

Aggression and hopelessness in general population during COVID-19 lockdown period

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ABSTRACT

The sudden emergence of Covid -19 and the lock down followed by it has created several psychological issues among people. The current study focuses to identify the level of aggression and hopelessness among people in India during this period. The sample consists of 250 people from various states of India. Data was collected online using Aggression questionnaire (Buss and Parry) and Becks hopelessness scale. The data was scored and analyzed using SPSS. The result shows that the level of aggression is more in males and females have a high level of hopelessness during this lock down period. The study concludes by noting the measures to reduce aggression and hopelessness among the affected.

Keywords: Covid-19, Aggression, Hopelessness

Human population is going through a terrific period of COVID-19. So many of us have lost their lives and many are under lockdown which is a different experience for us. As people are restricted at home and are lacking recourses for their daily living, several psychological issues can develop or enhance with them which can lead to a negative consequence to our society. As Majority of us are experiencing the lock down for the first time ever in the life, adjustment issues, violent behaviors and negative thinking pattern can develop in people which will affect their mental and behavioral health. Daily, several psychological issues are being reported in our county and adequate studies about those problems are of important during this period.

Aggression

Violence and aggression are interchangeably used to label a negative emotion or physical actions which are aimed to harm another person or on oneself. Aggression can be described to as behavior intended to harm another human who is motivated to avoid such treatment (Baron & Byrne). Several psycho socio cognitive theories have explained the causes and effect of aggression on human brain and behavior. Once our action or intention is blocked by circumstances or by a person, it can give rise to frustration which can result in aggression. In addition, several biological and socio-cultural factors also play an important role in the occurrence of expression of aggression.

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Hopelessness

Hopelessness is a powerful emotion that often contributes to a dark or low mood and may adversely affect the way one perceives self, other individuals, personal circumstances, and even the world (Baron, Byrne and Branscombe, 2006). It is seen that hopelessness has a significant influence on human behavior, as it reflects in a negative view towards future. This type of emotion is often associated with lack of inspiration as well as feelings of helplessness, abandonment, captivity, oppression, and isolation. It can be also said that hopelessness can cause negative attribution in a person which can develop in to depression and other psychological problems. The hopelessness theory of depression states that depressive symptoms are most likely to occur when a vulnerable person experiences negative environmental circumstances (Schneider, Gruman, & Coutts, 2012).

In this pandemic period, it is necessary to have a healthy psychological condition to every one such that they can face and overcome the adverse effects of Covid-19. The aim of this study is to find of the level of aggression and hopelessness among general population during lockdown due to covid-19.

METHOD

Population and sample

The current study consisted of 125 males and 125 females with in India. 250 Data was collected from both genders with in the age group of 18 to 60 through online using questionnaires. The obtained data was scored and was analyzed using SPSS.

Instruments Used

The data was obtained using Aggression questionnaire (Buss and Parry, 1992) and Becks hopelessness scale. (Beck, Weissman, Lester, and Trecler, 1974)

1. Aggression Questionnaire

Aggression Questionnaire was used to measure the level of aggression among adults. The questionnaire was developed by Buss A H and Perry M in 1992. The Questionnaire contains 29 statements which measures physical aggression, verbal aggression, anger and hostility. Answers are rated in a five point scale. The scores are normalized on a scale of 0 to 1, with 1 being the highest level of aggression.

2. Beck's Hopelessness Scale

In order to measure the hopelessness among people, a scale titled Beck's Hopelessness Scale was used. It was developed by Beck, Weissman, Lester, and Trecler in 1974. The Beck Hopelessness Scale (BHS) consists of 20 self-report true-false statements that assess the respondent's positive and negative beliefs about the future during the past week. Each optimistic response is scored as 0 and each pessimistic response is scored as 1. A total score is calculated by summing the pessimistic responses for each of the 20 items.

RESULTS

1. Socio demographic characteristics of people

Variable	Male (n=125)	Female (n=125)
Mean	62.5	62.5
SD	27.82	22.63
Age		
18 -40	65	72
Above 40- 60	60	53

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Variable	Male (n=125)	Female (n=125)
Education		
Graduation or below	52	78
Above graduation	73	47
Occupation		
Employed	111	88
Unemployed	14	37
Marital status		
Single/ separated	47	34
Married/ living together	78	91

Table 3.1 shows the socio demographic details of population used for the current study. The current study consists of 125 male and female respectively. The mean and SD for male population is 62.5 and 27.82 and the mean and SD of female population is 62.5 and 22.68. Around 65 male lies between the age of 18 to 40 and 60 males have an age of above 41 to 60. On the other hand 72 females are in the age group of 18 to 40 and 53 belonging to above 41 to 60 age range. In the current study 52 males has an education level up to graduation and 73 has studied above graduation also 111 of them are employed and only around 14 of them are unemployed. At the same time 78 females in the population has studied up to graduation and 47 is above graduated but 37 of them are unemployed and 88 are working. 47 males of this group are either single or separated and 78 are either married or living together while 34 of the female are living single or separated and 91 of them are living with a family.

2 Level and percentage of aggression in males and females

Variable	Gender	Gender
Aggression	Male (%)	Female (%)
Mild level	11.3 %	8.4 %
Moderate level	24.2 %	18.1 %
Severe level	15.2 %	6.3 %
Total %	50.7 %	32.8 %

The table shows the percentage of aggression found in males and females during the lockdown period. It can be said that 50.7% of males are having aggression while only 32.8% of the females are either showing or expressing their aggression during this period. The high level of aggression in men can be due to the over restrictions forced on them by the law as they feel insecure and cramped within their home or place of stay. Several Studies shows that the level of aggression is usually high among males and females. (Bjorkquist, K., Osterman, K., & Lagerspetz, M, 1994); (N Shaban, P Kumar ,2016.) As the aggressive level increases among men there is a high risk of showing violence and antisocial behaviors in men. Domestic violence and homicides can also rise due to the raised aggression in men during this Covid- 19 period.

3. Level and percentage of hopelessness in males and females

Variable	Gender	Gender
Hopelessness	Male (%)	Female (%)
Mild level	13. %	12.4 %
Moderate level	25.2 %	27.3 %
Severe level	9.2 %	15.3 %
Total %	47.4 %	55 %

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Table 3.3 shows the level and percentage of hopelessness among males and females. From the table it can be said that hopelessness is found more among females (55%) than in males (47.4%). 15.3 % of the females in the current study is having a severe level of hopelessness. The raised level of hopelessness in females can be due to the increased level of criticism from family members, negative attribution, deep feelings of inadequacy and excessive worry about the future. (Archer, J. 2004) Also they may be worried about the family members who are living away from them during this Covid time. The heightened hopelessness percentage gives an alarm that the females have a tendency to develop several psychological issues like depression, anxiety and suicide.

CONCLUSION

The Covid -19 pandemic and the lock down is of course creating several psycho social issues among the general population. The mental health of the people in India should be given much priority during this stage as majority of the population is suffering from one or other psychological issues. From the current study it is evident that aggression and hopelessness is of increased among people in our country.

Tele counselling and psychotherapy should be made available to the people to address their issues. Adequate psycho social support and medical care should be ensured by the local authorities to ensure a sound health of body and mind in the people. Follow ups to be ensured to those who have reported with any kind of issues. Supportive psychotherapy should be provided to every people including children during this lock down period. More over psycho education should be given properly to make the people understand about Corona virus and its consequences. More studies should be conducted among children, adults and old age people to find out the various psychological issues among them during this period. A healthy mind ensures a healthy body so that we can protect our citizens from becoming weak during this pandemic time.

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Conflict of Interest

The author declared no conflict of interest.

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