differences were also looked in to. The sample consisted of undergraduate day scholars aged between 20 to 22 years old 50 males and 50 females of Lucknow University. To assess aggression Buss and Perry scale (1992) was used. Statistical analysis were calculated which brought to fore that males were more aggressive than females. Findings also showed that males revealed higher levels of physical, verbal and anger aggression as compared to females. Females revealed higher levels of hostile aggression as compared to males.

Keywords: Aggression, Youth, Hostility, Anger.

Introduction

India is the largest youth populated country (Yojna, 2017). A country's progress and enrichment depends upon its youth. Youth represents a popular segment of the society. (Hurlock, 1981) defines that early adulthood as youth. Youth of today are facing challenges in all walks of life. These hurdles affect their social, physical psychological life mounting to build up violence aggression and other pent up negativity. This goes with special reference to higher education institutes and Universities which are becoming a hub of youth aggression. Among psychological problems aggression is a very vulnerable issue in the society among youths. Hence here is a need to understand what is the concept of the Aggression is.

Aggression

Aggression is a universal phenomenon among all human beings and all species. Aggression is a behavior which always intends to hurt another person. This is sometimes good and sometimes bad. (Mayes, 1988) defined aggression as, physical or verbal behavior that is intended to hurt someone. (Atkinson, Atkinson, Smith & Hilgard, 1991) Aggression is the behavior that is intended to injure another person (Physical or verbally) or to destroy property. Aggression have four main dimensions physical, verbal, anger and hostile. Aggressive behavior is a common behavior among young people, due to their developmental characteristics (Muammria, 2004).

Review of Literature

Many media and social networks show that nowadays aggression is a critical concern in the society. Many studies show that aggression and violence is increasing among youth. Aggression effects youth in all spheres viz academic achievement, emotional maturity, mental stability (Jennifer, 1990). Aggression can be reflected physically, verbally, hostility and anger (Buss & Perry, 1992). Physical aggression likes harming others by kicking, hitting, stabbing or shooting verbal aggression like harming others verbally viz.name calling, yelling, swearing as well as screaming. Hostile aggression is committed in response to a perceived threat or insult it emerges when a person does not get desired goal and losses control.

Nowadays aggression is posing a challenge to our society, family well as nation etc. Paucity of researches in this area portray a dismal picture .Keeping in mind few researches that researcher came across review of literature.

(Vitaro, 2002) found that aggressive children significantly more anxious than non-aggressive children. (Henderson, 1991) found that aggression declines with age, young people are more aggressive than old people. The culture and ethnic differences also influence on the aggressive behavior among females (Landau et al., 2002)(Akhtar & kushwaha,2015) found that boys scored higher than girls in respect to aggression. (Taluksdar & Dekha, 2014) also found that male are significantly aggressive than

female. (Wani et al, 2017) divulge that boys show high level of aggression than girls

Having gone through the concept of aggression some questions came to mind viz what is aggression? Are there gender differences in aggression? What type of aggression is prominent in males and females? Does age has an impact on aggression? These were some questions that led to the inception of this study.

Methodology

Objectives

1. To find out gender difference of aggression among youth.
2. To find out the gender differences in types of aggression (verbal, physical, anger and hostility) among youth across gender.

Hypothesis

- A. Males would be higher on aggression than females.
- B. Males would be higher on physical, verbal and anger aggression as compared to the females.
- C. Females would be higher on hostility aggression as compare to the males.

Variables

Independent Variable

Gender

Dependent Variable

Aggression

Sample

In this study 100 students 50 males 50 females have been taken who were day scholars Undergraduate students of Lucknow University. Purposive sampling has been used.

Measurement Tools

Informed consent form and demographic details form used for demographic details.

Buss and Perry Aggression (1992) questionnaire was used for aggression measurement. Back translation of the tool was done in Hindi. This scale is five point rating scale with 29 items. 9 and 16 numbers item will be reversed score. This scale measured Aggression on four main dimensions physical, verbal, anger and hostile.

Procedure

Consent was taken from the students for study. All information was kept confidential. It will be used for only research purpose. Students were thanked for their cooperation .Data was collected by Face to face in the classroom. Maximum time taken was 15 to 20 minutes. They were thanked to their cooperation. After data collection statistical analysis i.e mean and t- test has been calculated.

Data Analysis

Quantitative data obtained was analyzed on total Aggression and four factors of the Aggression. Mean and t-value were also calculated for this analysis.

Results and Interpretation

Aggression

Having already gone through the concept of aggression in simple words "Aggression is behavior with a sole purpose or function to injure physically or psychologically" (Colman,2003). Analyzing the data that came across has been depicted in Table no – 1 which indicates that obtained mean values for total aggression are 106.06 and 95.52 for males and females respondents respectively. The obtained t – value is found statistically significant at df 98 on 0.05 level of significance. Hence the hypothesis is accepted that males would have higher level of aggression than their female counterparts. The reported findings are empirically supported by (Bettencourt & Miller, 1996) and (Malik & Katyal 1993) that males are more aggressive than females. Similar findings have been suggested (Rahman&Nahar, 2013) (Qaisi, 2014);(Anderson & Bushman, 2002).

(Kumar, Lal and Buchar, 2014) studied that aggression in individual's could be because of the negative experiences in life or because of the chronic mental illness. Some people suffering from the depression, anxiety or post traumatic stress disorder or any other chronic illness or any illness for long time does show aggressive behavior because of their conditions. Some statements said by male respondents " मुझे गुस्सा आ जाता है और मैं जोर –जोर से चिल्लाने लगता हूँ" ।

Table no- 1 Showing Mean and t -value

Variable	Gender	Mean	N	SD	t- value
Aggression	Male	106.06	50	3.08	10.94
	Female	95.52	50	6.07	
Physical	Male	37.44	50	1.34	33.38
	Female	25.12	50	2.23	
Verbal	Male	18.96	50	1.02	25.04
	Female	14.48	50	0.73	
Anger	Male	29.14	50	0.88	29.78
	Female	22.48	50	1.31	
Hostility	Male	20.52	50	2.30	15.43
	Female	33.44	50	5.45	

Further dimensions wise results of Aggression have been discussed below one by one.

Physical Aggression

The first dimension of aggression was physical aggression. In simple words Physical aggression includes behaviors that threatens or causes physical harm, such as threats of bodily harm, physical fighting and violent crimes such as robbery,

rape and homicide (Loeber & Hay, 1997; Yonas, O'Campo, Burke, Peak, & Gielen, 2005)Table no – 1 indicates that obtained mean values for physical aggression are 37.44 and 25.12 for males and females respondents respectively. The obtained t – value is found statistically significant at df 98 on 0.05 level of significance. The reported findings are empirically supported by Sheikh et al (2014) reported

that boys have high level of physical Aggression. Some statements were given by Males respondents that "कि मैं गुस्से में बहुत जल्दी हाथापाही कर लेता हूँ, जरूरत पड़ने पर मारता भी हूँ और तोड़ – फोड़ भी गुस्से में बहुत करता हूँ।" This statement depicted that males often indulge in physical aggressive behavior in any point of life. .

Verbal Aggression

The next dimension of aggression was verbal aggression. In simple words Verbal aggression is described as insults or warnings of aggressive actions. The verbal aggressions include shouting, arguing, cursing and sarcasm Ahsaan (2015). Table no – 1 indicates that obtained mean values for verbal aggression are 18.96 and 14.48 for males and females respondents respectively. The obtained t – value is found statistically significant at df 98 on 0.05 level of significance. The reported findings are empirically supported by Nakano (2001) found gender differences in verbal aggression. Nakano (2001) also found that males are more aggressive than females. These statements are given by males at the time of data collection. मैं कभी कभी गुस्से में बहुत चिल्लाता हूँ और जिससे लोगों को मेरी वजह से तकलीफ होती है पर उस समय मुझे गुस्से के अलावा कुछ और ना समझ आता है ।" This statement adds to the pathetic picture of verbal aggression among males.

Anger Aggression

Next dimension of aggression was Anger aggression. In simple words Anger aggression is described as a feelings of being threatened or mistreated Ahsaan(2015). Anger occurs in many forms such as losing a match, feeling of not being selected, feeling of jealous ,guilt and embarrassment. Table no – 1 indicates that obtained mean values for anger aggression are 29.14 and 22.48 for males and females respondents respectively. The obtained t – value is found statistically significant at df 98 on 0.05 level of significance. The reported findings are empirically supported by Wani Raghvi, Shankar & Chinmaya (2017). Some statements given by male respondents that "मैं कभी – कभी इतना गुस्सैल हो जाता हूँ कि अपने मनोभावों को नियंत्रित नहीं कर पाता हूँ और गुस्से में बिना कारण किसी भी व्यक्ति पर आग बबूला हो जाता हूँ ।" This statements also showed revealed the pathetic picture. It depicts that frustration leads to aggression that is called as anger. Hence the second hypothesis is accepted that males would have higher level of physical, verbal and anger aggression than their female counterparts.

Hostility

The next other factor of aggression is hostility aggression. In simple words Hostile aggression refers to actions that are motivated by anger and the main aim is to cause harm or injury to opponents (Ahsaan, 2015). Table no – 1 indicates that obtained mean values for verbal aggression are 20.52 and 33.44 for males and females respondents respectively. The obtained t – value is found statistically significant at df 98 on 0.05 level of significance. Hence the third hypothesis made in this regard is accepted that females would have higher

level of hostility aggression than their male counterparts. The reported findings are empirically supported by (Halder, 2007) found that females are more on hostile aggression. Some statements are said by female respondents at the time of data collection "कि लोगों का काम आसानी से हो जाता है और मैं जिसकी वजह से झल्ला जाती हूँ।" This statement also depicts that females become hostile when there freedom is challenged .Feeling unable to do something they want makes them frustrated.

Conclusion and Implications

To sum up, on the basis of above findings results revealed that there was significant gender difference in aggression. Males were more aggressive than females, simultaneously physical, verbal aggression, and anger was high in males. Hostility is found more among females. In present days aggression is one of the common and critical issue or problems found among youths and all age groups. Students from primary school to university level show different level of aggression which is a challenge for growing world. There aggressive behaviors affect the whole country as they are the future and the pillars of a nation. Thus researchers should come forward to highlight the various aspects which cause this behavior. Hence here need to understand how can overcome the aggression level among male and females. India is a patriarchic country. Where mostly priority given to the males like aggression verbal, anger and physical aggression. So hence here need to counseling techniques to managing the aggression among youth. Here need is to give an equal platform for both genders. To manage aggression compulsory the yoga any physical activity or exercise for youth in all universities should be made mandatory because when they will be involve in these activities their serotonin level that is the feel good hormone will increase and their aggression level will decreased. Provide time to time counseling sessions for youth in universities or colleges Basic counseling skills should be a part of university curriculum.

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