

Mentality Towards Aggression Prevailing in The Society

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ABSTRACT

Aggression is a basic human motive as well as emotion. Which is present in all the individuals right from the birth but due to cultural influences and other environmental and nurturing factors plays an important role in expression of aggression towards other individual in society. So, the present study is aimed at finding out mentality towards aggression prevailing in the society is studied on the basis of historical observation of theories/approaches as well as developmental milestones related to aggression. Through the findings it was observed that in both the gender aggression is present right from the birth as well as both the gender displays all the different forms of aggression according to the growth and development in terms of their respective age.

Keywords: *Mentality, Aggression, Society*

Present study is aimed at studying mentality towards aggression prevailing in the society.

Mentality

- “Mentality refers to the characteristic way of thinking of a person or a group.”
- “Mentality refers to a particular mental attitude of a person or a group.”

Mentality of an individual is more like “Herd mentality”, herd mentality describes a behavior in which people act the same way or adopt similar behaviors as the people around them does. Due to herd mentality individual often ignore one’s own feelings and logical thinking in the process. It’s like blindly following the flock.

E.g., Black Friday, girls are emotional etc.

Aggression

- “Aggression is a general term applying to feeling of anger or hostility.”
- “Aggression functions as a motive, often in response to threats, insults, or frustrations.”
- “Aggression is an intentional act to harm other individual.”

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Received: July 03, 2021; Revision Received: August 10, 2021; Accepted: August 27, 2021

Mentality Towards Aggression Prevailing in The Society

Aggression is considered as the basic human emotion. Which prevail in all individual but due to cultural influences and other environmental and nurturing factors plays vital role in expression of aggression towards other individual in society.

In the beginning of late infancy, all children display aggression from time to time as interactions with siblings and peers increase, aggressive outbursts occur more often.

During early pre-school years, some children show abnormally high rates of hostility. They verbally and physically assault other child. If this behavior is allowed to continue, it can lead to lasting delays in moral development and deficits in self-control, resulting in an antisocial lifestyle.

The child uses aggression in an attempt to control, remove, or destroy an obstacle, or compensate for it in order that he/she may maintain his/her ego. If he/she feels inferior he/she may become demanding, constantly insisting on the maintenance of his/her rights shows aggression. Child sometimes to make himself/herself notice or to demonstrate his/her importance shows aggression.

Although the child is expected to repress his/her aggressive responses, for good adjustment practice.

There are different forms of aggression:

Direct aggression



Direct aggression refers to behaviors such as verbal or physical assault and threats of harm.

Indirect aggression



Indirect aggression is also known as relational or social aggression.

Mentality Towards Aggression Prevailing in The Society

It is a kind of social manipulation the aggressor manipulates others to attack the victim or by other means makes use of the social structure in order to harm the target person, without being personally involved in attack i.e., getting others to dislike a person, gossip etc.

Physical aggression



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Physical aggression is aggression that involves harming others physically through hitting, kicking, stabbing etc.

Verbal aggression

Verbal aggression is also known as non-physical aggression. Which does not involve physical harm i.e., yelling, screaming, name calling etc.



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Instrumental aggression

Instrumental aggression is also known as cognitive aggression. It refers to intentional and planned violent act means to an end i.e. to gain for one's religion, country or personal gain etc.



Hostile aggression

It is a type of aggression that is committed in response to a perceived threat or insult. It is unplanned, reactionary, impulsive and fueled by intense emotion as opposed to desire to achieve a goal.

Mentality Towards Aggression Prevailing in The Society



a. Overt aggression(physical)

b. Relational aggression

SOCIETY

- “Society refers to aggregate of people living together in a more or less ordered community.”
- “Society is people in general, thought of as a large organized group that reflects attitudes and values prevailing in society.”

Society has its own cultural pattern to get socially accepted individual learns the behavior appropriate to his/her specific role. with the age and circumstances the role changes. It is a familiar fact that human societies differ from one another in innumerable and striking ways, but underlying this diversity we can discover certain characteristics which are to be found in all human societies i.e., the members in each human society introduce the young child to the practices, skills and beliefs of the society. So, there is some system of education in each society

Objectives

The main objectives of study are as under:

- To study the aggression of an individual in relation to the gender.
- To study different forms of aggression in relation to the gender.
- To know the correlation between gender and different forms of aggressions.

Research Questions

The following research questions are raised to direct the study:

Q:1 Which theories are based on the aggression of an individual?

Q:2 Which theories or milestones are based on different forms of aggression in relation to the gender?

Q:3 Which theories shows correlation between gender and different forms of aggressions?

Instruments

Historical observation of theories and milestones

THEORIES/APPROACHES

Sigmund Freud Theory of motivation:

According to Sigmund Freud’s theory of motivation was based on instincts. In his last book, “Outline of Psychoanalysis”, he stated that Eros (Life instinct) and Thanatos (Death instinct i.e., desire to destroy even to the extent of destroying one’s self) are the ultimate cause of the motivation in behavior. Life instinct, the urge for self-preservation dominates the earlier scenes of one’s life. When life instinct stops, death instinct comes into operation.

Mentality Towards Aggression Prevailing in The Society

William James instinct Theory:

According to instinct theories, people are motivated to behave in certain ways because they are evolutionary programmed to do so. William James created a list of human instincts that included attachment, play, shame, anger, fear, shyness, modesty and love.

Milestones related to development of aggression:

- At the age of 1 1/2-5 years instrumental aggression, physical aggression declines while hostile aggression, verbal aggression increases and relational aggression appears in the behavior of the child.
- At the age of 6-11 years Hostile aggression and verbal aggression continues to increase.
- At the age of 12-20 years delinquency rises then declines

Findings

- Based on the Freud's and William James theory it is possible to draw light on the fact that aggression is an instinct means which is innate and present right from the birth in both the gender.

Chart represents that both the gender possess aggression



- Based on the milestones related to development of aggression it is possible to draw light on the fact that according to age different forms of aggression is noticed in both the gender behavior.
- According the theories perspective and milestones there is no significant difference between gender and different forms of aggression.

DISCUSSION

Through the findings it is possible to say that aggression is the instinct and basic human emotion which is equally present in both the gender as well as both the gender shows all the forms of aggression depending upon the age and situation but as the young child is introduced to the practices, skills, roles and beliefs of the society. He/she starts behaving in a socially accepted way and adapting to one's role. He /she starts learning and identifying with same gender due to which some form of aggression becomes dominant and other forms of aggression are overshadowed.

So, it is possible to say that not only boys but girls are equally aggressive and all the forms of aggression are equally destructive in nature.

Mentality Towards Aggression Prevailing in The Society

Significance Of the Study

The present study is helpful in gaining understanding through theories and milestones that what society thinks about both gender is mere the societal mentality that boys are aggressive than girls as they show more direct form of aggression but actually both the gender are equal in terms of aggression as well as direct or indirect or any form of aggression is destructive.

Limitations Of the Study

- Study is carried out through historical theories and milestones rather than standardized method.
- Through standardized tools facts related to theories and milestones can be objectively checked by introducing questionnaire to large group of samples.

Suggestions

Aggression is a powerful emotion which affects individual as well as his/her environment, so it's essential to handle aggression through different management techniques for maintaining effective relationship with other member of society and to stay focused on one's goal.

Management Techniques

- Breathing technique
- Keep patience
- Escape the aggressive situation
- Use relaxation techniques etc.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Bhatt H. & Chothani K.B. (2021). Mentality Towards Aggression Prevailing in The Society. *International Journal of Indian Psychology*, 9(3), 1287-1293. DIP:18.01.121.20210903, DOI:10.25215/0903.121