

Research article**An exploratory study on factors contributing to aggressive behavior among adolescents in selected schools, Sri Amritsar, Punjab****Ramandeep Kaur Bajwa*, Gurjeet Kaur, Sukhbir Kaur**

Sri Guru Ran Das College of Nursing, Vallah, Amritsar, India.

Abstract

Introduction: Adolescence is the period of physical and psychological development from the onset of puberty to maturity. It is also referred to as teenage years or youth. Among deviant human behaviors in the society, aggression appears to be the most prevalent and perturbing.

Aim- The aim of the study was to explore the factors contributing to aggressive behavior among adolescents of selected schools of district Amritsar.

Method: Enrolling 200 adolescents studying at selected schools of district Amritsar, Punjab, conducted an exploratory study. The adolescent's enrollment was done by simple random sampling technique. The Aggression Scale by G.P Mathur and Rajkumari Bhatnager was used to assess the level of aggression score of adolescents. Self-structured questionnaire was used to assess the factors contributing to aggressive behavior.

Result: The study revealed that majority of the adolescents were having average (89%) level of aggression and there was significant association between family (occupation of father and order in the family) and personal factors (substance abuse) with level of aggression.

Key words: Adolescents, Aggressive behavior and Factors.

***Corresponding author:** Ms. Ramandeep Kaur Bajwa, Sri Guru Ran Das College of Nursing, Vallah, Amritsar, India Email. bajwaramandeep56@gmail.com

1. Introduction

Adolescence is the period of physical and psychological development from the onset of puberty to maturity. It is also referred to as teenage years or youth. Adolescence is defined by WHO as the age group of 10-19 years. In India, adolescents (10-19 years) constitute 21.4 percent of the population, comprising one fifth of the total population. Adolescence is the transitional stage of development between childhood and adulthood, representing the period of time during which a person experiences a variety of biological changes and encounters a number of emotional issue. [1]

According to WHO estimates, 2.6 million young people die every year, tens of millions experience health problems, and hundreds of millions initiate unhealthy behaviors that will lead to disease and premature death in adulthood. [2]

Adolescents differ from adults in their ability to read and understand emotions in people's faces. Adults use the prefrontal cortex or "thinking part" of the brain to read

emotional cues, but teenagers rely on the section called the amygdala or "emotion center." The amygdala processes emotional reactions such as "fight or flight" causing teens to react atypically and display anger aggressively. [3]

Among deviant human behaviors in the society, aggression appears to be the most prevalent and perturbing. This is because aggressive behavior is displayed everywhere in the society. It starts from the home in the form of physical or verbal aggression between couples, siblings, or parents using it as a corrective measure towards the children. Neighbors often display aggression among themselves due to one misunderstanding or the other. Various meeting places including village meetings are not spared of the exhibition of aggression. In the society hoodlums perpetrate aggressive behavior in the form of robbery, kidnapping, rape and even murder. Sometimes churches are not even spared of verbal aggression. [4]

Anger is defined as a strong uncomfortable emotional response to provocation that is unwanted and

incongruent with one's values, beliefs or rights. Aggression refers to behavior that is intended to cause harm or pain. Aggression can be either physical or verbal. Aggression arises from an innate drives or occurs as a defense mechanism and is manifested either by constructive or destructive acts directly towards self or others. Aggressive people ignore the rights of other people. They must fight for their own interests and they expect same from others. An aggressive approach to life may lead to physical or verbal violence. The aggressive behavior often covers a basic lack of self confidence. Aggressive people enhance to their self esteem by overpowering others and there by proving their superiority. They try to cover up their insecurities and vulnerabilities by acting aggressive. [5]

The terms "aggression" and "aggressive behavior" are used interchangeably. Aggressive forms of behavior can be characterized by verbal or physical attack. Acts of aggression change during a person's life span. When young children lack verbal skills, aggression is predominantly physical. When verbal skills develop, they could be used as peaceful communication, but also for aggressive purposes. [6]

Multiple factors interact to foster aggression in adolescents. These factors mainly classified in three categories. 1. Social Factors, 2. Personal factors and 3. Environmental Factors. Social factors are some conditions or situations in the social environment that accounts for the aggression. Frustration is major cause for the aggression. According to Frustration Aggression hypothesis, the chief cause of aggression is frustration but it not necessarily that always frustration may cause aggression. Frustration always turned into aggression and aggression always born from frustration. Direct Provocation sometime provoke by physical or verbally a person by another. At the time we generally become aggressive, especially when we know that the second person try to harm him. But by various experiments it can be saw that aggression in this case depends upon the strength of stimuli. [7]

Need for the study

Nowadays, because of rapid industrialization and urbanization majority of parents are employed and live in unitary setup, so unavoidably they get less time to look after their children. Under these circumstances, psychosocial (emotional and behavioral) problems and psychiatric problems are on the rise.

The outcome of study will enable the adolescents in understanding implications of their getting involved in aggression. The curriculum planners will considers and integrate some aspects of the findings into the secondary school curriculum. We don't want the coming generation to be criminals, after all adolescents are the future of nation. A number of factors have been implicated in the way individual express anger. There is pressing need to understand factors that give rise to and maintain aggressive behavior among adolescents. Their

psychological well being is a responsibility of all including parents, teachers, health workers and policy makers. With the view of the literature review and personal experience the researcher felt the need to conduct this study in order to explore out the factors contributing to aggressive behavior among adolescents.

Objectives of the study-

1. To assess the level of aggressive behavior among adolescents.
2. To identify the factors contributing to aggressive behavior among adolescents.

Assumption

Students may have varying level of behavior.

2. Methodology

It includes research design, research approach, study setting, population, sample and sampling technique, inclusion and exclusion criteria, selection and development tools, pilot study, data collection procedure, ethical consideration and plan for data analysis. This study was done to explore the factors contributing to aggressive behavior among adolescents in selected schools, Sri Amritsar, Punjab. In order to accomplish the objectives of the study, a quantitative research approach was adopted. Exploratory Research Design was adopted in this study to assess the level of aggression and also explore factors contributing to aggressive behavior among adolescents. The study was conducted in CBSE schools of district Amritsar, Punjab namely Sri Guru Harkrishan Public School at Gopalpura, Guru Nanak Dev Global Academy at Chananke and DIPS School at Mehta

All the above mentioned schools are affiliated to C.B.S.E board up to XII. Adolescents between the age group of 14 to 18 years studying in 10th, 11th and 12th standard in selected schools of Sri Amritsar, Punjab. Research Variable was Aggressive Behavior. 200 samples were used in this study at selected Schools of Sri Amritsar, Punjab. Simple Random sampling technique (lottery method) was used to collect the samples.

Selection and development of tools

The main concern of the study was to explore the factors contributing to aggressive behavior among adolescents. The tool related to the assessment of level of aggression and self structured questionnaire was selected and finalized after extensive review of literature, consultation and discussion with experts of psychiatry, psychology, sociology and mental health nursing. Modification in self structured questionnaire was made on the basis of recommendations and suggestion of expert, guide and co- guide.

Description of tools 1.Part-A:- It includes items for obtaining personal information's of subjects i.e. identification data including age, gender, class, type of family and income of family which were used to assess the baseline information of the subjects.

2. Part-B: - The Aggression Scale by G.P. Mathur and Rajkumari Bhatnagar, is a 55 items self report instrument with 5 point scale that measure aggression. It consists of 55 statements, 30 statements are positive and 25 statements are in negative form. Subject responses are measured on a five-point scale. In positive form score will be given as 5, 4, 3, 2, 1 respectively and in negative form of statement scores will be given as 1, 2, 3, 4, 5 respectively as showed below:

3. Result

Findings related to distribution of Socio-demographic profile of adolescents.

Table No 1: Frequency and percentage distribution of socio-demographic variables

| N=200 | | | |
|-------|-------------------------------|---------------|----------------|
| S.N | Demographic Variables | Frequency (f) | Percentage (%) |
| 1 | Age | | |
| | a.14 | | |
| | b.15 | 05 | 2.50 |
| | c.16 | 56 | 28.0 |
| | d.17 | 98 | 49.0 |
| | e.18 | 35 | 17.5 |
| 2 | Gender | 06 | 3.0 |
| | a. Male | | |
| | b. Female | 110 | 55.0 |
| 3 | Class | 90 | 45.0 |
| | a.10 th | | |
| | b.11 th | 48 | 24.0 |
| | c.12 th | 78 | 39.0 |
| 4 | Type of family | 74 | 37.0 |
| | a. Nuclear | | |
| | b. Joint | 130 | 65.0 |
| 5 | Total income of family | 70 | 35.0 |
| | a. Below 5000 | 0 | 0 |
| | b.5001-15,000 | 10 | 05 |
| | c.15001-25000 | 20 | 10.0 |
| | d.25001 and above | 170 | 85.0 |

Table 1 reveals that around 49% adolescents were in the age of 16 years, 28.0% were in the age group of 15 years, 17.50% were in the age group of 17years and rest 3.0% adolescents were in the age of 18 years. Out of 200 adolescents 55.0% were males and 45% were females. 39% adolescents were from 11th class followed by 37.0% from 12th class and 24% from 10th class. Around 65.0% adolescents were living in nuclear family, 35.0 % were living in joint families. According to monthly family income of their family shows highest percentage

belonged to 85% with Rs 25000 and above and lowest 5% with Rs 5001-15000.

Table No 2: Frequency and distribution of level of aggression

| (N=200) | | | |
|---------------------|---------------|------|-------------------|
| Level of Aggression | Frequency (f) | (%) | Mean \pm SD |
| Mild (below 154) | 02 | 1.0 | 140.0 \pm 15.19 |
| Average (155-204) | 178 | 89.0 | 183.4 \pm 12.33 |
| Severe (205&above) | 20 | 10.0 | 211.6 \pm 4.18 |

Table 2 reveals that majority (89.0%) of the adolescents were having average level of aggression, (10.0%) of adolescents were having mild aggression and only (1.0%) of adolescents were having severe aggression.

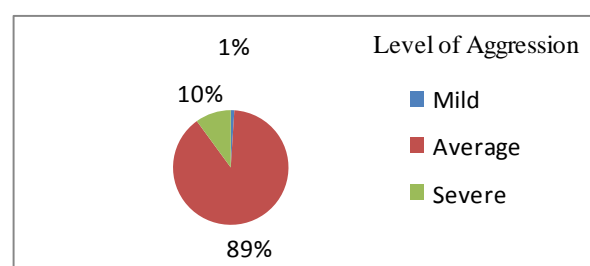


Figure No 1: Percentage distribution of level of aggression among adolescents.

Findings related to factors contributing to aggressive behavior among adolescents.

Table No 3(a): Frequency and percentage distribution of the respondents related to environmental factors.

| (N=200) | | | |
|---------|-----------------------------------|--------------|----------------|
| S.No | Parameters | Frequency(f) | Percentage (%) |
| 1 | Family Environment- | | |
| | a. Highly favorable | 85 | 42.5 |
| | b. Favorable | 89 | 44.5 |
| | c. Unfavorable | 26 | 13.0 |
| 2 | Habitat- | | |
| | a. Rural | 85 | 42.5 |
| | b. Urban | 89 | 44.5 |
| | c. Semi-Urban | 26 | 13.0 |
| 3 | Satisfaction from habitat- | | |
| | a. Yes | 147 | 73.5 |
| | b. No | 53 | 26.5 |
| 4 | Attending tuitions | | |
| | a. Yes | 147 | 73.5 |
| | b. No | 53 | 26.5 |

Table 3(a) reveals frequency and percentage distribution of environmental factors contributing aggressive behavior among adolescents. It shows that (44.5%) of adolescents had favorable environment, (42.5%) had highly favorable environment and 13% of them were having unfavorable environment. (44.5%) of adolescents belong to urban area followed by (42.5%) from rural area and only (13%) of them belong to semi urban area. Majority (73.5) of the adolescents was satisfied from their habitat and minority (26.5%) of them was not satisfied. Majority (73.5%) of the adolescents was attending tuitions and minority (26.5%) of them was not attending tuitions. Thus it is concluded that favorable environment, urban area, satisfaction from habitat and attending tuitions are the environmental factors which contribute to aggressive behavior.

Table No. 3 (b) Frequency and percentage distribution of the respondents related to Social factors

(N=200)

| S.No | Parameters | Frequency(f) | (%) |
|------|---|--------------|------|
| 1 | Relationship with siblings- | | |
| | a. Satisfactory | 87 | 43.5 |
| | b. Unsatisfactory | 113 | 56.5 |
| 2 | Relationship with peers- | | |
| | a. Satisfactory | 82 | 41.0 |
| | b. Unsatisfactory | 118 | 59.0 |
| 3 | Number of friends- | | |
| | a.0 | 47 | 23.5 |
| | b.1-2 | 73 | 36.5 |
| | c.3 or more than 3 | 80 | 40.0 |
| 4 | Participation in extracurricular activities- | | |
| | a. Yes | 151 | 75.5 |
| | b. No | 49 | 24.5 |

Table 3(b) depicts frequency and percentage distribution of social factors contributing aggressive behavior among adolescents. Most of adolescents i.e (56.5%) had unsatisfied relationship with their siblings followed by (43.5%) having satisfied relationship with their siblings. Regarding relationship with peers, (59.0%) of adolescents was having unsatisfactory relationship and (41.0%) were having satisfactory relationship with their siblings.

As per the number of friends, (40.0%) of adolescents were having 3 or more friends, (36.5%) of adolescents were having 1-2 friends and (23.5%) of them were having o or no friend. Majorities (75.5%) of adolescents participate in extracurricular activities and minorities (24.4%) of them do not participate in extracurricular activities.

Thus it is concluded that unsatisfied relationship with siblings, unsatisfied relationship with peers, having 3 or more friends and participation in extracurricular

activities are the social factors which contribute to aggressive behavior among adolescents.

Table No. 3 (c) Frequency and percentage distribution of the respondents related to family factors

(N=200)

| S.N | Parameters | Frequency | (%) |
|-----|--|-----------|------|
| 1 | Occupational status of mother- | | |
| | a. Employed | 56 | 28.0 |
| | b. Self employed | 72 | 36.0 |
| | c. Unemployed | 72 | 36.0 |
| 2 | Occupational status of father- | | |
| | a. Employed | 161 | 18.5 |
| | b. Self employed | 28 | 14.0 |
| | c. Unemployed | 11 | 5.50 |
| 3 | Educational status of mother- | | |
| | a. Primary education | 42 | 21.0 |
| | b. Secondary education | 57 | 28.5 |
| | c. Graduate | 73 | 36.5 |
| | d. Post graduate | 28 | 14.0 |
| 4 | Educational status of father- | | |
| | a. Primary education | 40 | 20.0 |
| | b. Secondary education | 51 | 25.5 |
| | c. Graduate | 78 | 39.0 |
| | d. Post graduate | 31 | 15.5 |
| 5 | Number of siblings- | | |
| | a. None | 38 | 19.0 |
| | b. 1 | 71 | 35.5 |
| | c. More than 1 | 91 | 45.5 |
| 6 | Order in the family- | | |
| | a. Middle | 90 | 45.0 |
| | b. Younger | 36 | 18.0 |
| | c. Elder | 36 | 18.0 |
| | d. Single | 38 | 19.0 |
| 7 | Family set up- | | |
| | a. Broken family | - | - |
| | b. Single father | - | - |
| | c. Single mother | - | - |
| | d. Normal | 200 | 200 |
| 8 | Feeling of security by parents- | | |
| | a. Secured | 133 | 66.5 |
| | b. Unsecured | 67 | 33.5 |

Table 3(c) depicts frequency and percentage distribution of family factors contributing aggressive behavior among adolescents. Most (36.0%) of the adolescents mothers were self employed as well as unemployed followed by 28.0% of them were employed. (39.0%) of adolescents father were graduate and only (15.5%) of them were post graduate.

Regarding educational status (mother), (36.5%) were graduate and 14% were post graduate. Regarding educational status (father), (39.0%) of them were graduate followed by (25.5%) of them having secondary education. As per the number siblings (45.0%) of adolescents had more than 1 sibling and (19.0%) of them

had no sibling. 45.0% of adolescents were having middle order in the family and (19.0%) were single in family and 18.0% of adolescents were having younger and middle order in the family. (100%) of the adolescents were having normal family set up. Majority of the adolescents feel security by their parents and minority (33.5%) of the adolescents feel insecure by their parents.

Thus it is concluded that self employed as well as unemployed mothers, graduation of father as well as mother, more than one 1 sibling, and middle order in the family, normal family set up and feeling of security by parents contribute aggressive behavior among adolescents.

Table No. 3 (d): Frequency and percentage distribution of the respondents related to Personal factors.

(N=200)

| S.N | Parameters | Frequency (f) | (%) |
|-----|--|---------------|------|
| 1 | Addiction to any substance- | | |
| | a. Yes | 07 | 3.50 |
| | b. No | 193 | 96.5 |
| 2 | Presence of any physical illness- | | |
| | a. Yes | 86 | 43.0 |
| | b. No | 114 | 57.0 |
| 3 | Hostility- | | |
| | a. Overt | 116 | 58.0 |
| | b. Covert | 84 | 42.0 |
| 4 | Presence of any stressor- | | |
| | a. Yes | 86 | 43.0 |
| | b. No | 114 | 57.0 |

Table 3(d) depicts frequency and percentage distribution of personal factors contributing aggressive behavior among adolescents. (96.5%) of adolescents were not having any addiction to substance and only (3.5%) of adolescents had addiction to substance. More than half i.e. (57.0%) of adolescents were not having any physical illness and (43.0%) of adolescents were having physical illness. (82.0%) of adolescents were having overt hostility followed by (42.0%) of them having covert hostility. More than half i.e. (57.0%) of adolescents were having no stressor followed by (43.0%) of adolescents having presence of stressor.

Thus it can be concluded that not having addiction to any substance, not having any physical illness, overt hostility and absence of stressor are the personal factors which contribute to aggressive behavior among adolescents.

4. Discussion

It shows that that majority (89.0%) of the adolescents was having average level of aggression, 10.0% of

adolescents were having mild aggression and only 1.0% of adolescents were having severe aggression.

This present study findings coincides with study conducted by Fauziah (2012) cross sectional study on Substance Abuse and Aggressive Behavior among Adolescents .The main objective of the study was to determine the extent of the level of aggressive behavior among adolescents who underwent rehabilitation of drug abuse. Respondents were 200 adolescents from three juvenile Henry Gurney schools in Malaysia. A set of questionnaire was constructed by the researcher based on the Aggression Questionnaires (AQ) scale. Results showed that the majority of adolescents (95 percent) indicated an aggressive behavior of moderate to high level. The result of the study also found that adolescents who have been using heroin ($r = 0.016$, $p < 0.05$) and morphine drugs ($r = 0.181$, $p < 0.05$) showed significant correlation with aggressive behavior. [9]

Chi square value between level of aggression score of adolescents and environmental factor as well as social factor was found to be statistically non significant. Level of aggression and family factor (occupation of father with p value 0.008 and order in the family with p value 0.001) was found significant at the level of 0.05. This reveals that there was significant association between levels of aggression with family factor. Level of aggression and personal factor (addiction to any substance) has significant association with p value 0.001 at the level of 0.05

The findings was in accordance to study conducted by Maldonado Molina MM (2010) to examine the effects of alcohol and substance use at the age 11 among 3,038 urban adolescents in Chicago, IL. The samples were selected using group based approach among 12-14 yrs of adolescents. The data was collected using self report and longitudinal data. Four trajectories of physical aggression were identified such as Non-aggressive, Desistors, Escalators and Chronic Aggressiveness among adolescents who started consuming alcohol and substance abuse at the age of 11. The results revealed that during the age 12-14 yrs, 16%(485) of these adolescents remained Non-aggressive, 9% (274)samples showed decreased aggressiveness (Desistors), 20% (601) samples showed increased aggressiveness(Escalators) and 55%(1678) samples showed Chronic Aggressive behavior. The results also showed that alcohol use at age 11 were 2.1 times more likely to Escalators, and 1.9 times more likely to be Chronic Aggressive. [10]

Conclusion

The study revealed that majority (89%) of the adolescents were having average level of aggression, (10%) of adolescents were having mild aggression and only (1%) of adolescents were having severe aggression. There was significant association between family (occupation of father and order in the family) and

personal factors (substance abuse) with level of aggression.

Limitations

1. The study was limited to adolescents of selected schools of district Amritsar.
2. Study results are limited to Indian population only.

Recommendations

- The study could be conducted in large settings to validate and generalize its findings.
- The same study could be conducted with different research approaches. Survey research can be conducted to reflect the whole population.
- A similar research can be taken with multi setting approach.

Based upon the research findings we recommend that efforts should be made to eliminate factors leading aggression among adolescents.

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