



To Study the relationship between Aggression & Life Satisfaction among Middle Aged Women

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I. Abstract:

This study explored relationship between aggression and life-satisfaction in early and late middle aged women. In this study 60 females were chosen, 30 early and 30 late middle aged women purposely for the study. A good rapport was established with the females, to collect their socio-demographic details with their concerns. Tools used are Aggression Inventory (AI) and Life Satisfaction scale (LSS) to administer on them. Findings revealed that there is a significant positive co-relation in aggression and life satisfaction among early middle aged woman while there was non-significant negative correlation in aggression and life satisfaction among late middle aged women.

Keywords: Early Middle Age Women, Late Middle Age Women, Aggression, Life Satisfaction, Relationship

II. Introduction:

The current research focused on exploring the relationship of aggression and life satisfaction among middle aged women.

Middle age is one of the most important and researched periods of human life. This is the time of transitions in terms of family responsibilities, physical health changes, social etc. During this period relationship satisfaction and aggression also witness ups and downs. Middle age is a phase which can be characterized by competence, maturity, responsibility, and stability. This is a phase of transition when life pattern are revised in several ways to adapt to new life style. People at this stage want to enjoy the success of job satisfaction derived from family and social life as well as look forward to success of their wards / children and taking care of aging parents. Make a plan for old age to take leisure time. In middle age it is also considered that the time of transference of authority, freedom and decision taking power will be passed on to younger generation. This is the phase when people face entirely new set of challenged, expectation, liabilities and make several compromises. There may be many other aspects of life when one has to adapt to changes like parenthood crisis, coping with the untimely death of spouse etc. The occurrence of physical change leads to the changes in behavior also. Middle adulthood is difficult to define in limited words since there are variations in attitude & behavior. According to Collin Dictionary, Middle age is usually considered to occur approximately between the

social age of 40 and 65. Middle adulthood begins with a transition (40-45) followed by life structure (45-50). This structured is re-evaluated (50-55) and ends in culminating life structure (50-60).

Aggression is reactionary and impulsive behavior that often results in breaking social rules or the law; aggressive behavior is violent and unpredictable. Aggression constitutes intended harm to another individual. (Bandura, 1973, cited in Suris et al., 2004; Berkowitz, 1993, cited in Suris et al., 2004). Two common subtypes of aggression supported by extensive research are overt and covert aggression (Conner, 2004). Overt aggression mean outward or open confrontational acts of aggression, like physical fighting, verbal threats and bullying. And covert aggression is more of hidden and surreptitious feelings of aggression; such as stealing, truancy and arson. Aggression can be classified into adaptive and maladaptive forms (Conner, 2004). Adaptive or “appropriate” aggression is a form which occur in protecting the integrity or survival of the individual. According to this definition, a youth who frequently fights others who attempt to steal his possessions would be displaying adaptive aggression. Whereas, maladaptive aggression does not aims at protecting or defending the individual. This form of aggression occurs across various different contexts and in the absence of antecedent social cues. Strength, prevalence and prolongation of the aggressive act are also out of proportion to the apparent cause(s). There is no single theory about the causes of aggression in humans. As per social theorists the breakdown in commonly shared values, change in traditional family patterns of child-rearing and social isolation lead to increasing aggression in children, adolescents, and adults. Aggression may correlates with family unemployment, strife, criminality, and psychiatric disorders. Aggressive behavior may be intentional or unintentional, but their intentions are compassionate.

Life Satisfaction is something very important in our life. In modern life, this is so full of stresses of various kinds. Life satisfaction has acquired supreme significance. Therefore, it is considered an important variable in younger adult as well as aged citizen. Description of life satisfaction is consists of health, economic, marital, personal, social family and job satisfaction. Lack of satisfaction may be reflected in lack of adjustment and more (lots) of aggression in any of the area. Life satisfaction is examined from the perspective of subjects well being which refers to people’s own evaluation of their lives. As far as middle age is concerned following parameters can be taken into account to explain life satisfaction.

III. Literature Review:

Ali, S.A.O & Shoukry, E.S (2017) Quality of Life (QoL), aggressive behavior, and self-esteem among employed never-married (spinster) women. This study was conducted to describe the Quality of Life (QoL), aggressive behavior, and self-esteem among employed never-married (spinster) women. This study was conducted in a cross-sectional descriptive study in various departments of Fayoum University on 120 spinsters or never married women, 30-year age or older. Sample was collected through a self-administered questionnaire with scales for assessment of the QoL,

aggression, and self-esteem. The results showed median age of women 32.0, and the majority had university education. 5.8% of sample find marriage as very important and 16.7% as important. The need for marriage was mostly social (84.2%). QoL is observed low in 61.7%, aggressive behavior in 22.5% and 55.0% had low self-esteem. There was strong significant positive correlation between aggression and self-esteem ($r=0.970$). In multivariate analysis, conclusion is, spinster women have low self-esteem associated with aggressive behavior, and leading to low QoL. The study has important implications for nursing research, as it points out ways to improve approaches for women in a community setting and directs future studies addressing interventions intended to improve the QoL of spinster women.

Slaski, S. (2016) Aggression and Life Satisfaction in Adult Children of Alcoholics. This study was conducted to verify hypotheses about differences in the level of satisfaction with life and its aspects, as well as aggression in the ACoA and the control group, and the relationship between satisfaction and aggression in these groups. The sample consisted of total 100 people living in Warsaw. Respondents were distributed 58 men and 42 women. Subjects taken were over 18 years of age, the oldest tested was 25 years old. The average age was 23.3. The Life Satisfaction Questionnaire (KZZ) were used, to examine the level of aggression Inventory of Psychological Aggression Syndrome (IPSA) and to explore the emergence of the group of ACoA - Questionnaire for Research Place in the Family. ACoA group show lower life satisfaction and higher levels of aggression than the control group.

Arshad, M., Gull, S. & Mahmood, K. (2015). Life satisfaction among working & non-working women. This study was conducted to measure the life satisfaction among working and non working women. Satisfaction with Life Scale (SWLS) by Ed Diener and colleagues (1984) which consists 5 items was administered for the sample of (N=100) of different organizations and living areas of Islamabad and Faisalabad. The total sample was divided into two categories 50 working women and 50 non-working women, out of which 25 working and 25 non working from Faisalabad, 25 working and 25 non working from Islamabad were taken. t-test was computed for the statistical analysis of the data. All hypotheses were significant at $P<.05$ level. Findings indicate that there was significant difference between working and non-working women regarding their positive well being.

Mufti, W.N, Ullah, I.A & Fatima, S. (2015) Aggression, Self-Control and Quality of Life among Working and Non-Working Women. This study is conducted to compare the aggression, self-control and quality of life, among working and non-working women. A quantitative approach has been taken. The study consists of sixty working and sixty non-working married women. The samples were chosen by the purposive and convenient sampling technique. The World Health Organization Quality of Life (WHO QOL) – BREF, the Aggression Questionnaire (AQ) and the Brief Self Control Scale were used in this study. The results support the hypothesis partially that aggression level is lower in working as compared to non-working women. The level of Quality of life higher among the non-working women than working women

whereas level of Self-control was found to be higher among the working women than non-working women.

Nema, S & Bansal, I. (2015) Review of literature on Correlates of Adjustment and Life Satisfaction among Middle Aged Married Couples. Middle age is one of the most important and researched period of human life. This is time of transitions in terms of family responsibilities, physical health changes, social interests and hobbies, etc. During this time couples relationship and adjustment also sees ups and downs. Till now many researchers have conducted studies on mid life adjustments and life satisfaction of middle aged married couples. This literature review is an attempt to examine the correlates which play important role in mid aged married couples adjustment and life satisfaction.

Sardar, A. Fatima, M & Fatima, S. (2015) Aggression and Life Satisfaction Among Job Holder Students. The existing study was conducted to know the aggression's level and satisfaction of life among job holder students. The life satisfaction questionnaire developed by Ed.Diener in (1985) and Buss-Perry scale of aggression developed by Buss-Perry (1992) were used. The sample of 120 job holder student (60 male & 60 female) from Faisalabad was taken. The alpha coefficient reliability was checked and found adequate (0.75 for life satisfaction scale and 0.89 for Buss-Perry scale of aggression). The findings show the inverse relation between satisfaction of life scale and Buss-Perry scale of aggression but it is not significant. On aggression scale there is significant differences among the scores of male and female job holder students but on life satisfaction scale there is also major difference between job holder male and female students.

Edalati, A. and Redzuan, M. (2010) A Review: Dominance, Marital Satisfaction and Female Aggression. Several studies conducted on dominance, marital satisfaction and female aggression (physical and psychological) are the primary concern of the review done in this study. This article contains two parts; the first part touches on the findings which show female dominance has relationship with aggression. The second section is concerned on studies which have shown marital satisfaction has correlation with female aggression. According to the existing literature, the rate of female aggression has relationship with dominance and marital satisfaction. Nevertheless, in spite of this fact, less research has been carried out on dominance, marital satisfaction and female aggression to achieve better family life and a better society in general.

Edalati, A. and Redzuan, M., Mansoor, M. & Talib, M. A. (2010) Review of Research on Female Physical and Psychological Aggression. Several studies conducted on female aggression (physical and psychological) are the primary concern of the review done in this paper. This article contains three parts - the first part focuses on the findings which show that the rate of aggression for male and female are equal, while the second part focuses on the research that reveal the rate of physical aggression is higher in women than men. The third part concerns on studies which have shown higher level of psychological aggression in women compared to men. According to the existing literatures, the rate of female aggression is equal to those of men, and in

some studies, the rates of physical and psychological aggression among women are found to be higher than among men. Thus, it is concluded that the rate of women aggression is not lower than men, but it is either equal to or higher than men.

Edalati, A. and Redzuan, M. (2010) Women Physical Aggression (A Review). Female aggression is a serious problem in most societies and is increasing these days in families. Female aggression has a negative effect on women as offender, their partners, children, and society in general. This paper aims to review the articles based on research that have been done on females' physical aggression. It attempts to show that females are also physically aggressive as males. According to the existing literatures, the rate of females' physical aggression is equal to those of males, and in some studies it is found to be higher than males. Based on these findings, it is concluded the rate of females' physical aggression is either equal to or higher than males, but not necessarily less than males.

Khan, F. N. (2006) Age Differences in Expression of Aggression in Men and Women. The present study investigates age differences in expression of aggression in men and women. Both age and sex were taken as independent variables. In order to test this hypothesis a questionnaire was prepared and given to a sample of 100 consisting of men and women at two age levels. T-test for independent sample mean was applied to the variables. The result of the study indicated that age and sex have significant effects on expression of aggression.

Lewis, V. G., & Borders, L. D. (1995). Life satisfaction of single middle-aged professional women. This study examined 10 factors and their relation to the life satisfaction of single middle-aged professional women. The proposed regression model, which included job satisfaction, gender identity, locus of control, social support, health, financial resources, leisure-time activities, sexual satisfaction, and regrets regarding life circumstances, was explored through a questionnaire. Questionnaires were administered to single professional women in higher education institutions. Responses were received from 152 women. Performance on life satisfaction was significantly explained by recourse to the variables of job satisfaction, internal locus of control, regrets regarding life circumstances, sexual satisfaction, and leisure-time activities.

IV. Objectives: This study is conducted to find out:

1. Effect of age on aggression and life satisfaction among early 45 – 54 middle aged women.
2. Effect of age on aggression and life satisfaction among late 55 – 65 middle aged women.

V. Hypothesis:

1. Late middle aged women will have better scores on life satisfaction and aggression.
2. There is a curvilinear relationship between life satisfaction and aggression.
3. There will be relationship between Life satisfaction and Aggression on early middle aged women.

VI. Research Methodology: Considering the nature of the present problem, co-relational method was found most suitable and so was chosen for present research. The co-relational Design or method involves the collection of two or more sets of data from a group of subjects with attempt to determine the subsequent relationship between all measures are obtained to determine the relationship.

1. Sample: The total sample comprised of 60 female subjects between the age group of 45 to 65 years.

The total sample was divided in two sets 30 early middle aged women and 30 late middle aged women. The data is collected from urban area of Dehradun city, on the basis of Purposive Sampling method categorized under Non-probability sampling.

2. Variables:

- a. Independent Variable: i) Age
- b. Dependent Variable: i) Aggression
ii) Life Satisfaction

3. Tools: Data collection is done on the basis of standardized questionnaire named:

- a. Aggression Inventory by Mr. M.K.Sultania. It consists of 67 questions with subscales divided into 8 parts: Assault, Indirect Aggression, Irritability, Negativism, Resentment, Suspicion, Verbal Aggression & Guilt. There are 15 negative answers and rest are positive ones.
- b. Life Satisfaction Scale by Mr. Q.G.Alam. It consists of 60 questions with subscales divided into 6 parts: Health Satisfaction, Personal Satisfaction, Economic Satisfaction, Marital Satisfaction, Social Satisfaction & Job Satisfaction. All answers rest are positive ones and there is no negative answers.

VII. Results & Statistics

The findings of the current review of aggression and life satisfaction, in early and late middle aged women shows relation between aggression and life satisfaction did not reach significance in late middle aged women rather it is found significant in early middle aged women. Participants’ responses to the Aggression Inventory and Life Satisfaction scale were evaluated for study purpose.

We used a Product Moment Correlation Coefficient Method to investigate whether aggression and life-satisfaction were significantly related to the age factor. The results are presented in Table 2 below

	Aggression		Life Satisfaction	
	Early Middle Aged Women	Late Middle Aged Women	Early Middle Aged Women	Late Middle Aged Women
Mean	30.43	29.50	39.33	37.23
S.D	7.25	6.00	8.49	5.52

Table 1: Mean & S.D of aggression and Life-satisfaction among early and late middle aged women

	Early Middle Aged Women			Late Middle Aged Women		
	N	S.D	R	N	S.D	R
Aggression	30	7.19	0.43	30	6	-0.21
Life Satisfaction	30	8.43		30	5.52	

Table 2: Table Showing S.D and r (Product Moment Correlation Coefficient) of aggression and Life-satisfaction among early and late middle aged women

Correlation (r) of Early Middle Aged is 0.43, which is found significant at .05, whereas Correlation (r) of Late Middle Aged is -0.21, which is found non-significant.

VIII. Discussion:

Mean, S.D and Product Moment Coefficient Correlation were used in comparing the two sets of data. Product Moment Coefficient Correlation r was used in comparing the two sets of data. Product Moment Coefficient Correlation r was used to ascertain the relationship between studied variables like age, Aggression and Life satisfaction.

Positive Significant Correlation between Aggression and Life Satisfaction, (r=0.43, P>0.01) indicate that Aggression of early middle aged women is affected by their Life Satisfaction. It means the early middle aged women are more aggressive if there is less life satisfaction or vice versa. It is clearly indicated that age factor disturbs Aggression and Life Satisfaction in early middle aged women

Negative Non-Significant Correlation between Aggression and Life Satisfaction, (r= -0.21, P<0.01) which indicate that aggression in late middle aged women is don't affect their Life Satisfaction. It means when that aggression in late middle aged women does not impact on her life Satisfaction. It is clearly indicated that age factor doesn't disturbs aggression and Life Satisfaction.

Aggression defined in study is on the basis of Assault, Indirect Aggression, Irritability, Negativism, Resentment, Suspicion, Verbal Aggression & Guilt

IX. Conclusion:

The results concluded that there is a significant positive relationship between aggression and life satisfaction among early middle aged women, while a negative insignificant relationship between aggression and life satisfaction of late middle aged women was found.

X. Limitation:

1. The sample size was less and only from urban area of Dehradun, Uttarakhand.
2. Subjects gave random answer while filling.
3. Women included are only of middle class section.

XI. Implication:

This findings help to society or particular group of the people to improve in person or society. Here in the research it is found that significant relation exist between aggression and life satisfaction in early middle aged women. As the study suggests that early middle age women has to balance in each and every aspect of life as at this

stage of life number of responsibilities over women are more which causes restlessness, agitation and frustration to a certain level.

Further implication of the study is that in-significant relation found between aggression and life satisfaction of late middle aged women, indicating that life satisfaction is not responsible for aggression in late middle aged women, there might be other reasons for being aggressive but not effect of life satisfaction.

This study may further help to:

1. To study probable causes of aggression in middle aged women.
2. To study aggression and life satisfaction among other sections of society, like young adult male and female and older adults.
3. To Counselors to provide guidance and therapy to their patients

XII. Reference:

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