



Exploring the relationship between life satisfaction and aggression among convicted prisoners and general population

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The present study is about the differences between the convicted population and the general population in Aggression and Life Satisfaction. A sample of 50 convicted prisoners (male) from Haryana jail and 50 general population was taken for the purpose of this study. Data gathered were subjected to SPSS and Means, SD, and T-test were computed further to examine the comparison of Aggression and Life Satisfaction between the convicted population and the general population. Results revealed that the Aggression level and Life satisfaction were found higher in the convicted population in comparison to the general population. Results showed that there were significant differences as to the aggression and life satisfaction levels between the groups of the convicted population and the general population. Results may be useful to understand the level of aggression and life satisfaction of convicted prisoners.

Key Words: Aggression, Convicted population, Life Satisfaction, General population

INTRODUCTION

Human aggression and violence are perceived as major public health problems capable of tearing the structure of communities and eroding the well-being of society. Many national and global types of research on violence have evidenced the impact of violence, notably domestic violence, and child abuse, on health and social indicators.

Aggression is a multifaceted and pervasive aspect of human behavior that has been the subject of extensive research and analysis across various disciplines. From playground conflicts to international disputes, aggression manifests in different forms and contexts, impacting individuals and societies at large. This phenomenon holds particular significance in fields such as psychology, sociology, and criminology, as understanding its origins, expressions, and consequences is vital for promoting peaceful coexistence and preventing harm. Aggression, defined as behavior intended to cause harm or infliction of pain on others, encompasses a wide range of aggressive acts, including physical violence, verbal abuse, and psychological manipulation. It can arise from a combination of individual, situational, and environmental factors, making it a complex phenomenon to unravel. Moreover, aggression can occur across various settings, and one area where it is of particular concern is within correctional facilities.



In social psychological terms, aggression is defined as a broad category of behavior that intends to harm others using physical or verbal attacks. While studies related to aggression are prolific, the underlying factors of aggressive behavior have always been the long-standing interest among social scientists including criminologists. A study by Berkowitz noted that aggressive behaviour seems to be the outcome of frustration due to hindrances in goal attainment. Aggression between convicted prisoners can have severe consequences, both for the individuals involved and for the overall safety and security of the correctional facility. However, aggression is not limited to interactions among prisoners alone; it can also occur between prisoners and the general population, including staff members, exacerbating the already volatile nature of correctional environments.

Exploring the causes, manifestations, and implications of aggression in the context of convicted prisoners and the general population is crucial for developing effective strategies to mitigate its occurrence and promote a safer, more rehabilitative prison system.

The concept of life satisfaction is deeply rooted in the field of psychology and has been studied extensively by researchers seeking to understand the factors that contribute to human happiness and well-being. It is often measured through self-report assessments, where individuals rate their overall satisfaction with life on a numerical scale or provide qualitative descriptions of their feelings and experiences. Numerous factors influence life satisfaction, including personal circumstances, social relationships, health, financial stability, employment status, and cultural and societal norms. While these factors may vary from person to person, research suggests that certain elements consistently contribute to higher levels of life satisfaction.

Research has consistently shown that life satisfaction tends to be lower among prisoners compared to the general population. The experience of imprisonment, including the loss of personal relationships, social stigma, and limited opportunities for personal growth and achievement, can contribute to feelings of dissatisfaction and decreased overall happiness. Moreover, prisoners often face significant challenges in reintegrating into society upon release, such as securing employment, finding stable housing, and rebuilding relationships. These re-entry difficulties can further impact life satisfaction and contribute to a sense of marginalization and disconnection from the broader community. Numerous studies have indicated that life satisfaction tends to be lower among convicted prisoners compared to the general population. For example, research conducted by Diener and Seligman (2004) examined life satisfaction among various populations, including prisoners. The study found that prisoners reported significantly lower levels of life satisfaction compared to individuals in the general population.

Similarly, a study by Steel and colleagues (2007) explored the life satisfaction of incarcerated individuals and found that they reported lower levels of life satisfaction compared to a control group from the general population. The researchers attributed these differences to the negative effects of imprisonment, such as the loss of personal freedoms, social isolation, and limited opportunities for personal growth and development. Moreover, a meta-analysis



conducted by Wang and colleagues (2019) examined multiple studies on life satisfaction among prisoners. The analysis revealed that prisoners consistently reported lower levels of life satisfaction compared to individuals in the general population across various countries and cultures.

Research Methodology

In the current research quantitative research methodology was used as the study focused on understanding the difference between convicted prisoners and the general population on the dimensions of personality, life satisfaction, and aggression. The study design is a quantitative correlational design where the independent variable was personality and the dependent variable was aggression and life satisfaction.

Sample:

It was purposive sampling in which 50 participants were from the Haryana and Delhi jail and 50 participants were from the general population in a random sampling method of adults.

Instruction and Procedure:

The researcher administered individually one by one through physical involvement for data collection. A good rapport was formed with the participants and then the instruction on the test measures was given. After giving adequate instruction about the scale Oral instructions were given based on their understanding. Because most of them were comfortable with the Hindi language we used Hindi-translated questionnaires (completely filled), and instructions were also in the Hindi language to remove the obstacles biographical sheets will be filled by me only.

Objective:

1. To compare the difference between the General population and Convicted Population on aggression.
2. To compare the difference between the General population and the Convicted population on life satisfaction.

Hypothesis:

H_{01} -: There is a significant difference between the General population and the Convicted population on the variable Aggression.

H_{02} -: There is a significant difference between the General population and the Convicted population on the variable Life Satisfaction.



Tools/ Inventory:

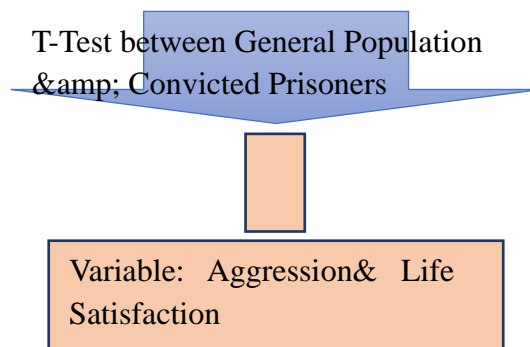
Aggression: The aggression scale was developed by Bharadwaj, R.L. Only 28 items were selected to include in the final form of the scale. Which represents the different samples of behaviors found responsible to foster aggression more objectively.

Life Satisfaction: The life Satisfaction Scale was developed and standardized by Dr. Ashok Pratap Singh (2003). Eleven items self-administered life satisfaction scale has been developed to measure the life satisfaction of people.

Statistical Analysis:

The data has been analyzed by using SPSS 26.

T-Test: A statistical test that is used to compare the means of two groups, researcher used the T-Test to determine if there is a significant difference between the means of both groups (convicted population and general population) on the dimension of Aggression and Life Satisfaction.



RESULT

Table No. 1 Showing Mean and Standard Deviation for Aggression and Life Satisfaction

Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
									Lower
LSS	Equal variances assumed	16.770	0.000	-11.247	98	0.000	-18.34000	1.63064	-21.57595
AGRSN	Equal variances assumed	11.735	0.001	-10.540	98	0.000	-37.84000	3.59018	-44.96459

Showing t-test for Aggression in GP and CP

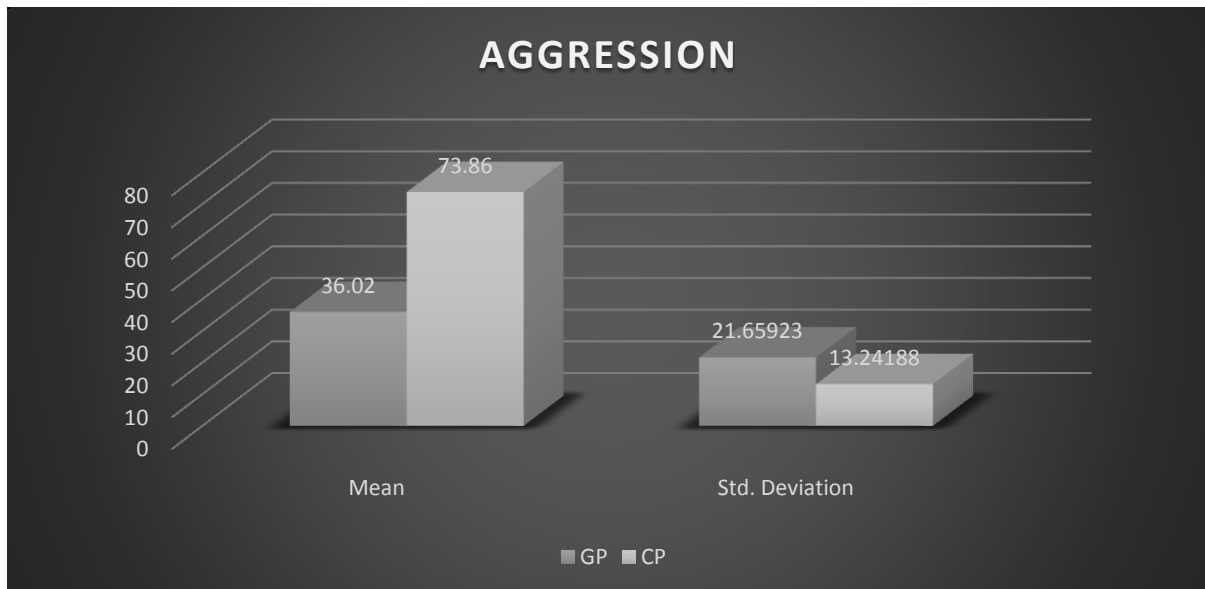


Fig No. 1: Representation of the mean & SD of Aggression between convicted Prisoners and general population



Fig No.2: Representation of the mean & SD of Life Satisfaction between convicted Prisoners and general population

DISCUSSION

There is a significant difference in Aggression between convicted prisoners and the general population. Our hypothesis stands proven with the *mean* value for GP= 36.02 and that for CP=73.86 and $t = -10.540$ which is significant at the .000 level of *P*. One hypothesis revealed that there is a significant difference in physical aggression between inmates and non-inmates. The finding is in line with the work of Ireland, Archer, and Power (2007) conducted a study that explores physically aggressive behavior between inmates and non-inmates and found a significant difference exists between inmates and non-inmates on physical aggression. One another study there is a significant difference between male and female respondents on aggressive behaviour. This finding is in line with the finding by Harer and Langan (2001) who investigate gender differences in predictors of prison aggression: assessing the predictive validity of a risk classification system. The finding shows that women commit less aggression and violent behavior and less serious violence than men.

There is a significant difference in Life satisfaction between convicted prisoners and the general population. Our hypothesis stands proven with the mean value in this research. According to the study conducted by Afra, Zahra; Bakhshayesh, Ali Reza; Yaghoubi, and Hossein in 2017, the researchers aimed to compare the levels of resilience and life satisfaction between two groups of women: normal women and women who were prisoners. The findings of the study revealed certain relationships between specific factors and life satisfaction in each group. In the case of prisoner women, it was observed that their ability to tolerate negative emotions had a significant relationship with their life satisfaction. This suggests that the more these women were able to handle and cope with negative emotions, the higher their level of life satisfaction was. On the other hand, when examining normal women,



the study found that two subscales, namely control and personal competence, were significantly related to their life satisfaction. This implies that for the normal women in the study, feeling in control of their lives and having a sense of personal competence were factors that influenced their level of life satisfaction positively. Overall, the study highlights different factors that play a role in determining life satisfaction for women in different circumstances. For prisoner women, the ability to tolerate negative emotions appears to be important, while for normal women, a sense of control and personal competence is more closely related to life satisfaction.

CONCLUSION

The results findings indicate that there are significant differences in aggression and life satisfaction between convicted prisoners and the general population. The factors influencing aggression and life satisfaction vary between these groups, highlighting the importance of considering different circumstances when examining these aspects. These traits have also discriminant and predictive validity for future recidivism. However, there is a dearth of literature in this field. Hence, there is a considerable gap in this area, and it is suggested that more research is needed.

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