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Aggressive Behaviour of Adolescents in Relation to their Family Climate

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Abstract

Aggression is one of the most prevalent and destructive behaviour that we face today. Adolescent students in present world are facing usually psychological problems such as depression, anxiety and frustration. One of them increasing with rapid rate is aggression. They are going through complexities of personality disorders and their aggressive attitude resulting them into disasters. Keeping into the mind the growing behaviour problem of adolescent students, research was conducted to study the relationship of aggressive behaviour and family climate of adolescents. The investigator selected 120 adolescents from different 10 schools of Pathankot district as sample for the present study. Simple random sampling technique was used for taking sample. Aggression Scale by Km. Roma Pal & Mrs. Tasneem Naqvi (2000) and Family Climate Scale by Beena Shah (2001) were used to collect data as well as to achieve the objectives of the study. Mean S.D. and t-ratio and correlation as statistical techniques and found that aggressive behaviour of male adolescents possesses a high level of aggression and they are more aggressive than female adolescents. Adolescent students studying in government schools are more aggressive as compared to the adolescent students studying in the private schools. There is positive correlation between the variables, Aggressive behaviour and Family climate of adolescent students.

Key Words: Aggressive Behaviour, Adolescence, Family Climate.

Introduction

In the present age, modern man is finding himself unable in fulfilling the desired aims of life to cope up with the changing world, his behavior deviates from the normal behavior. Due to deviant human behavior in the society, aggression appears to be the most prevalent and it 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 measure towards the children. Adolescents of today are likely to confront with the changed value pattern, social structure, and mass production, automation and great conflicts in values, religion and family. Various needs, problems and responsibilities along with the various changes in every dimension of personality of the adolescents are leading to emotional instability, anxiety, depression, frustration and one of them increasing with rapid rate is aggressive behaviour.

Concept of Aggressive Behaviour

Aggressive behaviour refers to that form of human behavior which is undesirable, anti-social, instrumental, and directed with an intention of harming or injuring other

living beings or/and property. The intention of harm can be physical or psychological. According to social psychologists aggressive action is behavior aimed at causing either physical or psychological pain and emotional hurt. The development of a child's behaviour is strongly influenced by his /her family climate. The first interaction of the child is with his mother then other family members. Today, not only in schools but also everywhere in the present society, the tendency of aggressive behavior has become a major concern. It is due to unhealthy experiences, unhealthy family environment, higher aspirations, competitions, inadequate knowledge, and zeal to march ahead in an advanced modern & technological society. In fact, not only the adolescents but also the entire world seems to be under the strain of aggressive acts in various forms like robbery, kidnapping, acid attacks, rape, murder etc.

Factors affecting Aggressive Behaviour

The factors, responsible for aggression are mainly classified into three categories.

(A) Social Factors:

There are some conditions or situations in the social environment that account for the aggression.

- **Frustration:** Frustration is major cause leading to aggression when one person may have done something that blocked or thwarted the other from reaching his goals.
- **Direct Provocation:** When the stimulus of direct provocation is of low intensity we react less aggressively but at the same time if the intensity of the stimulus is quite high-we react in highly aggressive way.
- **Exposure to Violence in Media:** The different sources of media like television, cinema, movies etc. have been found to increase the aggression on the part of viewers.
- **Increase in Excitement:-**The excitement introduces different sources like playing different competitive games, different exercises and some types of music increase the aggressiveness.

(B) Personal Factors:

- **Psychic Nature:-**People with some qualities like (a) too much competitor (b) always in haste are called people of psychic nature which often indulge themselves in aggressive acts.
- **Sex:** - Sex hormones, especially the male sex hormone tester one may play a great role in aggression. According to various researches males are more aggressive than females.

(C) Environmental Factors:-High temperatures, disagreeable crowding, and unpleasant or irritating noise cause individuals to experience discomfort leading to increase aggression.

- **High Temperature:** - There is the commonness between temperature and aggression by different researches as Baron, (1977) & Baron and Richardson, (1994) suggested that temperature increases the aggression but to a certain limit.

- **Alcohol:** - Researches by Caprara et al. (1983) interpreted that alcohol consumption increases aggression in the sense that, the people who are generally less aggressive become more aggressive after consumption of alcohol.

Other Important Aspects of Aggression

In Psychology, as well as other social and behavioral sciences, aggression refers to behavior between members of the same species that is intended to cause pain or harm. Aggression takes a variety of forms among humans and can be physical, mental, or verbal

- **Varieties:** There are two broad categories of aggression including hostile, affective or retaliatory aggression and instrumental, predatory or goal-oriented aggression.
- **Evolution:** Like most behaviors, aggression can be examined in terms of its ability to help an animal to reproduce and survive.
- **Aggression against outsiders:** An animal defending itself against a predator becomes aggressive in order to survive and to ensure the survival of its offspring.
- **Aggression within a species:** Aggression against co specific serves a number of purposes having to do with breeding. In general, the more dominant animals will be more aggressive than their subordinates.
- **In Humans:** Although humans share aspects of aggression with non - human animals, they differ from most of them in the complexity of their aggression because of factors such as culture, morals and social situations.

Manifestations of Aggression among Adolescent Learners

The manifestations of aggressive behaviour among adolescent students include hyperactivity, impulsiveness, depression, suicidal ideation, verbal aggression, aberrant sexual behaviour, consistent class repetition, tardiness and absenteeism, vandalism and criminality.

- **Hyperactivity:** Many aggressive learners exhibit hyperactivity their energy often gets them into trouble, because it is not harnessed. Hyperactive learners create aggressiveness which is very harmful.
- **Unpredictable Behaviour:** Aggressive learners vacillate between withdrawal and explosive tendencies. One moment, they may be calm and cause no trouble, but at the next moment they may be temperamental and go to the extreme of teasing their educators and spoils the class room environment.
- **Tardiness and Absenteeism:** Learners who enjoy themselves to a sub culture that does not regard the school as an institution through which they can be developed academically and socially. As a result, they choose to bunk classes in order to get high and remain intoxicated throughout the day.
- **Underachievement and Consistent class Repetition:** Aggressive learners sometimes are unable to manage their time effectively and found themselves fatigued prior to the tests sessions and may suffer from burnout syndrome.

- **Drug Abuse:** Aggressive adolescent learners expand their frustration on drugs, in their attempt to escape reality.
- **Temperament:** Some aggressive learners have a rare disease called Obsessive Compulsive Disorder (OCD) (Bauer & Shea 1999). Their response styles are mainly disrespectful and whenever dissatisfied or provoked, they usually respond with aggressive verbal and physical responses.
- **Vandalism:** Vandalism is the most serious criminal act that commonly occurs with high frequency at all schools. Vandal learners are usually boys, because their aggressive nature is readily seen and reported.
- **Suicidal Ideation:** Each society has an aptitude to suicide despite their markedly different cultures (Leenaars, Fekete, Wenckstern & Osvath 1998). Leenaars (1996) proved that the notion of suicide is both intra psychic and interpersonal.

Family Climate

The word 'Family' has been taken from the Roman word 'famulus' meaning a servant. Family is a group of persons united by the ties of marriage, blood or adoption constituting a single household, interacting and intercommunicating with each other in their respective social role of husband, and wife, mother and father, son and daughter, brother and sister, creating and maintaining a common culture. It is the fundamental group of society which provides the natural environment for the growth and well-being of all its members, particularly children. Climate is a prevailing condition or set of attitude in human affairs.

Thus Family climate usually refers to the environment, both physical and emotional, and the state of the family whether it is good, bad, dysfunctional etc. The family climate is influenced by a number of factors like the nature of family's constellation, number of family members, marital relationships, parental employment and income, sibling relationship and socioeconomic and religious background of the family.

The family climate possesses a certain consistency by which there is an impact of the same basic values, individuals, material objects etc. on the family members. Parental influence may not be felt in a specific situation, but the attitudes and ideas repressed day after day inevitably leave their mark. Parental emotional and practical support predicts positive outcomes like high social cognition, better self-esteem and intellectual competence.

Positive parenting behaviour protects the adolescents from subsequent substance use and problem behaviour. The contributors of the family to children's development come from the type of relationships children have with different family members. These relationships, in turn are influenced by the pattern of family life as well as by the attitudes and behavior of different family members toward the children of the family. Depending upon the parental attitudes and relationships among the members of family the Home climate can be diversified into encouraging or supporting Home climate.

I) Moderate Home climate

2) Discouraging Home climate.

Moderate home climate and Discouraging Home climate affects the behaviour of the children differently. Anti social behavior of the young adolescents in the prevailing society have their roots somewhere in their family climate.

Justification of the Study

Today, the tendency of aggressive behavior has become a major concern in the society as modern man lives in a complex society and the complexities of modern age are making our life difficult and more critical day by day. Among the other stages of growth and development of child, adolescent stage is considered to be very complex. The various needs, problems and responsibilities along with the various changes in every dimension of the personality of the adolescents are leading to emotional instability, anxiety, frustration etc. As a result, these crucial situations lead to the unhealthy behavioral developments among adolescents such as molesting, harassing, torturing, fighting, bullying, vandalism, destruction, shoving, stabbing, shooting, robbery, kidnapping, terrorism, irritability, quarrelling, hitting, jealousy, snatching etc. The various problems of adolescents occur due to many reasons like, peer group pressure, disturbed relationship with parents, teachers, scholastic backwardness compared to high expectations, sexual experimentation and substance abuse.

In the present world, the increasing cases of riots, suicides, violent attacks on teachers and students, abusing, antisocial behavior, rape cases, agitations and acid attacks on females etc. show rising anger, frustration and aggressive behaviour. Hence, increasing aggressive behavior is not a good sign for the healthy and well functioning of any society. There are also many other factors which influence our thinking such as family environment, self image, parent child relationship, socio-economic background, lifestyle, mental health, modernization etc. Out of these factors, family climate of adolescents plays very significant role in shaping the behaviour of the child. Keeping in the mind this complex behavioral problem, the investigator probes into the dire need to study the aggressive behaviour of adolescents in relation to their family climate.

Operational Definitions

Adolescent: Adolescents in the present study refer to the school students studying in class XI.

Aggressive Behaviour: It refers to that form of human behavior which is undesirable, anti-social, instrumental, and directed with an intention of harming or injuring other living beings or/and property.

Objectives of the Study

The main objectives of the study were:

1. To study the difference between aggressive behaviour of male and female adolescents.
2. To study the difference between aggressive behaviour of adolescents belonging to Government and Private Schools.
3. To study the correlation between the aggressive behaviour and family climate of adolescents.

Hypotheses of the Study

The following hypotheses were formulated for the present study:

1. There exists no significant difference between aggressive behaviour of male and female adolescents.
2. There exists no significant difference between aggressive behaviour of adolescents belonging to Government and Private schools.
3. There exists no significant correlation between the aggressive behaviour and family climate of adolescents.

Sample of the Study

Simple random sampling technique was used by the investigator to select sample of the study consisting of 120 adolescents (60 male and 60 female) selecting 12 adolescents from 10 schools randomly from Pathankot district of Punjab state.

Tools to be Used

Following standardized tools were used by the investigator for the present study

- Aggression Scale (2000) developed by Pal and Naqvi.
- Family Climate Scale (2001) developed by Shah.

Statistical Techniques Used

The following statistical techniques were used to analyze the data. Mean, Standard Deviation, and ‘t’ – test

Data analysis and discussion of the result:

Hypothesis 1 There exists no significant difference between Aggressive Behaviour of male and female Adolescents.

Mean of Aggressive behaviour scores and Standard Deviation (S.D.) of male and female adolescent students.

Table-1

Group	N	Mean	S.D.	‘t’-value	Inference
Male	60	44.63	9.13	2.48	Significant at 0.05 level
Female	60	43.76	11.55		

Interpretation

It is clear from the table-1 that Mean score of male and female adolescents are 44.63 and 43.76; Standard Deviation is 9.13 and 11.55 respectively. The ‘t’ value obtained is 2.48, which is greater than the corresponding table value of 0.05 level of significance. Therefore the null hypothesis is rejected. Therefore null hypothesis is rejected.

It reveals that aggressive behaviour of male adolescents possesses a high level of aggression and they are more aggressive than female adolescents.

Hypothesis 2 There exists no significant difference between Aggressive Behaviour of Adolescents belonging to Government and Private schools.

Table-2

Type of School	N	Mean	S.D.	‘t’-value	Inference
Government	60	47.16	11.45	2.780	Significant at 0.05 level
Private	60	41.23	8.27		

Interpretation: It is clear from the table-2 that Mean score of Government and Private school Adolescents are 47.16 and 41.23 and Standard Deviation (S.D.) are 11.45 and 8.27 respectively. The 't' value is 2.780 which is greater than the corresponding table value of 0.05 level of significance. Therefore the null hypothesis is rejected.

It is clear from the above that adolescent students studying in Government schools are more aggressive as compared to the adolescent students studying in the Private schools.

Hypothesis 3 There exists no significant correlation between the Aggressive Behaviour and Family Climate of Adolescents

To test the hypothesis the investigator computed the aggressive behaviour and Family climate scores and for the selected sample. There after Karl Pearson's coefficient of correlation method was applied to calculate the correlation between both the variables i.e. Aggressive Behaviour and Family Climate.

Table-3

Variables	N	Means	'r' value (Correlation)	Inference
Aggression	120	44.2	0.47	Positive Correlation
Family climate	120	33.1		

The table-3 shows the coefficient of correlation between both the variables i.e. Aggressive Behaviour and Family Climate is 0.47 which is positive and significant.

Major Findings

1. The result reveals that aggressive behaviour of male adolescents possesses a high level of Aggression and they are more Aggressive than female adolescents.
2. Adolescents students studying in Government Schools are more Aggressive as compared to the adolescent students studying in the Private schools.
3. There is positive correlation between the variables, Aggressive Behaviour and Family Climate of adolescent students.

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