

## To study the Thyroid disease on Aggressive tendency of Women

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### ABSTRACT

The present study investigates that Aggressive Tendency among Women with Thyroid and Women without Thyroid disease. The level of Aggressive Tendency would be high in women with Thyroid disease than Women without Thyroid disease. The current student has an aim to examine a sample consisting of 60 individual subjects. That includes women with thyroid disease and women without thyroid disease belonging to Akola district in Maharashtra. The two groups (30 women with thyroid and 30 women without thyroid) with a age range between 30 to 50 years. The Tool that I will be using for this study is Aggressive Tendency Scale. The aggressive tendency scale is developed by Dr. (Ku) Priti Tiwari.

**Keywords:** *Thyroid Disease, Aggressive Tendency.*

These days we often hear the word thyroid, it occurs among lot of women around us. Statistics show that women are more prone to thyroid disease than men. Some females have it since birth, some catch it during their pregnancy, and many show symptoms at some point in their life. So, what is this thyroid all about? To begin with, there is a thyroid gland present in a normal human body, it is a small organ placed in the front part of neck, wrapped around the wind pipe i.e., Trachea. It has a shape similar to that of a butterfly; smaller in the middle with two wide wings that extend around both sides of your throat. The thyroid gland produces hormones which help to regulate many vital functions in a human body. When this gland malfunctions, it impacts our entire body adversely. If the gland produces excess hormone it would result in a condition called hyperthyroidism. But if it makes less hormone than the normal amount needed, then the body would develop a condition called hypothyroidism. Thyroid hormone mainly controls metabolism. Metabolism is process under which the food ingested in a body is transformed into energy, which is needed for complete functioning of an individual. The thyroid controls the metabolism with the help of some specific hormones which are T4 and T3. Both of these are produced by the thyroid gland and they instruct the body's cell what amount of energy must be utilized. All this is supervised by a gland called pituitary gland, which is positioned in the center of the human skull, right below your brain. When pituitary gland senses a lack of or excess of thyroid hormone in a body, then it does the job to adjust that amount with its own hormone. This hormone is called as Thyroid Stimulating Hormone (TSH).

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### *Symptoms of thyroid disease*

#### **A) Hyperthyroidism**

1. Experiencing constant anxiety, irritability and nervousness.
2. Insomnia, having trouble sleeping.
3. Losing drastic amount of weight.
4. Developing a goiter and facing muscles weakness.
5. Irregular menstrual periods or menstrual cycle stops abruptly.
6. Increased sensitivity towards heat and facing eye irritation.

#### **B) Hypothyroidism**

1. Fatigue or feeling tired.
2. Gaining sudden weight.
3. Experiencing forgetfulness.
4. Getting frequent of heavy blood flow during menstruation.
5. Having dry and course hair.
6. Developing a hoarse voice.

Often it is observed that women with thyroid condition show aggressive tendency and especially in Hyperthyroidism.

### *Aggressive tendency*

This aggressive behavior in women can cause emotional and physical damage to themselves and others around them. It can range from verbal to physical abuse. This also involves destroying personal property. When the person is engages in any aggressive behavior then feel quite irritated and restless. They may also act impulsively and will find it extremely difficult to control the behavior.

### *Signs and symptoms of aggression*

1. Experiencing Anxiety.
2. Mood swings and Agitation.
3. Issues with disorientation in memory.
4. Depression.
5. Trouble in concentrating, easily losing focus.
6. Poor communication skills.
7. Trouble in organizing thoughts on daily basis.

Therefore, in the present studies I would like to study about the aggressive tendency in women with thyroid and women without thyroid disease.

## **REVIEW OF LITERATURE**

1. **Popova LD, Vasylyeva IM, Nakonechnaya OA and Vashchuk MA (2018):** The relation between the blood serum levels of thyroid hormone and cortisol, neuroticism and physical aggression in men was studied. Thyroid hormones and cortisol are involved in the formation of high level of neuroticism. In person with high neuroticism level, thyroid hormones are indirectly involved in aggression development.
2. **Hasan Acar and Ayse Ulgen (2020):** Various factors cause aggression which can be related to imbalance of T3 and T4 hormones, which can act as neurotransmitter and are reported to be elevated during aggression. This indicated changes in the hypothalamic-pituitary-thyroid axis that causes long term changes in aggressive

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behavior, especially in criminals. Mental and behavioral disorders possibly occur in individual with impairment in thyroid hormone balance. The main rationale for this study was to assess if high T3, high T4, and low TSH hormone may have an effect on aggression related crime tendency.

### *Objective of the study*

- To study and compare the aggressive tendency between women with thyroid disease and without thyroid disease.

### *Hypothesis*

- The tendency to be aggressive would be higher in women affected with thyroid condition than in those women with normal functioning thyroid.

### *Variable*

#### a) **Independent variables**

1. Women with thyroid disease.
2. Women without thyroid disease.

#### b) **Dependent variables**

1. Aggressive tendency.

## **METHODOLOGY**

### *Sample*

The current student has an aim to examine a sample consisting of 60 individual subjects. That includes women with thyroid disease and women without thyroid disease belonging to Akola district in Maharashtra. The two groups (30 women with thyroid and 30 women without thyroid) with a age range between 30 to 50 years.

### *Tools*

To collect the following data following tools will be used

#### *1) Aggressive Tendency and Scale-*

The aggressive tendency scale is developed by Dr. (Ku) Priti Tiwari. The test-retest reliability coefficient was found to be 0.91 and split half reliability was found to 0.89 and validity was found to be 0.78

There are 40 statements in the scale every statement has three alternative answers (i.e., always, frequently, never).

### *Statistical method*

Descriptive statistical method used for (mean, SD, t-test) out for analysis of the data.

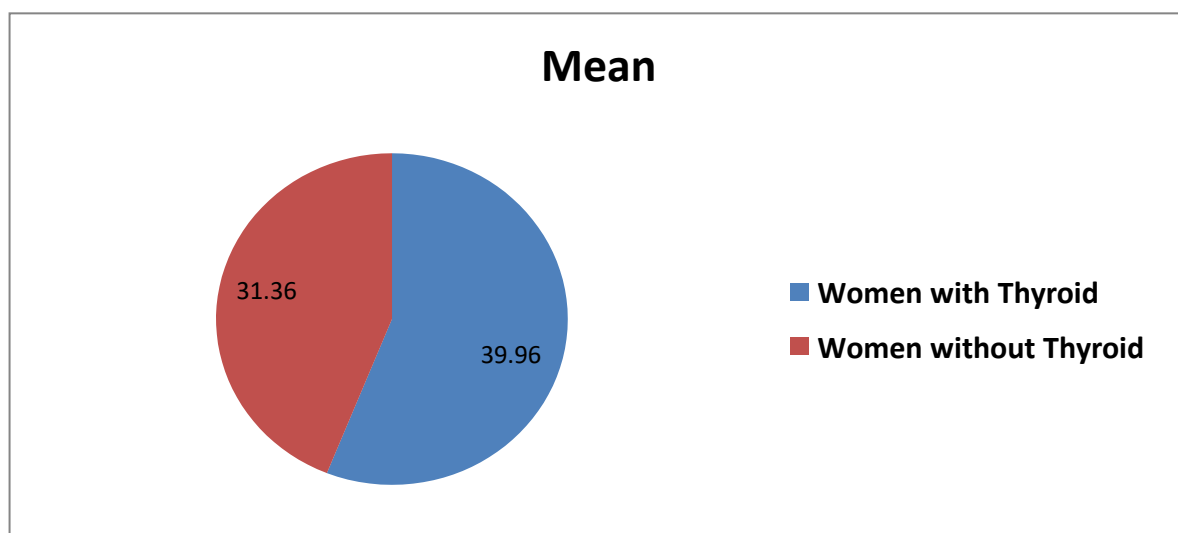
## **RESULT AND DISCUSSION**

*Table – I showing the mean score and ‘t’ value of the analysis of Aggressive tendency of women with thyroid and women without thyroid.*

Status	N	Mean	SD	‘t’	Sign
With thyroid	30	39.96	2.77	9.98 (0.01- 0.00)	S
Without thyroid	30	31.36	3.81		

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### Pie chart



The mean of women with thyroid is calculated to be 39.96 and SD came to be 2.77 and, mean of women without thyroid disease is 31.36 and SD is 3.81 and the ‘t’ value is 9.98. Both levels are significant and therefore stated hypothesis is accepted (Aggressive tendency would be high in women with thyroid disease than women without thyroid disease). Similar result is found (Alper EVRENSEL, Baris Onen UNSALVER, and Aytekin OZSAHIN 2016) that thyroid hormone has been proved to have part in the development of aggression and aggression is one of the leading clinical characteristics of antisocial personality disorder (APD). The aim of the study was to examine the level of aggression and serum thyroid hormone in a sample of antisocial personality disorder.

### CONCLUSION

There was a difference regarding Aggressive Tendency between women with thyroid disease and women without thyroid disease due to the imbalance of T3 and T4 hormones, which can act as neurotransmitters are reported to be elevated during aggression.

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### ***Conflict of Interest***

The author declared no conflict of interest.

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