

Aggression, Conflict & Expressiveness among Adults

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ABSTRACT

The aim of this study is to investigate the relationship between the Aggression, conflict and Expressiveness among adults. Aggression, as a behavioural phenomenon indicates that aggressive behaviour may get from learned habits of replying as well as from extreme frustration. It may be expressed in terms of frustration, quarrelling, and aggressive, disrespect to elders, negative reactions to traditions and views and so on. Conflict is also a main part of frustration, which means, direct and conscious struggle between individuals or groups for the same goal. Expressiveness on the other hand, the term is used to denote behaviour of persons in groups in which emotional preferences are expressed, such as liking and disliking, or where friendly or unfriendly remarks are made. In this study we investigated the positive relation between the aggression, conflict and expressiveness among adults (age-18 to 35). Tests used to major Aggression, Conflict, Expressiveness are Family Environment Test by Bhatia and Chadda and Reaction to Frustration Scale by Dixit and Shrivastava. (N=191) males and females (118 females and 73 males) filled the Google form test provided to them via social media, because of this current situation of covid-19 it wasn't possible to take test in physical format. The results were showed that the relationship between aggression, conflict, expressiveness is positively correlated with each other and it supports the hypothesis of the paper i.e., Aggression would be positively related with conflict among adults or Aggression would be positively related with expressiveness among adults.

Keywords: *Aggression, Conflict, Expressiveness*

A methodical perspective has to be followed for precise data. Guidelines and procedures are an essential portion of the procedure that set the objective. Research is built on logical reasoning and includes both inductive and deductive approaches. Research generates a pathway for generating innovative queries. Prevailing data benefits to produce additional chances for research. Psychological research denotes to investigate that psychologist conduct for organized study and for scrutiny of the understandings and behaviours of individuals or groups. Researchers use correlations to see if a connection between two or more variables occurs, but the variables themselves are not beneath the control of the investigators.

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There are three most likely outcomes of a correlation study: a positive correlation, a negative correlation, or no correlation. Investigators can present the outcomes using a numerical value named the correlation coefficient.

- Positive correlations: A correlation coefficient close to +1.00 indicates a strong positive correlation.
- Negative correlations: A correlation coefficient close to -1.00 indicates a strong negative correlation.
- No correlation: A correlation coefficient of 0 indicates No correlation.

Background of study

This research has three variables -

Variable 1 – Aggression

Variable 2 – Expressiveness

Variable 3 – Conflict

Family environment surrounding means the special state and around the home where one is. It denotes the numerous features of people's local lives that contribute to their living condition and their behaviour. Family environment scale (Bhatia and Chadha, 1993) was used to evaluate the insight of eight family environment variables as cohesion, expressiveness, conflict, acceptance and caring, independence, active – recreational orientation, organization and control. The cohesion subscale measures the degree of obligation, benefit and support family members deliver for one another.

Expressiveness subscale refers to the extent to which family members are encouraged to act openly and express their feelings and thoughts directly. The conflict subscale measures the amount of openly expressed anger, aggression, and conflict among family members. Acceptance and Caring subscale refer to the extent to which the members are unconditionally accepted and the degree to which caring is expressed in the family. **Conflict** is also a main part of frustration, which means, direct and conscious struggle between individuals or groups for the same goal. Conflict may occur between two or more incompatible needs or motives. **Expressiveness** on the other hand, the term is used to denote behaviour of persons in groups in which emotional preferences are expressed, such as liking and disliking, or where friendly or unfriendly remarks are made. **Aggression**, as a behavioural phenomenon indicates that aggressive behaviour may twig from learned habits of replying as well as from extreme frustration. It may be expressed in terms of frustration, quarrelling, and aggressive, disrespect to elders, negative reactions to traditions and views and so on. The idea of aggression as a response to frustration is known as the frustration–aggression hypothesis. **Gender** has a tendency to signify the social and cultural part of each sex within a specified society. Gender denotes the socially constructed features of women and men, such as norms, roles, and relationships of and amongst groups of women and men. It differs from society to society and can be changed.

Statement of the problem

- 1) Aggression would be positively related with conflict among adults.
- 2) Aggression would be positively related with expressiveness among adults.

Rationale and Significance

In this research paper we want to investigate the relationship between aggression, conflict, expressiveness among adults. These days, one can be aware of social conditions and situations. Individuals in this modern era have evolved through so many socio-psychological factors which were researched at every step of getting ahead with the time. Studying these concepts, understanding what they really mean and how these are going to affect an individual's life, makes an individual more knowledgeable. Recently in this pandemic situation the aggression, Conflicts and expressiveness must be the topics to discuss about and how they affect each other at some point. There are plenty of situations in which Aggression, conflict and expressiveness also affect people in a way. There must be some relationship between these concepts that can be explored.

Objectives

To investigate the relationship between aggression, conflict, expressiveness among adults.

REVIEW OF LITERATURE

A Literature Review is an organized and inclusive analysis of books, research articles and other foundations related to a precise topic only if a base of data on a topic. Literature reviews are considered to classify and evaluation of the present literature on a topic to explain your study by exposing gaps in existing research. This investigation should deliver an explanation, summary, and critical assessment of works connected to the research problem and should also add to the complete facts of the topic as well as representative of how your research will fit in a greater field of study. A literature review should offer critical analysis of the current research on a subject and that study should direct your research objective. This should not be disordered with a book review or an interpreted bibliography both research tools but very unlike in purpose and scope.

Review of Literature (Correlational Researches)

Aggression And Conflict

In another research done by Timmons, A. C., Arbel, R., & Margolin, G. (2017), they proposed the research on, 'Daily patterns of stress and conflict in couples: Associations with marital aggression and family-of-origin aggression.' In this study, the authors have basically explored that many married individuals go through many changes once they get married and/or start a family. In this research, they explored stress, aggression and conflict. This study used partners' daily diary data to analyse same-day and cross-day connections between stress, aggression, and conflict. After getting the results it showed, that husbands and wives explored and experienced same-day conflict and aggression in relation to family-of-origin aggression.

In the research done by Notelaers G., Van der Heijden B., Guenter H., Neilsen M.B., Einarsen S.V., (2018), they proposed the research on, 'Do interpersonal conflict, aggression and bullying at the workplace overlap? A latent class modelling approach.' the authors have worked upon very familiar but yet identifiable question about workplace, aggression, conflict and bullying. They have administered this study by doing factor solution on 175 Belgian workers. Employees with low liability to conflict-aggression and bullying find it mostly overlapping. They have explored that their results do have important theoretical understanding of conflict aggression and bullying.

In this research of Tucker C.J. and Finkelhor D. (2017), they proposed the research on, Symmetrical Neurons and the development of empathy against aggression and conflict in the

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school.’ In this study, they have studied and explored many things at a time. It includes theoretical part and aspect of empathy, social interaction and its process with neurological, psychological and cultural formations. They have established that through empathy one can balance conflict and aggression so far in school environment.

In this study of, Raver, J. L., & Barling, J. (2008), proposed the research on ‘Workplace aggression and conflict: Constructs, commonalities, and challenges for future inquiry.’ In this research they examined the connection between workplace aggression and conflicts faced by an employee during work. They also investigated it for future and further insights to help this study itself, which will be beneficial in future. They then examined that there is some cause effect or connection between workplace, aggression, and conflict. Finally, they concluded on the basis of the review, that there are and there maybe, some challenges and hurdles managing the work-life balance and emotional patterns of aggression which can be commonly expressed and felt by a common employee to any CEO also.

In another experiment of, Szekely, A., Andrighetto, G., Payette, N., & Tummolini, L. (2020), proposed the research on ‘Aggression, Conflict, and the Formation of Intimidating Group Reputation.’ In this research he mentioned that, the study was about, biopsychology processes of different forms of aggression which defines biological reactivity. This study was to explore how SNS and PNS response to social stress of human being and how it is associated with many types of aggression. The size of sample was young adult females and moreover, it was observed on family conflict. The results were also appropriate, it stated that high level of family conflict history led to greater SNS activation and increasing RSA with more direct reactive aggression. The overall findings denote that how it’s important to study biology, physiology, psychology together in the sense of better enhancement of mental and physical connections.

Conflict And Expressiveness

In another research of Gursharan Singh Kalki, Satnam Singh, proposed the research on ‘Adolescent Alienation and its Relation to Family Environment.’ In this study they have examined that adolescent’s isolation to connect with other people is a very entitled topic to research upon. There are three fundamental concepts that connect each family member and those are, ‘cohesion, expressiveness and conflict.’ On the similar side about adolescent’s isolation, there is some type of inability of teenagers to attach to people. There are some of the characteristics also which specifies alienation like, powerlessness, isolation, self-estrangement. The results showed that there was a prominent converse correlation between the 3 components of which are alienation, expressiveness and cohesion, and positive correlation between alienation characteristics and conflict and family environment.

In one more study done by, Siu, A. F., & Chan, A. H. (2020), anticipated their study on ‘Multimodal expressive arts in school counselling: a strength-based intervention program for academic underachievers in secondary schools.’ In this study the authors have scrutinized underachieved adolescents. They have studied the efficiency using expressive art therapy. Illustration size was underachieved adolescents from which fourteen was secondary school students. The consequences exhibited that there was projecting high behavioural and emotional engagement. Likewise, there was abundant place for reconsidering and self-reflection around under-achieving.

In this research of, Ye, Z.J., Zhang, Z., Zhang, X.Y. et al. (2020), ‘Effectiveness of adjuvant supportive-expressive group therapy for breast cancer.’ Here, they have investigated that

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supportive-expressive group therapy has climb down the incompatible results for patients or people with breast cancer. The sample size for this research was, 3327 patients having breast cancer. The results showed that by doing a follow-up regular checkups the marginal survival period can observe for long time, and the supportive-expressive group therapy cannot remarkably lengthen mostly 5 years life-span of breast cancer.

In one more investigation of Mukhlis, H., Kristianingsih, A., Fitrianti, F., Pribadi, T., Kumalasari, D., Febriyanti, H., & Maselena, A. (2020), anticipated the study on ‘The effect of expressive writing technique to stress level decrease of new student at Al-Falah Putri Islamic Boarding School, Margodadi, Tanggamus.’ In this study the authors have explored compensations for expressive writing for students from Islamic Boarding School, who were going from normal stressful emotions. They have formed an expressive inscription training to lessen the stress in students and to found the idea of mental health. The outcomes were presented suitable and likely answers, for which the explore led.

The article proposed by Laura A. King Robert A. Emmons (1991) stated the relationship between emotional expression, conflict over expression, and emotional control and psychological and physical distress. Fifty wedded couples finished two mail-in surveys which confined the Emotional Expressiveness Questionnaire (EEQ), the Ambivalence Over Emotional Expression Questionnaire (AEQ), and the Emotional Control Questionnaire (ECQ), psychological and physical well-being and also measures of expressiveness and well-being ratings of their partners. ECQ and AEQ scores were significantly positively correlated with questionnaire measures of physical discomfort and measures of psychological distress. AEQ scores for items commerce explicitly with anger forecast visits to health-care provider for illness, AEQ also positively correlated with partner and 39 symptoms and liquor use. EEQ scores did not predict psychological distress/physical symptoms in this research. Husband and 39 ratings of wives’ expressiveness were positively correlated with measures of distress and wives’ expressiveness ratings for their husbands were negatively correlated with a number of indices of psychological distress. Expressiveness, Conflict, and Self-consciousness over expression in one partner were not reliably predicted well-being of the other. They discussed Insinuations of these findings for future research in the area of emotion and illness as well as in relationship satisfaction in this research paper.

Aggression And Expressiveness

In another research of Archer, J., & Haigh, A. (1997), proposed research on Aggressive Behaviour: Official Journal of the International Society for Research on Aggression. In author study, the author investigated that, how there is connections between expressive beliefs about aggression and self-report aggression in male and female. Sample size were North England prisoners. Expressive beliefs were mostly correlating with females than males., but there was no specific and particular change in instrumental beliefs and physical aggression. The results showed significantly higher scores for anger and lower for expressive beliefs.

In another research of Ersan, C. (2020), proposed the research on, ‘Early Language Development and Child Aggression.’ In this study, they have investigated that there are so many important things to think about when a child is growing up, some of the concepts include, aggressive behaviours, language skills, expressiveness through verbal language and so on. The purpose of this, to examine correlation or connection between expressiveness of language skills and physical aggression. Sample size was six and half years old boys and

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girls that is pre-school children. The results showed that expressiveness in language skills was higher rather than physical aggressive behaviours

In this research of Halberstadt, A. G., Crisp, V. W., & Eaton, K. L. (1999), proposed the research on, 'Family expressiveness: A retrospective and new directions for research.' In this study, the authors have investigated the whole concept of 'Family Expressiveness.' The data sample they took was 72 independent samples which was from American Psychological Association Psych-INFO database. They have researched few concepts which includes, emotion regulation, children's social acceptance, prosocial behaviour, expression of emotion, popularity, experience of emotions, aggression, family relationship and personality factors. Authors also made a point on these topics to research in future.

In another research of Field, M. (2016), proposed the research on, 'Empowering students in the trauma-informed classroom through expressive arts therapy in education.' In this study, teachers and other workers in school, specifically noted a change in students which was disruptive and aggressive behaviour. Students which were in the classroom was being examined and analysed and was from different backgrounds which in generally includes traumatic situations, and social concepts that affects the students in any manner. In this research, they have combined psychoeducational therapy to expressive-arts therapy and trauma-informed therapy for empowering the students.

In additional study by Di Giunta, L., Rothenberg, W. A., Lunetti, C., Lansford, J., Favini, A., Yotanyamaneewong, E., Pastorelli, C., Eisenberg, N., Thartori, E., Basili, E., S., Peña Alampay, L., Al-Hassan, S. M., Bacchini, D., Bornstein, M. H., Chang, L., Deater-Deckard, K., Dodge, K. A., Oburu, P., Skinner, A. T., Uribe Tirado, L. M. (2020), states that, The present study reviews parents' self-efficacy about anger regulation and irritability as analysts of strict parenting and adolescent children's irritability, which in turn they're observed as predictors of adolescents' expressing and adopting problems. Mothers, fathers, and adolescents (N = 1,298 families) from 12 cultural groups in 9 countries, they're questioned when children they're about 13 years old and again 1 and 2 years later. Replicas they're inspected separately for mothers and fathers. The findings suggest that processes linking mothers' and fathers' emotion socialization and emotionality in diverse cultures to adolescent problem behaviours are somewhat parallel.

METHODOLOGY

Research methodology merely denotes to the applied "by what method" of any assumed piece of investigation. More explicitly, it's about how a researcher systematically proposes a research problem to confirm valid and consistent outcomes that discourse the research purposes and objectives. In a dissertation, thesis, academic journal article, you will discover a research methodology section which covers the features stated above. Prominently, a good methodology chapter in a dissertation or thesis enlightens not just what procedural choices be situated, but likewise explicates why they were made. In other words, the methodology chapter must validate the design selections, by presenting the chosen approaches and methods are the best fit for the research aims and objectives, and will make available valid and reliable outcomes. A good research methodology offers systematically sound conclusions, whereas a poor methodology doesn't.

Variables under study

There are three variables under study in this research –

Variable 1 – Aggression

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Variable 2 – Expressiveness

Variable 3 – Conflict

Operational definitions

Frustration is a big umbrella term for **aggression**. Here, **aggression**, as a behavioural phenomenon indicates that aggressive behaviour may twig from learned habits of replying as well as from extreme frustration. It may be expressed in terms of frustration, quarrelling, and aggressive, disrespect to elders, negative reactions to traditions and views and so on. When one person damages or tries to destroy another person knowingly, either with words or with physical behaviour, psychologists call it aggression.

Conflict is also a main part of frustration, which means, direct and conscious struggle between individuals or groups for the same goal. Defeat of the opponent has been essential for achieving the goal. It is also one of the major sources of stress. Conflict may occur between two or more incompatible needs or motives.

Expressiveness on the other hand, the term is used to denote behaviour of persons in groups in which emotional preferences are expressed, such as liking and disliking, or where friendly or unfriendly remarks are made. This analytical term is used in connection with others such as adaptive or instrumental behaviour. Some groups are primarily task-oriented as in the case of a work group, a committee or a school class, nevertheless displaying time to time expressive behaviour.

Hypothesis

- Aggression would be positively related with conflict among adults.
- Aggression would be positively related with expressiveness among adults.

Research design

Research design is “Correlational Research Design”.

Correlational research is a form of research method that includes observing two variables in direction to found a statistically corresponding association among them. The purpose of correlational research is to classify variables that have some type of relationship to the extent that a modification in one makes some change in the other. For instance, correlational research might make known the statistical association among high-income recipients and replacement; that is, the more people make, the more likely they are to transfer or not. Correlational research is a type of non-experimental research technique in which an investigator measures two variables, comprehends and evaluates the statistical association amongst them with no impact from any extraneous variable.

Method

Tests used to measure Variables – Aggression, Conflict, and Expressiveness

- Family Environment Test by Bhatia and Chadda.
- Reaction to Frustration Scale by Dixit and Shrivastava.

Family Environment Scale: It is the general environment of the family consisting of eight dimensions namely cohesion, expressiveness, conflict, and acceptance and caring, independence, active-recreational orientation, organization and control (Bhatia & Chadha, 2012).

Reaction to Frustration Scale: This scale was constructed and standardized by Dr. B.M. Dixit and Dr. D.N. Srivastava (2004). This scale covers four reactions namely-aggression, resignation, fixation and regression to meet the growing demands of the psychologists engaged in the measurement of reactions to frustration. It is an objective measure of reactions to frustration, (Maier 1949).

Procedure for data collection

Data collection is a systematic process of gathering observations or measurements. Whether you are performing research for business, governmental or academic purposes, data collection allows you to gain first-hand knowledge and original insights into your research problem. While methods and aims may differ between fields, the overall process of data collection remains largely the same. Before starting the process of data collection, we need to identify exactly what we want to achieve. i.e., the statement of the problem. Next, we formulated one or more research questions that precisely define what we want to find out. Depending on our research questions we used quantitative method. Quantitative data is expressed in numbers and graphs and is analysed through statistical methods. Then we collect the sample by creating the questionnaire on Google forms and sent it to 191 adults i.e., between the age group of 18 to 35 through social media.

Plan of statistical analysis

1. Copy data in a new file
2. Name of variables in first row
3. Copy all 3 variables and paste those values
4. Save this file
5. Open this file in SPSS – data – file type – all – select file
6. Variable view – type – check whether the variable is numeric or not
7. Analyse – select all the variables (here we are using 3 variables) – compare means – paired sample t test (this is how we get the means and paired t tests)
8. Check means and significance
9. Analyse – descriptive statistics – frequencies – charts – histogram (this is how we get the histograms by using descriptive statistics).
10. For outliers, analyse – descriptive statistics – explore – select Aggression, Expressiveness, and Conflict - statistics – outliers – plots
11. As this research is based on correlational research design, “Pearson Correlation” is used for getting the accurate significance. After this process we get “Correlation is significant at the 0.01 level (2-tailed).” Here we finish the process of doing statistics and getting correct significance.

RESULTS AND DISCUSSION

The results section surveys the procedures and leads the discussion section. This is where the investigators provide the statistical analysis collected all through their study. That data can sometimes be hard to comprehend for the reason that it is frequently quite methodological in nature. The discussion part follows the results and leads the conclusions and references segment. It is here that the investigators specify the implication of their results.

Descriptive statistics

The purpose of descriptive statistics is to establish and to summarize explanations so that they are easy to understand. Descriptive statistics, in brief, support to define and recognize the characteristics of a detailed data established by giving short synopses about the sample

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and measures of the data. The maximum standard types of descriptive statistics are procedures of centre: the mean, median and mode, which are used at practically all levels of mathematics and statistics. Descriptive statistics synopses or defines features of a data set. Descriptive statistics contains of two elementary groupings of measures: measures of central tendency and measures of variability. Measures of variability or spread define the scattering of data inside the set.

Inferential Statistics

Inferential statistics takes data from a sample and makes inferences about the larger population from which the sample was drawn. Because the goal of inferential statistics is to draw conclusions from a sample and generalize them to a population, we need to have confidence that our sample accurately reflects the population. With inferential statistics, you are trying to reach conclusions that extend beyond the immediate data alone. For instance, we use inferential statistics to try to infer from the sample data what the population might think.

DISCUSSION

The main focus of the research is to investigate the relationship between aggression, conflict, expressiveness among adults. There are many dimensions when it comes to study the family environment, here, we are taking into consideration only two dimensions and those are, Conflict and Expressiveness. Conflict is also a main part of frustration, which means, direct and conscious struggle between individuals or groups for the same goal. Defeat of the opponent has been essential for achieving the goal. It is also one of the major sources of stress. Expressiveness on the other hand, the term is used to denote behaviour of persons in groups in which emotional preferences are expressed, such as liking and disliking, or where friendly or unfriendly remarks are made. This analytical term is used in connection with others such as adaptive or instrumental behavior. And the Frustration is a big umbrella term for aggression, resignation, fixation, and regression. Here, aggression, as a behavioural phenomenon indicates that aggressive behaviour may stem from learned habits of responding as well as from excessive frustration. It may be expressed in terms of irritation, quarrelling, and fighting, disrespect to elders, negative reactions to traditions and beliefs and so on.

After the SPSS procedure and analysis done, the Pearson Correlation value for each domain is 1.000** and the correlation is significant at the level of 0.01 level (Two tailed). All the variables are correlated with each other and it supports the hypothesis that Aggression is positively correlated with conflict and expressiveness. The mean value for aggression is 20.88, for conflict it is 34.35, and for Expressiveness it is 45.81. And the standard deviation for Aggression, Conflict and Expressiveness is 5.54, 6.67, and 8.05 respectively. Thus, hypothesis is that Aggression would be positively related with conflict among adults or Aggression would be positively related with expressiveness among adults is supported by the results and the literature review, and the test taken on the adults between the age group of 18 to 35 years.

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Table 1:

		Aggression	Conflict	Expressiveness
Aggression	Pearson Correlation	1	1.000**	1.000**
	Sig. (2 tailed)		.000	.000
	N	191	191	191
Conflict	Pearson Correlation	1.000**	1	1.000**
	Sig. (2 tailed)	.000		.000
	N	191	191	191
Expressiveness	Pearson Correlation	1.000**	1.000**	1
	Sig. (2 tailed)	.000	.000	
	N	191	191	191

As it shown in the above table 1 of correlation, After the SPSS procedure and analysis done, the Pearson Correlation value for each domain is 1.000** and the correlation is significant at the level of 0.01 level (Two tailed).

i.e., All the variables are correlated with each other and it supports the hypothesis that Aggression is positively correlated with conflict and Expressiveness.

Table 2:

	N	Mean	Std. Deviation (SD)
Aggression	191	20.885	5.5403
Conflict	191	34.35	6.674
Expressiveness	191	45.810	8.0597
Valid N (list-wise)	191		

As shown in this above table 2, the mean value for aggression is 20.88, for conflict it is 34.35, and for Expressiveness it is 45.81. And the standard deviation is 5.54, 6.67, and 8.05 for Aggression, Conflict and Expressiveness respectively.

SUMMARY, CONCLUSION AND SUGGESTIONS

A research summary is a specialized section of writing that designates your study to some forthcoming viewers. Main importance of a research summary is to give the availability to the person who reads with a brief overview of the complete study. To write a worth summary, it is vital to classify the significant material in a study, and abbreviate it for the person who reads. Consuming a pure knowledge of a topic or subject matter permits you to straightforwardly understand the insides of the research summary.

Summary

The purpose of the study is to investigate the relationship between aggression, conflict, expressiveness among adults and this research has three variables – Aggression, Expressiveness, and Conflict. Expressiveness subscale refers to the extent to which family members are encouraged to act openly and express their feelings and thoughts directly. The conflict subscale measures the amount of openly expressed anger, aggression, and conflict among family members, and here, aggression, as a behavioural phenomenon indicates that aggressive behaviour may twig from learned habits of replying as well as from extreme frustration. Statement of the problem of this study is-Aggression would be positively related with conflict among adults and Aggression would be positively related with expressiveness

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among adults. The brief information of 30 researches is included i.e., the review of Literature. Literature reviews are considered to classify and evaluation of the present literature on a topic to explain your study by exposing gaps in existing research. Many researches are related to the variables of the study i.e., Aggression and Conflict, Conflict and Expressiveness, and Aggression and Expressiveness. There are 10 researches per group variables and each research proven that there is a positive relationship between the three variables. While correlational research can demonstrate a relationship between variables, it cannot prove that changing one variable will change another. In other words, correlational studies cannot prove cause-and-effect relationships. Statement of the problem of this study is-Aggression would be positively related with conflict among adults and Aggression would be positively related with expressiveness among adults. And to prove the statement we used Family Environment Test by Bhatia and Chadda and Reaction to Frustration Scale by Dixit and Shrivastava. Then the procedure of data collection is followed and collect the 191-sample collection for this thesis and statistical analysis has been done. Also, we've discussed about the details of the results and analysis where it shows that the Pearson Correlation value for each domain is 1.000 and the correlation is significant at the level of 0.01 level (Two tailed). The main focus of the research is to investigate the relationship between aggression, conflict, expressiveness among adults and thus all three variables are correlated with each other and it supports the hypothesis of this study.

Conclusion

After conducting the current studies, there is a positive relation between aggression and conflict, there is positive relation between aggression and expressiveness.

Implications

The 'Family Environment Scale (FES)' has been broadly used in clinical backgrounds, to simplify personal counselling and psychotherapy, to explain clinicians and program evaluators around family organizations, and in program assessment. It can be used for individual and family counselling or for investigation and program assessment.

The 'Reaction to Frustration (RFS)' is beneficial for Practical Application Professional Workers to identify the level of frustration which would be suitable for main anticipation in the direction of mental sickness.

Also, it can be valuable for Practical Application Professional Workers to classify the level of frustration of its worker to decrease possible reasons of frustration and rise the efficiency.

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Conflict of Interest

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