

Anger Dealing Approaches

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ABSTRACT

Following quantitative research is conducted to do a correlation study on effect of gender on aggression and suppression in youth. The researcher examined youth on the Buss Perry Aggression Questionnaire. It was observed that males showed high aggression compared to females. While females showed high suppression than males. There was seen a positive correlation between the two variables of gender and aggression. The growing cases of youth aggression and violence in the society were the reason of conducting this research. A total of 86 participants were observed out of which 38 were males and 48 females ranging between the ages of 14 to 25 years. It was observed that males had high scores on the aggression scale while females were below average. Adolescent girls showed high anger and physical aggression. Overall anger and aggression in adolescents was more than youth between the ages of 20 to 25. They scored average with high scores on hostility. Females had high verbal aggression and males had high physical aggression. Females that scored high on suppression scored low on verbal aggression and anger but showed high scores on both physical aggression and hostility. The hypothesis of the research was proved. The questions, lack of seriousness and other environmental conditions were the few shortcomings faced in the process. Few different findings that came forward during the research were that along with gender, person's family system, family pattern, number of siblings also affects the aggression and suppression. The analysis of the research was done using SPSS.

Keywords: *Anger Dealing Approaches*

This research is about different anger dealing approaches amongst youths. Here the major anger dealing approaches that are studied are aggression and suppression. The purpose of this research was to study the effect of gender differences on aggression and suppression. The growing violence amongst youth today is a matter of concern. Fights, stabbing, rape, homicides, and other such aggressive behaviors are increasing day by day in the society. Here the researcher has taken youth as the sample because youth is the period in an individual's life undergoing hormonal changes. They are the most exposed to stress, anxiety and other psychological factors. Other external factors like use of alcohol, substance abuse, excessive use of mobile phones, video games, bad family systems, and constant work pressures are all adding up to an increase in anger amongst young people. 14 to 25 years is a phase of growth and development which is often characterized by vulnerability. The

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Received: September 10, 2021; Revision Received: October 21, 2021; Accepted: November 13, 2021

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problems faced by youth cause a lot of psychological disorders including anxiety disorders, depression, stress related disorders etc.

Background of the study

Youth - According to the World Health Organization [WHO] the people falling between the age group of 14 to 25 are considered as youths. In this people falling between the ages of 14 to 19 and considered as adolescents or in simpler words teenagers. Teenagers live in an exhilarating season of transition from childhood to adulthood. This time can be full of exciting discoveries as teens develop their unique personality traits and skills. There are also challenges that accompany the process of becoming an adult. Because teenagers are fundamentally different from children and adults, it's important to understand them better, so you can support them as they grow.

The American Academy of Pediatrics explains that adolescence is a season of fast-paced development in five key areas: moral, social, physical, cognitive, and emotional. To support this development, adolescent psychology focuses on mental health issues for people between the ages of 13 and 19. Adolescent psychologists recognize and help teenagers during this period of growth and transition.

There are various changes that take place during this transition from childhood to youth –

Physical/Sexual Development

The physical signs of adolescence are obvious. Boys and girls start growing pubic hair during this time. They also get taller, with girls generally reaching full height by age 16 and boy's generally reaching full height by age 18. Plus girls start having periods, and their breasts develop; boys have nocturnal emissions, and their voices deepen.

From the perspective of adolescent psychology, brain development during this period is particularly important. The areas of the brain that allow teens to control behaviors and emotions experience significant development during this phase, as do the areas where risk and reward are calculated. Teenagers also gain the ability to think more efficiently due to changes in the myelin and synapses of the brain.

All of these physical changes affect the way adolescents think and behave. They develop sexual awareness and may become sexually active. As long as they are healthy, their bodies are stronger and more coordinated than ever before, allowing them to excel in sports. Teens have many opportunities as well as challenges related to their physical development. Adolescent psychology can help them make sense of the physical changes they're going through, so they can deal with them positively.

Cognitive development

In addition to physical development, adolescence brings new ways of thinking. As teenagers develop cognitively, they gain the ability to think abstractly. Imagination and complex reasoning develop exponentially during this phase. Because of this, teenagers gain the ability to understand abstract concepts found in advanced math and begin to think more about ideas like spirituality and love.

Abstract thinking also makes teens greater risk-takers because they feel invincible to harm. As they mature, they luckily develop stronger reasoning skills and can think things through logically. They develop the ability to judge things for themselves, so they can think through the possible consequences of an action in advance.

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This cognitive development doesn't happen in a flash. In early adolescence, children mainly use their newfound abstract reasoning for schoolwork and at home. They start expressing their views about what activities they want to engage in and choose their own goals. They see short-term consequences, but they can't always envision the long-term.

In middle adolescence, their thinking becomes more complex. They can imagine what their future will be like, but they have a hard time applying those thoughts to their decision-making process. They also question things more. In late adolescence, teens begin to think outside themselves in a new way. They may think more about what's happening in the world and the major challenges facing society. They may also become concerned with career choices and what to do after they leave home.

Emotional development

During this tumultuous time, teens look to their peers for emotional support. They begin to have more conflicts with their parents until late adolescence, when they may become closer to them again. They specifically become closer with same-sex friends as they experience many different emotions and become more independent from their parents. It's normal at this time for adolescents to want and need privacy. They're concerned about the way they look and may develop body image issues. As they reach late adolescence, they'll likely become more confident in themselves and their beliefs. They may seek out sensory experiences and become sexually aroused easily. During late adolescence, they begin to have better control over their emotions. Much of adolescent psychology deals with teaching teens how to manage their emotions.

Moral development

Teens develop their sense of morality during adolescence as well. They are transitioning from the authority and social order stage of development, in which they were focused on fixed rules. As they mature, they begin to analyze social contracts and relationships. They are concerned with doing what is mutually beneficial and doing what is morally right, even if it isn't legally right. As they grow into adulthood, their moral focus may shift again, as they begin to think of "right" and "wrong" as universal concepts that apply across legal systems and cultures.

Youth is the period between childhood and adulthood. It forms a precious resource for every country. It is a critical phase of life with many psychological, physical and physiological changes. It is a time of fluctuating and rapidly changing interests and desires, high energy, sexual maturation, physical growth and limited emotional insight which creates fertile ground for many emotional problems and challenges.

Aggression is a word that we use every day to characterize the behaviour of others and perhaps even of ourselves. We say that people are aggressive if they yell at or hit each other, if they cut off other cars in traffic, or even when they smash their fists on the table in frustration. But other harmful acts, such as the injuries that sports players receive during a rough game or the killing of enemy soldiers in a war might not be viewed by everyone as aggression. Because aggression is so difficult to define, social psychologists (as well as many other people, including lawyers) judges and politicians, have spent a great deal of time trying to determine what should and should not be considered aggression. Doing so forces us to make use of the processes of causal attribution to help us determine the reasons for the behavior of others. Social psychologists define aggression as behavior that is intended harm another individual who does not wished to be harmed (Baron & Richardson, 1994). Because

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it involves the perception of intent, what looks like aggression from one point of view may not look that way from another, and the same harmful behavior may or may not be aggressive depending on its intent. In psychoanalytic theory, a defense mechanism is an unconscious psychological mechanism that reduces anxiety arising from unacceptable or potentially harmful stimuli.

Defense mechanisms may result in healthy or unhealthy consequences depending on the circumstances and frequency with which the mechanism is used. Defense mechanisms are psychological strategies brought into play by the unconscious mind to manipulate, deny, or distort reality in order to defend against feelings of anxiety and unacceptable impulses and to maintain one's self-schema or other schemas. These processes that manipulate, deny, or distort reality may include the following: repression, or the burying of a painful feeling or thought from one's awareness even though it may resurface in a symbolic form identification incorporating an object or thought into oneself; and rationalization, the justification of one's behavior and motivations by substituting "good" acceptable reasons for the actual motivations. In psychoanalytic theory, repression is considered the basis for other defense mechanisms.

Aggression - Aggression amongst youth is a global public health problem. Gender plays an important role in aggressive behavior. Various studies and theories are present suggesting that males and females show differences in aggression. Few findings show that males tend to show more physical aggression while females show more of verbal aggression. However, when aggression is taken as an anger dealing approach or a defense mechanism Aggression refers to a range of behaviors that can result in both physical and psychological harm to yourself, others or objects in environment. This type of behavior centers on harming another person either physically or mentally. There are different types of aggression:

- Physical
- Verbal
- Mental
- Emotional

Aggression is not always in physical forms such as hitting or pushing. Psychological aggression can also be very damaging. Intimidating or verbally berating another person are types of verbal mental and emotional aggression. Aggression is usually used as a defense mechanism in order to express anger or hostility, to assert dominance, to intimidate or threaten, achieve a goal, express possession, response to a fear, reaction to pain or to compete with others. Also, aggression can be of two patterns. Impulsive aggression or also called as affective aggression. It is characterized by strong emotions usually anger. This is not planned and often takes place in the heat of the moment.

An example of this is while driving when another car cuts you off in traffic and you begin yelling and berating the other driver. According to researches impulsive aggression especially caused by anger, triggers the acute threat response system in the brain involving the Amygdala, hypothalamus, and periaqueductal gray {PAG}

Other form is instrumental or predatory aggression. It is marked by behaviors that are intended to achieve a larger goal. It is often carefully planned and usually exists as a means to an end.

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Example is hurting a person in a robbery or carjacking. In this the main goal is to obtain money or a vehicle and harming another individual is the means to achieve that aim.

There are number of factors influencing aggression like biological, environmental, and physical.

Biological factors: research suggest that men are more likely than women to engage in physical aggression. However, women are seen to indulge in nonphysical forms like verbal aggression relational aggression and social rejection.

Environmental factors: according to the research done it is seen that people who grow up witnessing more forms of aggression are more likely to believe that such violence and hostility are socially acceptable. The best example for this is Bandura's famous "Bobo doll experiment".

Experiment demonstrated that observation can also play a role in hoe aggression is learned. Children who watched a video clip where an adult model behaved aggressively towards a Bobo doll were more likely to imitate those actions when given an opportunity.

Physical factors: Epilepsy, dementia, psychosis, alcohol abuse, drug use and brain injuries or abnormalities can also influence aggression.

According to Buss and Perry aggression is measured on four types. Physical aggression [PA], verbal aggression [VA], anger [A] and hostility [H]. Physical aggression is overt or covert, often harmful, social interaction with the intention of inflicting damage or harm upon another individual. Verbal aggression or verbal abuse is forcefully criticizing, insulting, or denouncing another person. It is a destructive form of communication intended to harm the self-concept of the other person and produces negative emotions. Verbal abuse is a maladaptive mechanism that anyone can display occasionally, such as during times of high stress or physical discomfort. For some people, it is a pattern of behaviors used intentionally to control or manipulate others or to get revenge. Anger is the intense emotional state involving strong uncomfortable and non-cooperative response to perceived provocation, hurt or threat. Hostility is a form of angry internal rejection or denial in psychology.

Suppression: Suppression is the act of stopping yourself from thinking or feeling something. It is a type of motivated forgetting when an individual consciously attempts to stop thinking about a particular thought.

Suppression is a voluntary form of repression proposed by Sigmund Freud in 1892. It is the conscious process of pushing unwanted, anxiety- provoking thoughts, memories, emotions, fantasies, and desires out of awareness. Suppression is more amenable to controlled experiments than is repression, the unconscious process of excluding painful memories, thoughts, and impulses from consciousness. For example, if you are grieving over the death of a loved one or the breakup of a relationship, you may consciously decide to suppress thinking about the situation to get on your life. In this case the desire is conscious but is pushed by the exercise of willpower resulting from a rational decision to avoid the action. The impulse or drive may display itself in other ways. Thus, forgotten thoughts, memories and urges can influence behaviors, conscious thoughts and feelings and can express themselves as symptoms or even as mental illness. A different form of suppression, known as visual perceptual suppression, occurs when an object or part of one is not consciously seen even though the image is clearly visible. According to Freud, suppression is generally

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considered to have more positive results than repression. First it deals with unpleasant but not extremely contemptible actions or thoughts. As an adult the person who has repressed an incident cannot get to recalling it. On the other hand, suppressed material can often be recalled since the act of suppression is the result of conscious intention.

Thought suppression is a type of motivated forgetting when an individual consciously attempts to stop thinking about a particular thought. It is often associated with obsessive-compulsive disorder (OCD). OCD is when a person will repeatedly (usually unsuccessfully) attempt to prevent or "neutralize" intrusive distressing thoughts centered on one or more obsessions. It is also thought to be a cause of memory inhibition, as shown by research using the think/no think paradigm. Thought suppression is relevant to both mental and behavioral levels, possibly leading to ironic effects that are contrary to intention. Ironic process theory is one cognitive model that can explain the paradoxical effect.

When an individual tries to suppress thoughts under a high cognitive load, the frequency of those thoughts increases and becomes more accessible than before. Evidence shows that people can prevent their thoughts from being translated into behavior when self-monitoring is high; this does not apply to automatic behaviors though, and may result in latent, unconscious actions. This phenomenon is made paradoxically worse by increasing the number of distractions a person has, although the experiments in this area can be criticized for using impersonal concurrent tasks, which may or may not properly reflect natural processes or individual differences.

Statement of the problem – To study aggression and suppression as the anger dealing approaches in youths.

Rationale - Studies on youths and their various problems are found in near past. Aggression in youths because of alcohol, drugs and use of mobile phones are prevalent. However, the studies about effect of gender differences on youths are rarely found. Hence the researcher has made an attempt to study the effect of gender differences on aggression and repression as anger dealing mechanism in youths.

Significance - This research on aggression amongst youth is beneficial for psychologists working in clinical settings to diagnose different behavior problems and violent behavior. Also, for counsellors and psychologists working in schools and educational setups can benefit from this research because it gives the total amount of aggression. This can be helpful for school counselling, for youth with anger related problems. Also, for parents and teachers to know the exact amount of aggression in an individual. Also useful for further research related to youth.

Objectives

- To assess the impact of gender on aggression amongst youths.
- To assess the impact of gender on suppression amongst youths
- To assess if females are more prone to verbal aggression.
- To observe if males are more prone to physical aggression.

Summary – This is research done to study the effect of aggression and suppression as anger dealing approaches amongst youth. In today's stressful environmental conditions, the individuals falling in between the age group of 14 to 25 defined as youths are the most prone

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ones. These stressful conditions, frustration, unsatisfactory relationships and other factors like drugs, alcohol social media phones are adding up to aggressive behavior amongst the youth of today. Not only physical aggression but also verbal aggression is increasing. Research on increasing aggressive behavior in youth due to substance abuse, excessive use of mobile phones and hormonal changes are prevalent. However, effect of gender on aggression is rarely studied. Hence this research is an attempt to do an extensive study on the effect of gender on aggression and to assess what changes are observed in anger dealing methods between males and females.

REVIEW OF LITERATURE

It is a systematic analysis of books, scholarly articles and other sources relevant to a specific topic providing a base of knowledge on a topic. It is for identifying the existing literature on a topic to justify your research by exposing gaps in current research. A literature review provides foundation of knowledge on topic, identifies area of prior scholarship to prevent duplication and give credit to other researchers. Helps to identify in constancies gaps in research, conflicts in previous studies, open questions left from other research. It gives the reader full understanding of the developments in the field

Review of literature

Cartoon violence and aggression in youth

This manuscript reviews the literature concerning the effect of animated violence on aggressive behavior in youth. It begins with an overview of the research on children and adolescents' perception of violence in cartoons. Next the effects of cartoon violence on aggressive behavior across development are reviewed. In each section, the importance of the presence [or absence] of comedic elements in animated violence is addressed. Finally, a potential mechanism for reducing the negative influence of cartoon on violence on youth is considered.

Current approaches to the assessment and management of anger and aggression in youth

This study was created to find out the current approaches for assessing and managing anger and aggression in youth. Cognitive-behavioral and skill- based approaches are the most widely studied and empirically validated treatments for anger and aggression in youth. Commonly used therapeutic techniques include effective education, relaxation training, and cognitive restructuring, problem solving skills, social skill training and conflict resolution. These techniques, tailored to the individual child's or family's needs, can foster the development of more adaptive and prosocial behaviour.

Alcohol use and aggression among youth

The relationship between alcohol use and aggression has been determined, but few studies have examined this relationship among youth. According to the result of one study, earlier levels of aggressive behaviour as compared with levels of alcohol use are better predictors of later alcohol related aggression among males.

Prevalence and psychosocial factors of aggression among youth

This study assesses the prevalence of aggression among youth and risk factors of aggression in youth. Participants were administered on Anger Data Sheet, Resilience Scale and Buss Perry Aggression Scale. Data was collected from different communities of which 47 percent were females and 53 percent were males. About 17.7 percent of youth had high mean aggression score on Buss Perry Aggression Scale. Makes have high mean score on

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aggression than females. Males experienced more verbal and physical aggression and anger. Younger age group experienced more aggression than the older age group.

Summary –The researcher has collected different literature reviews based on aggression in youth. Of these most are based on effect of some external factors like cartoon viewing or alcohol. There are positive responses derived from such studies that suggest youth to show aggression as an effect to them. Some researches have also been done to assess the current approach of anger management and aggression in youth. Cognitive behaviour and skill based approaches are the most studied ones. One of the earlier study is based on prevalence and psychosocial factors of aggression among youth. The aim of the study was to find out about the prevalence and risk factors on aggression in youth. The results showed a high mean score of aggression in males than in females in the terms of both verbal and physical aggression as well as anger. Hence based on such research findings the researcher has conducted an extensive study on the effect of gender differences on aggression and suppression in youth.

METHODOLOGY

Correlation research method was used for this quantitative research by the researcher. It measures the relationship between the variables gender and aggression or suppression. It studies if there is a correlation between these variables. The researcher has selected the youth with age groups between 14 to 25 years as the sample. The reason for selection of this age group was due to the growing cases of youth aggression and violence in the society. The researcher has done this extensive study to observe if there is a positive correlation between the variables. The theory suggests that the males score more on aggression than females. Hence to validate the theory, researcher has administered the participants on the Buss Perry Aggression Questionnaire. The survey method is use wherein questionnaire was administered. Buss Perry Aggression Questionnaire is a 29-item questionnaire developed by Arnold Buss and Mark Perry, which evaluates an individual on the factors of physical aggression, verbal aggression, anger and hostility. Participants were sent Google forms of Buss Perry Aggression Questionnaire and asked to fill them. A five point marking scale is used to rate each question from extremely characteristic to extremely uncharacteristic. The scores obtained were analysed using SPSS and results and interpretation was derived. Conclusions were derived to examine if the variables show positive, negative or neutral correlation. During the process of data collection, the researcher has kept strict confidentiality of the participants score, names and information related details. The scores were used for research purpose only.

Variables under study Independent variable – Gender
Dependent variable - Aggression or Suppression

Operational definition

Aggression – aggression can be operationally defined as the sudden emotional urge giving rise to temper tantrums, physical aggression or anger issues caused due to internal and external stimuli.

Suppression – suppression can be operationally defined as a conscious attempt of an individual to stop a particular thought that might cause pain.

Hypothesis

- There will be more amount of suppression amongst females than males.
- There will be more amount of aggression amongst males than females.

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Research design – Co relational design

This research is correlation in nature as it attempts to study the effect of gender on aggression and suppression in youth. The relationship between the two variables was studied hence it is needed the method that would correlate the variables.

For the purpose of this study, the research paradigm that was followed is of quantitative nature using survey method and administering a questionnaire. Here quantitative method is used to collect and analyze data because of the large and generalized sample size. Also here the aim of the researcher was to validate the hypothesis and examine whether the variables are correlated. As the results needed to be statistically compared, this method was used so that repeating the study is possible due to the standardized data collection protocols.

Method

For the purpose of this study, the researcher used survey method which involved a questionnaire for the participants. The participants were examined on the Buss Perry Aggression Questionnaire, designed by Arnold Buss and Mark Perry measuring individual on the factors of verbal aggression, physical aggression, anger and hostility. The 29 item questionnaire involved self rate questions about aggression, scored using a five point scale. The use of questionnaire and survey method allowed the researcher to collect a large sample size in less time. How the participant rate of the questionnaire helps the researcher to understand the individuals mode of defence mechanism as well as individuals scores on each factor.

Initially the topic was discussed with the supervisor and hypothesis was formed. Extensive background study was done and literature review was studied in order to obtain more insight about the topic. Overview about the current problems faced by youth was taken into account and the samples were selected. A questionnaire was selected to rate the individuals aggression and Google forms were formed. The data collected through the survey method was analyzed on descriptive statistics using SPSS. Interpretations were formed and conclusions were derived.

Procedure for data collection

Here the researcher has used the Buss Perry Aggression Questionnaire for data collection. The BPAQ is a popular measure of aggression. This questionnaire designed by Arnold Buss and Mark Perry. It is a 29 item scale measuring an individual's aggression. It rates the aggression on four factors- physical aggression, verbal aggression, anger and hostility by marking each statement on a five point scale from external uncharacteristic to extremely characteristic. Wherein there are 9 items of physical aggression, 5 items of verbal aggression, 8 items of anger and 8 items of hostility. The scoring system is 1 for extremely uncharacteristic, 2 is somewhat uncharacteristic, 3 neither characteristic or uncharacteristic, 4 is somewhat characteristic and 5 is extremely characteristic. It is a highly reliable scale with test retest and split half reliability.

Plan of statistical analysis

Statistical analysis was done using IBM SPSS statistics 22 software. Descriptive statistics
Reliability Correlation Scatter plot

Summary -Researcher has selected the quantitative research method for conducting the study as a large number of data had to be collected. The aim of the research is to study the relation between the two variables gender and aggression or suppression in youth. Hence

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here the correlation research design has been used to determine the nature of the research. To conduct the research survey method has been used wherein the participants were administered on the Buss Perry Aggression Questionnaire. Data was collected through Google forms and analyzed by calculating descriptive statistics using SPSS. Literature review was conducted and the topic was decided. Overview of recent problems faced by youth was taken under consideration and background study for each variable was done. Hypothesis and operational definition both were formed and data was collected from the appropriate age groups. Data was analyzed and interpretation was generated. Conclusions were formed based on them.

RESULTS AND DISCUSSION

There is an increase in cases of violence and aggression in youth due to various external factors like alcohol use, substance abuse, excessive use of social media, mobile phones and video games while internal factors like stress, frustration, anxiety. Aggression and suppression are one of the most used anger dealing approaches in youth. Aggression is an overt or covert, often harmful, social interaction with the intention of inflicting damage or other harm upon another individual. While suppression is the act of consciously keeping the emotions and thoughts away from your mind that can cause probable harm. Various researches and studies are found based on the aggression in youth due to many external and internal factors. This quantitative research is carried out in order to conduct correlation research between gender and aggression and suppression amongst youth. The hypothesis suggests that males are more aggressive than females and females tend to be more suppressive than males. Survey and questionnaire method was used to collect data on the Buss Perry Aggression Questionnaire. The data was analyzed on SPSS and results were derived.

Descriptive statistics

Variables	Mean	Standard deviation
Gender	8.44	.500
Aggression and suppression	82.38	13.839

The first variable that is studied here that is the independent variable is the gender. The mean of it is 8.44 and median 8.00. The total standard deviation is .500. Of which males were 38 while females were 48. The mean of gender is average.

The next variable that is the dependent variable is aggression and suppression. The total mean is 82.38 and median is 81.50. The total standard deviation is 13.839. The mean of the total research is average.

The overall mean and standard deviation show that there is a positive correlation between the two variables gender and aggression or suppression. The gender differences affect the amount of aggression or suppression faced.

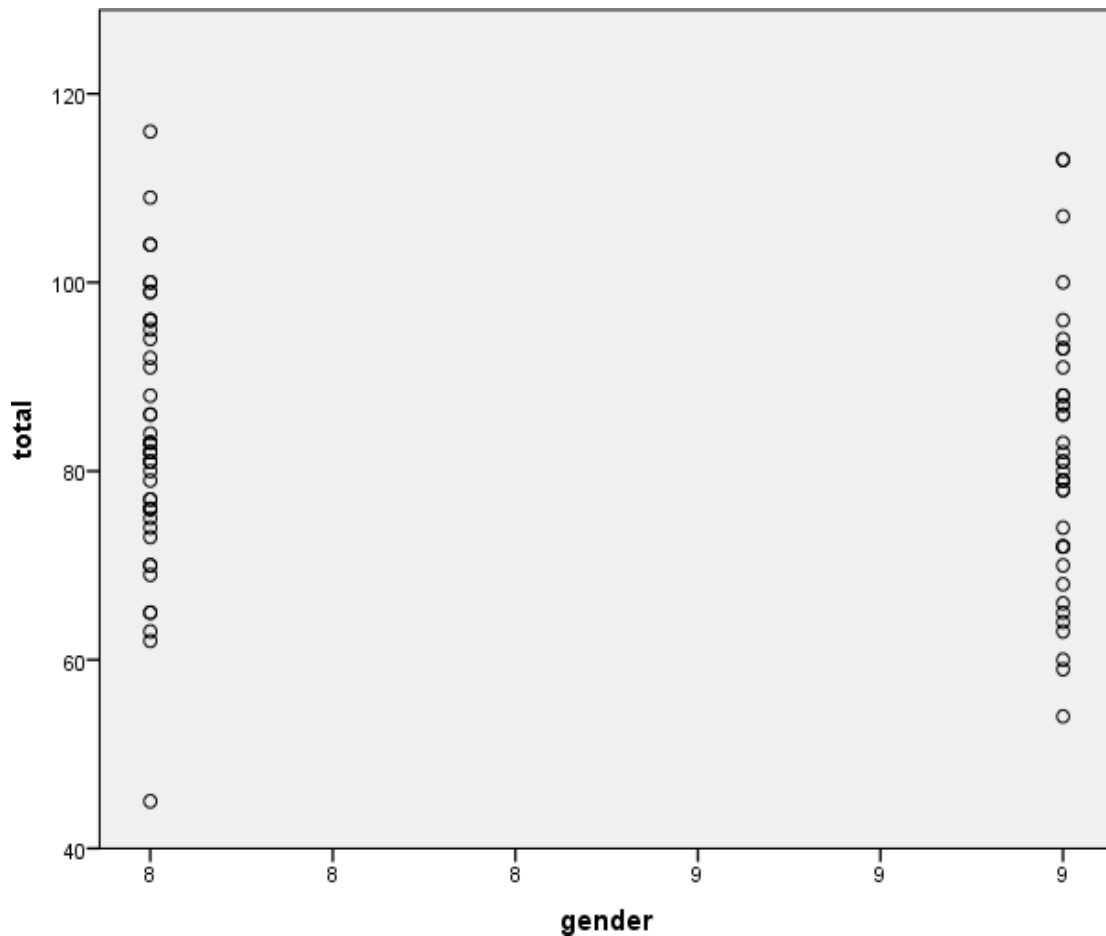
Reliability

Reliability Statistics	
<u>Cronbach's Alpha</u>	<u>N of Items</u>
<u>.807</u>	<u>27</u>

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Co relational statistics

Variables	Pearson correlation	Sig.[2 tailed]
Total	-.084	.440
Gender	-.084	.440



DISCUSSION

Many external and internal factors cause onset of aggression in youth. The prevalence of aggression according to a few studies is varied in males and females. Some findings suggest that males are more aggressive and tend to show more physical and verbal aggression than females. However, the question arises that do females show more suppression than males. To validate this researcher has conducted extensive research by evaluating youth falling between the age groups of 14 to 25 years on the Buss Perry Aggression Questionnaire. A total number of 86 cases were taken out of which 38 were males and 48 were females. After all the results were obtained, it was observed that majority of males scored high on the Buss Perry Aggression Questionnaire. According to the aggression questionnaire the highest score is 145 and 72.5 is the average score. Above the average score shows aggression while those below shows suppression.

After analyzing the data it was seen that most of the males scored high on aggression while females scored either low or average. The analysis of the complete test shows that a large amount of youth rated on extremes. 26.7 percent were for somewhat characteristic and 26.7

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percent for extremely uncharacteristic, 19.8 percent for neither characteristic nor uncharacteristic and 7.0 percent on extremely characteristic.

Few observations were done from these findings. Females tend to suppress. Hence the overall suppression is high. However, the score of females on verbal aggression was high. Males scored higher on physical aggression. Along with this both males and females scored high on anger. Hence almost all youth showed a high range of anger, even if they scored less on overall aggression. Females showed high ranges on hostility as well along with verbal aggression. Thus, the hypothesis that males show more aggression than females and females show more suppression than males was proved.

However, in the process of analysis apart from the hypothesis few observations were made. It was observed that though females show more suppression than males, girls ranging between the age group of 14 to 18 showed high scores on physical aggression. This was more than females between 19 to 25 as well as males. Males between 14 to 18 also showed high physical aggression than older males. Also, males ranging between 22 to 25 were seen to have average scores and were low at physical aggression but more on hostility and verbal aggression. Such type of score was prominent in adolescents. The overall anger of adolescents was very high for both males and females. For the females who showed suppression it was observed that they scored very low on anger and verbal aggression and very high on hostility. They scored high on physical aggression. Their physical aggression was seen through temper tantrums, throwing things and violent behavior towards non living things such as pillows and glasses. Females also showed high verbal aggression especially adolescent girls. It was seen that lower the age more was the aggression and as the age increased the scores were average or just above average.

The analysis of research also highlights few limitations and administration difficulties. One of the major problems was due to the method of data collection. Though survey method was useful, an online survey made it difficult to check the real validity due to lack of seriousness amongst participants. Few adolescents were seen to give casual replies.

Also one of the findings that came forward through the research was that the people having younger siblings were low on aggression scale. The younger siblings especially females scored high on physical aggression and anger while male younger siblings were high on hostility. Though it needs further study.

Summary – Due to the increase in cases of youth aggression and violence, the researcher has conducted a survey using the Buss Perry Aggression Questionnaire. Total of 86 participants were administered out of which 38 were males and 48 females. After analyzing the results, it was observed that males show high scores on Aggression Questionnaire and females show suppression.

SUMMARY CONCLUSION AND SUGGESTION

The aim of this chapter is to present the conclusions drawn from the results of the analysis of the questionnaire, suggestions for further studies and summary of the research.

Summary

This research studies the effect of gender differences on aggression and suppression in youth. From previous studies it is observed that apart from external and internal factors, gender plays an important role in aggression. Previous researches suggest that males tend to

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show more aggression than females. To validate this and carry out further research, the researcher has carried out an extensive study on aggression in youth. This quantitative research is a correlation study where in the relationship between gender and aggression, suppression is studied. 86 participants were examined on Buss Perry Aggression Questionnaire. The survey results were analyzed and many observations were made.

Males scored high on the aggression questionnaire than females. Female were more on the average or below average that is suppression. The females between the age group of 14 to 18 were recorded to have high physical aggression and anger. Overall physical and verbal aggression and anger of adolescents [between the ages of 14 to 18] was high compared to the elder youth [19 to 25].

The males between the age of 19 to 25, were observed scoring average on the aggression scale. Their hostility and verbal aggression was more than physical. Thus the hypothesis was proved as males show more aggression than females and females show more suppression than males.

CONCLUSION

The basic objectives of this study were to see if aggression in males is greater than females, suppression in females is greater than males, and females show more verbal aggression than males and males show more physical aggression than females. After the research was conducted and interpretation was done it was observed that males showed high scores on the aggression scale than females. Also females showed higher verbal aggression and males showed higher physical aggression. Anger for both males and females especially adolescents was very high. Younger individuals showed higher aggressive behaviour than those between 22 to 25 years. Suppressive females showed high physical aggression even though their verbal aggression as well as overall aggression score was very low.

Thus, the hypothesis of the study was proved as males tend to be more aggressive than males and females tend to be more suppressive than males. Hence the research was a positive correlation research where the dependent variable is affected by the independent variable.

Implications

This research can be beneficial for clinical psychologists to understand the child's behavioral problems. For counsellors and other clinical practitioners. Also, for parents of adolescents and school and college teachers. This research can be useful for government officials in order to do a survey and know about the conditions of youth. Also, the person taking the test can know about their aggression and bring about appropriate changes.

Limitations

This extensive study is beneficial in many aspects however it has a few limitations. The test on which the individual is examined that is the Buss Perry Aggression Questionnaire is a self-administered test. Hence the chances of mal results are possible. Participants can give fake responses to impress the administrator or also because of not being serious about the

test. Also, it is possible that few may not understand the questions from the questionnaire. One more limitation is that few of the questions though show aggression does not mean that the person is aggressive. The participants mood and external factors can cause a change in results hence administrator may get different results from the same person after an interval.

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Suggestions for further study

One of the findings that came forward during the research was that along with gender family types as well as siblings play a major role in aggression and suppression. Females generally tend to show suppression however the scores differ based on if they are single child or have a sibling. Same happened with males. Also, the gender of sibling and the fact that whether the child is younger or has a younger sibling also changes the result. There is a difference in aggression in same gender siblings and opposite gender siblings. Also, the type of family plays an equal role in aggression or suppression. Aggression for people living in a joint family is different from those living in a nuclear family or a single parent family. The people with over strict parents show different aggression results than friendly or over friendly parents. Thus, to take this research further these findings can be beneficial.

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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: Khasgiwale N. & Kakulte A. (2021). Anger Dealing Approaches. *International Journal of Indian Psychology*, 9(4), 399-412. DIP:18.01.038.20210904, DOI:10.25215/0904.038