

A study of the effect of Gender and Age on Aggression

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Abstract

The present investigation studies the effect of gender and age on Aggression. To fulfill the objective of the study 60 respondents including 30 males and 30 females were selected from Meerut District by using random sampling technique. Hypothesis of the study were: 1. There will be no significant difference between male and females on the bases of aggression level. 2. There will be no significant difference on the bases of aggression level among various age groups: 20-30, 31-40, 41-50. For the aforesaid purpose the Aggression scale constructed by Dr. Tasneem Naqvi and Km. Roma Pal (Research scholar) was used on the selected respondents or sample. The results of this study concluded that 1) Male respondents have significantly high level of aggression than the female respondents. 2) The Males and females of 31 to 40 age group scored higher on scale in contrast with other two age groups.

Aggression

In psychology, the term "aggression" refers to a range of behaviors that can result in both physical and psychological harm to a person, others, or objects in the environment. Aggression centers on hurting another person either physically or mentally. While we all may feel aggressive on occasion, when aggression becomes pervasive or extreme, it may be a sign of an underlying mental health condition, a substance use disorder, or another medical issue. Aggression can serve a number of different purposes, including: Expressing anger or hostility, Asserting dominance, Intimidating or threatening, Achieving a goal, Expressing possession, Responding to fear, Reacting to pain, Competing with others.

Signs of Aggression

Because aggressive behavior is intended to harm someone who doesn't want to be harmed, it must involve action—simply thinking about harming someone or feeling angry isn't enough, and accidentally harming someone doesn't qualify. Aggressive behaviors can be: Physical, like beating, hitting, kicking, or stabbing another person. Damaging property is also a form of physical aggression. Verbal- which may include mocking, name-calling, and

yelling. Relational- which is intended to harm another person's relationships. This can include spreading rumors and telling lies about someone else. Passive-aggressive- like ignoring someone during a social event or offering back-handed compliments. Passive-aggressive behavior is usually intended to allow harm to come to someone, rather than causing harm directly. While we often think of aggression in its physical forms, psychological aggression can also be very damaging. Intimidating or verbally berating another person, for instance, are examples of verbal, mental, and emotional aggression. Cyber bullying is another form of non-physical aggression that can cause serious harm to others.

Types of Aggression

Psychologists divide aggression into two main types. Both are damaging to those who experience them, whether as the target or the aggressor.

Impulsive Aggression

Also known as affective or reactive aggression, impulsive aggression is characterized by strong emotions. Impulsive aggression, especially when it's caused by anger, triggers the acute threat response system in the brain, involving the amygdala, hypothalamus, and periaqueductal gray. This form of aggression is not planned and often takes place in the heat of the moment. If another car cuts you off in traffic and you begin yelling and berating the other driver, you're experiencing impulsive aggression.

Instrumental Aggression

Also known as predatory aggression, instrumental aggression is marked by behaviors that are intended to achieve a larger goal. Instrumental aggression is often carefully planned and usually exists as a means to an end. Hurting another person in a robbery is an example of this type of aggression. The aggressor's goal is to obtain money, and harming another individual is the means to achieve that aim.

Causes

We don't know precisely what causes excessive or inappropriate aggression. It's likely that several different factors are involved, including someone's biology, environment, and psychological history.

Biological Factors

There may be genetic and hormonal factors that influence aggression. Imbalances in certain hormones, like testosterone and cortisol, and neurotransmitters, like serotonin and dopamine, may be linked to aggression. These imbalances can occur for a number of reasons, including genetics. Brain structure can also influence aggression. People with structural abnormalities in the amygdala tend to show more aggression than their peers. Changes in other areas of the brain may also contribute to aggressive behavior.

Environmental Factors

How a person raised may play a role in whether or not you engage in aggressive behavior. People who grow up witnessing aggression may be more likely to believe that violence and hostility are socially acceptable. Experiencing trauma during childhood can also lead to aggressive behavior in adulthood.

Childhood Trauma and Intermittent Explosive Disorder

Psychologist Albert Bandura's famous Bobo doll experiment demonstrated that observational learning can also play a role in how aggression develops. In this experiment, children who watched a video clip where an adult model behaved aggressively toward a Bobo doll were more likely to imitate those actions when given the opportunity.

Psychological Factors

Several mental health conditions can be associated with aggressive behavior, including: Attention-deficit/hyperactivity disorder (ADHD), Bipolar disorder, Borderline personality disorder (BPD), Narcissism, Post-traumatic stress disorder (PTSD), Epilepsy, dementia, psychosis, substance use disorder, and brain injuries or abnormalities can also influence aggression.

Impact of Aggression

Aggression can affect health and relationships. Research suggests that there is a link between anger and chronic inflammation, which can cause secondary health problems like cardiovascular issues. Anger and aggression are also associated with mental health conditions. However, it isn't clear if unregulated anger causes those conditions, or if the conditions themselves make it difficult to manage intense emotions like anger and

aggression. Experiencing aggression at the hands of a partner, friend, or family member also has detrimental effects. People who have been victims of physical or psychological aggression view those experiences as harmful, even when their aggressor doesn't. These forms of aggression can ultimately lead to the end of the relationship. Unchecked aggression can also make things more difficult at work and strain friendships. That can lead to more stress and feelings of alienation for the aggressor, which may worsen the problem.

Objectives:

1. To measure the aggression level in the male and females.
2. To measure the aggression level among various age groups:
 - Age groups: 20-30
31-40
41-50

Hypotheses:

1. There will be no significant difference between male and females on the bases of aggression level.
2. There will be no significant difference on the bases of aggression level among various age groups:
Age groups: 20-30
31-40
41-50

Description of the Variables:

➤ Independent Variable:

1. Gender (male and female)
2. Age (20-30, 31-40, 41-50)

Dependent Variable:

Aggression

Sample:

For the present study as a sample 60 respondents including 30 males and 30 females were selected from Meerut district of west up. Among which 20 were the male and females of 20-30 age group, 20 were related with 31-40 age group and 20 were from the age group of 41-50. Sample was selected through random sampling method.

Measuring Tools:

Aggression scale constructed by Dr. TasneemNaqvi and Km. Roma Pal (Research scholar) was used as measuring tool in this study.

Procedure:

For fulfilling the aforesaid objective good rapport was built up with the subjects. After creating healthy rapport, Aggression scale was given to the subjects. All instructions, which were given on the scale, were clarified to the subjects and enough time was given for filling the scale. When the subjects have finished the scale, they were collected from them and thanks were paid to them.

Result:

After data collection, the scoring of the response sheet was finished with the assistance of scoring key. Mean and S. D were utilized in the analysis of data.

Table 1- Mean and S.D.of the Respondents

Gender	N	MEAN.	S.D.
Male	30	70.87	12.71
Female	30	57.43	19.77

Table 1 indicates that Males have scored higher on the scale in contrast to the Females. The higher mean based on higher scores in the aggression scale demonstrates high level of aggression. So on the bases of outcomes the null hypothesis “There will be no significant difference between male and females on the bases of aggression level” has been rejected.

Figure: 1
Bar Diagram of Aggression(Gender: Male & Female)

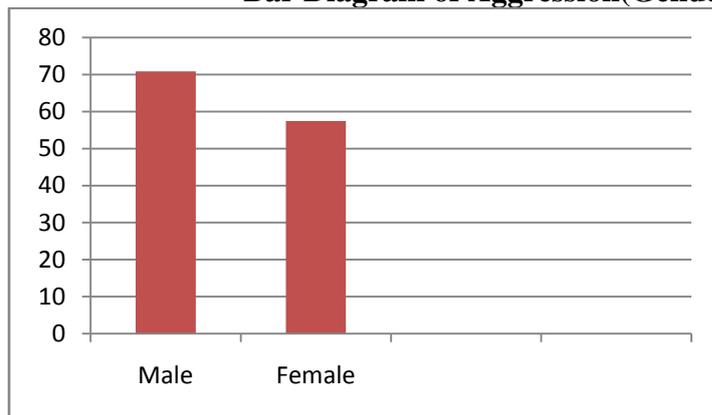
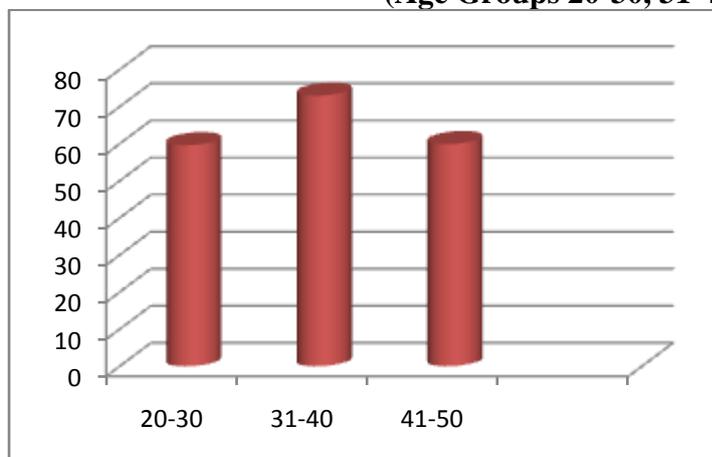


Table 2- Mean and S.D.of the Respondents

Age group	N	MEAN.	S.D.
20-30	20	59.60	19.50
31-40	20	72.95	12.49
41-50	20	59.90	18.09

The table no- 2 indicated that the males and females of age group of 31-40 scored higher on scale in contrast with other two groups. Higher scores on the scale indicated high level of aggression, thus, the hypothesis that “There will be no significant difference on the bases of aggression level among various age groups (20-30, 31-40,41-50) has been rejected.

Figure: 2
Bar Diagram of aggression
(Age Groups 20-30, 31-40, 41-50)



Conclusion:

- 1) Male respondents have significantly high level of aggression than the female respondents.
- 2) The Males and females of 31 to 40 age groups scored higher on scale in contrast with other two age groups.

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