

# **AGGRESSION**

**(DEFINITION, TYPES, FACTORS)**



**AGGRESSIVE ACTION IS INTENTIONAL BEHAVIOUR AIMED AT CAUSING EITHER PHYSICAL OR PSYCHOLOGICAL PAIN.**

# DEFINITIONS

- Concise Oxford English Dictionary, 2002: Aggression is a noun that is generally defined as an act of aggressive behavior.
- Bandura, 1973 : Aggression may be defined as harmful behavior which violates social conventions and which may include deliberate intent to harm or injure another person or object.
- Buss, A. H. (1961). Aggression is a response by an individual that delivers something unpleasant to another person.



## DEFINITIONS...

- ❑ Bull, 1990: Aggression is any behaviour that is intended to harm another individual by physical or verbal means”.
- ❑ Baron: Aggression is any form of behaviour directed towards the goal of harming or injuring another living being who is motivated to avoid such treatment.



# NATURE AND CHARACTERISTICS OF AGGRESSION



- Aggression refers to a range of behaviors that can result in both physical and psychological harm to oneself, other or objects in the environment. This type of social interaction centers on harming another person, either physically or mentally.
- Aggressive forms of behavior can be characterized by verbal or physical attack. Aggression may be either appropriate (e.g., self-protective) or, alternatively, it may be destructive to the self and others (Ferris & Grisso, 1996).
- Aggression may be directed outward against others, causing damage, as in the case of explosive personality disorders. Alternatively, it may be directed inward against oneself, leading to self-damaging acts such as suicide (Raine, 1993, Stoff, Breiling, & Maser, 1997).



- Historically, some investigators of human and animal behavior, such as Sigmund Freud and Konrad Lorenz, have argued that aggressive behavior is innate but, alternatively, others have proposed that it is a learnt behavior (Conger, Neppl, Kim, & Scaramella, 2003; Huesmann, Moise-Titus, Podolski, & Eron, 2003).
- There are both genetic and environmental contributions towards aggressive behavior (Ghodsian-Carpey & Baker, 1987; Raine, 1993)



- The expression of aggression can occur in a number of ways including verbally, mentally and physically. Psychologists distinguish between different forms of aggression, different purposes of aggression and different types of aggression.
- Currently, research on the causes of aggression are focused on social learning, modeling, family violence, child abuse, neglect, TV violence, structural and functional brain abnormalities, hormones (e.g., testosterone), and neurotransmitters (e.g., serotonin)





## CLASSIFICATION OF AGGRESSION-

- Human aggression can be classified into direct and indirect aggression,
- **Direct aggression** is characterized by physical or verbal behavior intended to cause harm to someone, **Indirect aggression** is characterized by a behavior intended to harm social relations of an individual or a group. *de Almeida, Rosa Maria Martins; Cabral, João Carlos Centurion; Narvaes, Rodrigo*



## TYPES OF AGGRESSION

### Hostile aggression –

- *behavior intended to harm another, either physically or psychologically, and motivated by feelings of anger and hostility.*
- *It includes affective (emotional) and hostile, reactive, or Retaliatory aggression that is a response to provocation,*



## Instrumental aggression –

- is aggression that serves as a means to some goal other than causing pain ,
- *a behaviour intended to harm another in the service of motives other than pure hostility .*
- *It includes instrumental, goal-oriented or predatory, in which aggression is used as a mean to achieve a goal. For example, to attract attention, acquire wealth, and to advance political and ideological causes)*



# TYPES OF AGGRESSION

*Physical*

*Verbal*

Active

Hitting

Name-Calling

Passive

Don't  
shake  
hands

Don't Say  
Hello



## FORMS OF AGGRESSION

- Physical
- Verbal
- Mental
- Emotional



- While we often think of aggression as purely in physical forms such as hitting or pushing, psychological aggression can also be very damaging. Intimidating or verbally berating another person, for example, are examples of verbal, mental and emotional aggression.

## FACTORS THAT CAN INFLUENCE AGGRESSION

- A number of different factors can influence the expression of aggression, including:
- **Biological Factors:** Men are more likely than women to engage in physical aggression. While researchers have found that women are less likely to engage in physical aggression, they also suggest that women do use non-physical forms, such as verbal aggression, relational aggression, and social rejection.



- **Environmental Factors:** How you were raised may play a role. People who grow up witnessing more forms of aggression are more likely to believe that such violence and hostility are socially acceptable. Bandura's famous Bobo doll experiment demonstrated that observation can also play a role in how aggression is learned. 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.
- **Physical Factors:** Epilepsy, dementia, psychosis, alcohol abuse, drug use, and brain injuries or abnormalities can also influence aggression.



# CONTROLLING AGG



- **Catharsis (“blowing off a little steam”)**
  - *does not reduce aggression*
- **Punishment**
  - must be prompt, strong, and justified
- **Exposure to nonaggressive models**
  - place prosocial models in violent situations



CONTD..

- **Cognitive interventions**

- apologizing can be effective
- engage in activities that distract attention away from causes of anger

- **Teach social skills**

- better communication

- **Induce incompatible responses**

- humor



## CONTROLLING AND ELIMINATING AGGRESSION...

- Major factor in optimising performance.
- Aggression in any theory inhibits concentration and team cohesion.
- Gill (2000) stated that there is no evidence that aggression or aggressive acts improve performance.



# ELIMINATING AGGRESSION...

## Somatic (Physiological) Methods-

- physiological processes: PMR and breathing.
- BIOFEEDBACK (HR/ Breathing rate etc) helps control this state.
- Non-aggressive behaviour should be reinforced to ensure a favourable S-R bond.
- Aggression can be controlled through attribution- success- ability not to intimidation.



## Cognitive (Psychological) Methods-

- Thought processes that lower cognitive arousal.
- Includes imagery that focus on achieving a calm state of mind (mental rehearsal + vicarious experience?)
- How do you calm down?
  - Count to 10
  - Imagery
  - Distancing from cues



## REFERENCES

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# PRACTICE QUESTIONS

- 1. Define aggression.**
- 2. Discuss the types of aggression.**
- 3. Throw light on the nature of aggression.**
- 4. What are the factors influencing aggression?**
- 5. Suggest measures for controlling and eliminating aggression.**



**THANK YOU**

