

A Cross Sectional Study on Aggression and Youth Problems Among College Students

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ABSTRACT

The present study aimed to assess the Youth Problems and Aggression level of college students. The sample consisted of 80 students from H.N.B.G.U Srinagar Garhwal out of which 40 were boys and 40 were girls. The age group of the participants was 19 to 21 years. The Youth Problem Inventory was used to assess the youth problems which was developed by Dr. Mithilesh Verma and the Aggression Questionnaire was used to assess the aggression in youth which was developed by Dr. G.C. Pati. T -Test and regression analysis were used to analyze the data. Findings of the study revealed that there is significant difference between Youth Problems of male and female students and no significant difference between aggression of male and female students. Regression analysis revealed that Youth Problems are not significant predictors of Aggression among college students.

Keywords: Gender, Aggression, Youth Problems, Regression Analysis

Youth is the time period of life when one is full of energy, and often means the time between childhood and adulthood (maturity). Samuel Ullman said that “Youth is not only a time of life; it is also a state of mind and a matter of will...” It is a time period of facing so many unique problems. Problems they face can be related to personal, social, school and family life. Personal problems are one’s own; it can be marital, employment, financial, health, children etc. (Chauhan, A. S., & Joshi, G. R., 2014). These problems may be different for different person’s view of perspective. For students, personal problems can be related to project, classes, assignments etc. For an employee, personal problems can be related to their office work. Social problems are those which are related to the society or community. Social problems like unemployment, illiteracy etc. also affect individuals. Some school problems include bullying, finding school work difficult, tricky relationships with friends’ etc. All families suffer from difficult times and some children and young people can find it hard to get on with parents or siblings (Firdous A. V., Pau A.,

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Kumar P., Showkat A. S., 2011). Some family problems include Parents arguing, divorce or separation, generational differences, new step parents or step brothers and sisters etc. Different kind of problems that are related to family, society, school, institute and Personal life can cause aggression in Youth. Youth get frustrated by these problems that give rise to aggression. Aggression is currently widely discussed in Indian society with reference to Youth. Aggressive behavior is a serious problem among the Youth. The most serious aggression occurs during the late teen years and in early adulthood (**Archer J., Coyne S. M. 2005**). Aggression is an action aimed at harming another organism that don't want to get harmed or avoid such behavior. Aggressive behavior in adolescents is associated with a host of negative consequences, both immediate and long term, for both victims and perpetrators. Accidental harm is not aggressive because it is not intended (**Huijbregts S. C., Séguin J. R., Zoccolillo M., Boivin M., Tremblay R. E. 2008**). Harm that is an incidental byproduct of helpful action is also not aggressive because the harm does believe that the target is not motivated to avoid the action. A study shows that males are significantly more likely than females to aggress against others when these persons have not provoked them in any manner (**Bettencourt & Miller, 1996**). Research findings shows that males are more likely than females to engage in various forms of direct aggression actions aimed directly at the target and that clearly stem from the aggressor (e.g., physical assaults, pushing, shoving, throwing something at another person, shouting, making insulting remarks) (**Bjorkqvist, Osterman, & Hjelt-Buck, 1994**).

METHODOLOGY

Objectives

- To study the Aggression & Youth problem of college students.
- To compare the Aggression of college girls and boys.
- To compare the Youth problem of college girls and boys.
- To study the dimensions of youth problem in college girls and boys.

Hypotheses

- There would be no significant difference between college girls and boys on Aggression.
- There would be no significant difference between college girls and boys on Youth Problem.
- There would be no significant difference between college girls and boys on different dimensions of Youth Problems.
- There would be a significant prediction of aggression from youth problems.

Variables

- **Independent Variables:** Gender (male, female)
- **Dependent Variables:** Youth Problem, Aggression

Sample

The study was a one-time cross-sectional assessment. The sample for the study consisted of 80 Youth out of which 40 were male and 40 were female aged 16-21 years from H.N.B Garhwal University. The sample was selected through purposive sampling.

Instruments

Two measures were used in this study,

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- **Youth Problem Inventory:** This Inventory developed by Dr. Mithilesh Verma. This questionnaire consists of 80 statements belonging to four areas that are family problems, school/ college problems, social problems, personal problems. Reliability Coefficient of the Youth Problem Inventory was calculated by test-retest method. Reliability coefficient .80 was found. The coefficient of YPI has been found with a number of standardized tests and also with certain other suitable techniques.
- **Aggression Questionnaire:** This questionnaire developed by Dr. G.C. Pati. This questionnaire consists of 16 questions. Reliability coefficient of the aggression questionnaire was calculated by the split-half method. Reliability coefficient .71 was found. The Pearson method r .82 was found. The validity coefficient is significant above one percent level.

Procedure

Many school students and college students were contacted conveniently and after that 40 male and 40 female were selected for the study. These students were asked to fill both the questionnaires that are Youth Problem Inventory and Aggression Questionnaire. After collecting data, scoring was done with the help of manual for each test. These scores were further statistically analyzed under different techniques such as Mean, S.D and 't' test to study the Youth Problems and aggression among male and female college students.

RESULTS

Table No. 1 Shows Significance of Difference between Means of Male and Female Students on Aggression

Variable	Gender	N	M \pm SD	df	t-value
Aggression	Male	40	478.83 \pm 29.155	78	1.692
	Female	40	494.43 \pm 50.485		

The t-value found very low (1.692) at level of 0.05, 0.01. It means that the null hypothesis was accepted. These results indicate that no gender difference exists in Aggression of college students.

Table 2: Shows Significance of Difference between Means of Male and Female Students on Youth Problem

Variable	Gender	N	M \pm SD	df	t-value
Youth Problem	Male	40	33.63 \pm 20.339	78	2.242*
	Female	40	44.65 \pm 23.537		

(P value $* < 0.05$, $** < 0.01$ are significant at 78 degree of freedom)

Significant difference was found between the means of males and females on youth problem at the level of 0.05 on t-test (2.242). And the null hypothesis is rejected.

Table 3: Shows Significance of Difference between Male and Female College students on dimensions of youth problems

Variable	Gender	N	M \pm SD	df	t-value
Family Problems	Male	40	10.35 \pm 6.053	78	3.640**
	Female	40	16.65 \pm 9.119		
College Problems	Male	40	8.48 \pm 6.231	78	0.974
	Female	40	10 \pm 7.693		
Social Problems	Male	40	1.35 \pm 2.237	78	1.274
	Female	40	1.93 \pm 1.774		

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Personal Problems	Male	40	13.45 \pm 11.207	78	1.137
	Female	40	16.08 \pm 9.357		

(P value * $<$ 0.05, ** $<$ 0.01 are significant at 78 degree of freedom)

From the above result table shows the t-value 3.640 of the family problems significant at 0.05 & 0.01 levels. But the other dimensions of the youth problem have not been found significant.

Table 4: Summary of Regression of Aggression analysis from Youth Problem

Variable	R ²	F (1,78)
Youth Problem	.03	2.409

The variance caused by Youth Problem in aggression is 2.8% (R²=0.030)

The F value for the Regression analysis F (1, 78) = 2.409, p $>$ 0.05 is found non-significant.

Therefore, Youth Problem does not predict Aggression among college students.

DISCUSSION

The present study is discussing about the aggression and youth problem of college students. As we know that youth is the power of the nation, but if they are facing problems in their life then the nation can't be grown as well. As we grow older, we gain some wisdom, but we cannot take it for granted that our wisdom will be accepted by the younger generation. We cannot simply expect them to say, "Our older people have had experience and they have proved to themselves certain things; therefore, they are right." They want to experience for themselves. They are not perfectly willing to talk to older people who are shocked by their ideas, nor do they want to talk to older people who are not realistic. The problems faced by adolescents as a result of parental indifference, problems in schools or college, problems due to teachers, social inferiorities, and personal handicaps constitute adolescence problems (Harris, M. B. 1994). They maintained such difficulties as striving for recognition from peers of their own opposite sex being under anxiety producing pressures from their parents for scholastic and social achievement and trying to establish their independence while till financially dependent on their parents (Mulay, R.S. 1971).

As a result, they face a number of problems, school/school problems can broadly be classified as adolescence related problems.

At the age of the adolescence or the storming age frustration, aggression may arise out of the physical or psychological environment (Sears, Hovland & Miller (1940) define aggression as "an impulse to destroy damage, torment, retaliate, blow up, humiliate, insult, threaten and intimidate". New Comb (1943) further points out, "Frustration always induces motivation of some kind of aggression and if no aggression occurs, it has been inhibited."

The result of the present study shows that female students mean (494.43 \pm 50.485) on an average of aggression which was found to be greater than that of male students their mean (478.83 \pm 29.155) on average. But no significant difference was found between the male and female students. These results indicate that no gender difference exists in Aggression of college students. There is found the main cause, in the period of the adolescents the girls and boys face the same problems. If they feel frustration, insecurity and feelings of inferiority, rejection, punishments then they show aggressive behavior. A study contributed that those who experience frequent verbal aggression (such as swearing and insulting) from parents exhibited higher rates of physical aggression, delinquency and interpersonal problems than

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other children. This relationship was found to be robust since it applied to pre-school, elementary and high school aged children, both boys and girls and to children who were both physically punished as well as those who were not (Gelles and Harrop, 1991).

Table 2 showed the significant difference between the males and females on youth problem at the level of 0.05. Female students scored 44.65 on an average on youth problem which was found to be greater than that of male students who scored 33.63 on an average. It indicates that gender differences exist in youth problems of college students.

Table 3 showed the t-value 3.640 of the family problems significant at 0.05 & 0.01 levels. But the other dimensions of the youth problem have not found significance. The other dimension of the youth problems is college problems, social and personal problems. These problems are sometimes found related with the sense of gender. A study supported that the socio-economic status (SES) was highly related to the problems of adolescents. Low SES group had problems than others regarding school problems, own-self, relationship with others, home and family life, health and problems in general (Mulay, 1971).

Discussed about the regression analysis of the data the variance caused by Youth Problem in aggression is 2.8% ($R^2=0.030$). The F value for the Regression analysis $F(1, 78) = 2.409$, $p > 0.05$ is found non-significant. Therefore, Youth Problem does not predict Aggression among college students.

So, the present study shows that Girls have significantly more youth problems than Boys but there is no significant increase in aggression of Girls which means that Girls are more fortitude than boys.

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Conflict of Interest

The author declared no conflict of interest.

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