

## The Study of Aggression among Working Married and Unmarried Women

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### ABSTRACT

**Aim:** To study the aggression among working married and unmarried women. **Objectives:** (1) To identify the level of aggression among working and non-working women. (2) To identify the level of aggression among married and unmarried women. (3) To identify the level of aggression among working and non-working married and unmarried women. **Method:** The study was conducted among 60 women. The group was further divided into two sub-groups of 30 working (15 married, 15 unmarried) and 30 non-working (15 married, 15 unmarried) women. Aggression scale developed by Dr. G. P. Mathur and Dr. Raj Kumari Bhatnagar was used to analyse the data with the help of “ANOVA”. **Result:** F value of working non-working women was 7.94, F value of married and unmarried women was 1.07, F value of working non-working married and unmarried women was 3.10. Mean difference of working and non-working women was 165.1 and 174.7 respectively. Thus, Ho1 was rejected and Ho2 and Ho3 was accepted. **Conclusion:** Non-Working women are comparatively more aggressive than the working women. There is no difference between married and unmarried women on aggression. Also, there is no difference between working and non-working married and unmarried women.

**Keywords:** Aggression, Working women, Non-working women, Married women, Unmarried women

The World Health Organization (WHO) defined *violence* in their 2002 *World Report on Violence and Health*, as “The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation”.

Cox and Leather (1994) stated “Human aggression is typically the product of interpersonal interactions wherein two or more persons become involved in a sequence of escalating moves and countermoves, each of which successively modifies the probability of subsequent aggression”.

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They state that violence can be self-directed in the form of suicidal behaviour or self-abuse, interpersonal and between family members or individuals who are unrelated, or collective in terms of social, political, and economic and suggest motives for violence. They add that violence acts can be physical, sexual, psychological, or involve deprivation or neglect. In psychology, the term “aggression” refers to a range of behaviours that can result in both physical and psychological harm to yourself, other people or objects in the environment. Aggression centers on hurting another person either physically to mentally. While we all may feel aggressive on occasion, when it becomes pervasive or extreme, it may be a sign of an underlying mental health condition, a substance use disorder, or other medical issues. Because aggressive behaviour is intended to harm someone who doesn't want to be harmed, it must involve action- simply thinking about harming someone or feeling angry is not enough, and accidentally hurting someone doesn't qualify. Aggressive behaviours can be:

- **Physical**, like beating, hitting, kicking, or stabbing another person. Damaging property is also a form of physical aggression.
- **Verbal**, which may include mocking, name-calling, and yelling.
- **Relational**, which is intended to harm another person's relationships. This can include spreading rumours and telling lies about someone else.
- **Passive-aggressive**, like ignoring someone during a social event or offering back-handed compliments. Passive-aggressive behaviour is usually intended to *allow* harm to come to someone, rather than causing harm directly.

While we often think of aggression in its physical forms, psychological aggression can also be very damaging. Intimidating or verbally berating another person, for instance, are examples of verbal, mental, and emotional aggression. Cyberbullying is another form of non-physical aggression that can cause serious harm to others.

Aggression is a behaviour characterized by strong self-assertion with hostile or harmful tones. Under some circumstances, aggression may be a normal reaction to a threat. Alternatively, it may be abnormal, unprovoked or reactive behaviours (intermittent explosive disorder). Anger, confusion, discomfort, fear, overstimulation and tiredness can lead to aggressive reactions. Aggressive behaviours may be directed at oneself, at others, at animals, or at property. They can be verbal or physical. They can be premeditated and goal-oriented or impulsive. They can be direct or indirect, overt or covert. Aggression is a disorganizing emotional response. It is due to frustration based on emotional disturbance and hostility. Environment is a cogent factor in arousing aggression. The latter, once aroused, may lead to hostile and destructive behaviours. It is, in a sense, manifestation of a self-assertive disposition and use of some kind of force. If the aggressor's responses are evoked by stimuli in the situation quite often, he would show impulsive or expressive acts of behaviours. He may hurt his victim.

Psychologists divide aggression into two main types. Both are damaging to those who experience them, whether as the target or the aggressor.

**Impulsive Aggression:** Also known as affective or reactive aggression, impulsive aggression is characterized by strong emotions. Impulsive aggression, especially when it's caused by anger, triggers the acute threat response system in the brain, involving the amygdala, hypothalamus, and periaqueductal gray. This form of aggression is not planned and often takes place in the heat of the moment. If another car cuts you off in traffic and you begin yelling and berating the other driver, you're experiencing impulsive aggression.

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**Instrumental Aggression:** Also known as predatory aggression, instrumental aggression is marked by behaviours that are intended to achieve a larger goal. Instrumental aggression is often carefully planned and usually exists as a means to an end. Hurting another person in a robbery is an example of this type of aggression. The aggressor's goal is to obtain money, and harming another individual is the means to achieve that aim.

The myth that family and work occupy separate space is fading with the tremendous demographic and economic changes (Voydanoff, 1984). Small family size, increased number of working women, untraditional family patterns, and altering of values are increasing the awareness of interdependence of work and family life (Kerka, 1991). With the increase in population throughout the globe the access to basic needs of life has been limited and it is now the need of modern time that women work side by side with men in order to run their house. There are three basic changes in the economy that have contributed to an increase in the working hours by married women (1) improvement in technology; (2) an alteration in societal orientation towards married women who are working outside their house (Khan, 2004). Now a day's trend of dual earner families is increasing than ever before. Statistical evidence suggest that same trend has been observed in developing countries where now women's role and participation has increased in occupations related to nursing, education and service occupation (Wolin et al, 2007). Researchers believe that a woman's preference for working out of the house or to be a housewife depends on her socioeconomic status and her wish to earn money (Javaheri et al 2010). In the past few decades change of views and role is been noticed among women in comparison to earlier centuries, women now-a-days are actively participating in roles which were stereotypically considered to be performed by male domain, and development of society. Many of them are keenly interested in performing professional jobs apart from household responsibilities and being financially independent, while the other set still prefer themselves to confine their boundaries to household duties. Change in roles of being mother to grandmother and responsibilities marrying their children or promotion to senior level in office and taking retirement may lead to stress and aggression in personal as well as professional life. Working women might be more prone to aggression as they have to bear double burden of housework and job as both environments are totally different and have to follow different protocols as compared to non-working women.

In the past few years many research has been done in relation to comparison of working and non-working women by using various psychological variables. No matter how it is defined, workplace aggression is counterproductive and, as shown in a nationwide survey of 600 working adults, affects annually nearly 10% of the workforce. Acts of aggression are either overt or covert. Based on the previous studies, aggression is selected as variable for the present study. The reason for is that, this variable has not been studied so far collectively in relation to working and non-working married women. Additionally, as most of the previous studies have been conducted outside of Gujarat, therefore, it is difficult to generalize the data on Gujarat population. In light of the above-mentioned factors, we are proposing to find the relation of aggression amongst working and non-working married and unmarried women in Ahmedabad city, Gujarat.

### REVIEW OF LITERATURE

**Nishat Eqbal, Pratibha Sharma 2018**, studied 60 females 30 Working and 30 Non-Working who fulfilled criteria were selected purposely for the study. Aggression inventory was administered on them. Findings revealed that there is no significant difference between working and non-working women on overall Aggression, but non-Working women are

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found more Negative and Suspicious than Working women with significant differences in their results.

**Dr. Daitkar Arun Rajaram 2015**, investigated adjustment among urban and rural working women. For the study total 80 women were selected for the study among them 40 subjects were urban and rural working women and 40 urban and rural working women belonging to Jalna district. The age range of women 18 to 30 years ( $M = 23.98$ ,  $SD = 3.07$ ). Non-probability purposive sampling was used. Tool: 1) Revised Adjustment Inventory (R. A. I.): R. A. I developed by Promod Kumar was used for screening general adjustment of a person. 2) Aggression Scale (A-Scale): This scale was constructed and standardized by Km Roma Pal and Mrs. Tasneem Naqvi. Conclusion: Urban working women had significantly higher adjustment than the rural working women. Urban working women had significantly higher aggression than the rural working women.

**Ali, S.A.O & Shoukry, E.S (2017)** Quality of Life (QoL), aggressive behaviours, and self-esteem among employed never-married (spinster) women. This study was conducted to describe the Quality of Life (QoL), aggressive behaviours, and self-esteem among employed never-married (spinster) women. This study was conducted in a cross-sectional descriptive study in various departments of Fayoum University on 120 spinsters or never married women, 30-year age or older. Sample was collected through a self-administered questionnaire with scales for assessment of the QoL, aggression, and self-esteem. The results showed median age of women 32.0, and the majority had university education. 5.8% of sample find marriage as very important and 16.7% as important. The need for marriage was mostly social (84.2%). QoL is observed low in 61.7%, aggressive behaviours in 22.5% and 55.0% had low self-esteem. There was strong significant positive correlation between aggression and self-esteem ( $r=0.970$ ). In multivariate analysis, conclusion is, spinster women have low self-esteem associated with aggressive behaviours, and leading to low QoL. The study has important implications for nursing research, as it points out ways to improve approaches for women in a community setting and directs future studies addressing interventions intended to improve the QoL of spinster women.

**Mufti, W.N, Ullah, I.A & Fatima, S. (2015)** Aggression, Self-Control and Quality of Life among Working and Non-Working Women. This study is conducted to compare the aggression, self-control and quality of life, among working and non-working women. A quantitative approach has been taken. The study consists of sixty working and sixty non-working married women. The samples were chosen by the purposive and convenient sampling technique. The World Health Organization Quality of Life (WHO QOL) – BREF, the Aggression Questionnaire (AQ) and the Brief Self Control Scale were used in this study. The results support the hypothesis partially that aggression level is lower in working as compared to non-working women. The level of Quality of life higher among the non-working women than working women whereas level of Self-control was found to be higher among the working women than non-working women.

### *Objectives of the study*

- To identify the level of aggression among working and non-working women.
- To identify the level of aggression among married and unmarried women.
- To identify the level of aggression among working and non-working married and unmarried women.

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### *Hypothesis*

- There is no significant difference in the level of aggression among working and non-working women.
- There is no significant difference in the level of aggression among married and unmarried women.
- There is no significant difference in the level of aggression among working and non-working married and unmarried women.

## **METHODOLOGY**

### *Research design*

In this study working and non-working married and unmarried women are the independent variables. The scores which are taken to measure once aggression is the dependent variable. Control variables are gender, age, region, no. of working women and no. of non-working women.

### *Selection of sample*

The sample in this research was purposive. It is obvious that no population criteria were applied. The total number of samples was 60 women which included 30 working (15 married-15 unmarried) women and 30 non-working (15 married- 15 unmarried) women. Samples of working women have been selected from different government and private organization in Gujarat state. No criteria with reference to cast, economical data, residential area or location was laid down. However, it was decided that the sample would comprise such individuals who are in their adolescence and above.

The sample size of 60 is categorized as under:

Marital status (B)	Occupation status (A)		Total
	Working (A1)	Non-working (A2)	
Married (B1)	15	15	30
Unmarried (B2)	15	15	30
<b>Total</b>	<b>30</b>	<b>30</b>	<b>60</b>

### *Tool of Data collection*

There are so many scales that can be used to measure aggression behaviours. The scale that has been used in this research was developed by Dr. G. P. Mathur and Dr. Raj Kumari Bhatnagar. This test is in Hindi and English versions consists of 55 statements having positive and negative forms. There are five alternatives for each item. The reliability test shows a coefficient of .88 for males, and .81 for females, and validity coefficient of 0.80 for males and 0.78 for females 2012. This scale was more compatible and represented the students in India because it was developed with India's sample as well.

### **Statistical Method:**

In the present research 'ANOVA' has been used as the statistical method.

**RESULT AND DISCUSSION**

*Table 1: The table of ANOVA calculation of all the independent variables on Aggression*

Source of square	Sum of square	Df	MS	F	Significant level
A	1382.4	1	1382.4	7.94	S
B	187.26	1	187.26	1.07	NS
AB	540	1	540	3.10	NS
SSW	9739.73	56	9739.73		
SST	11849.4	59			

A= Occupational status

B= Marital status

AB= Occupational status + Marital status

SSW= Within sum of square

SST= Total sum of square

NS= Non-significant

**HO1:** There is no significant difference in the level of aggression among working and non-working women.

Looking at the table 1 The calculated F value of SSA is 7.94. It is significant at 0.01 level. So, the result is significant. Therefore, the null hypothesis is rejected.

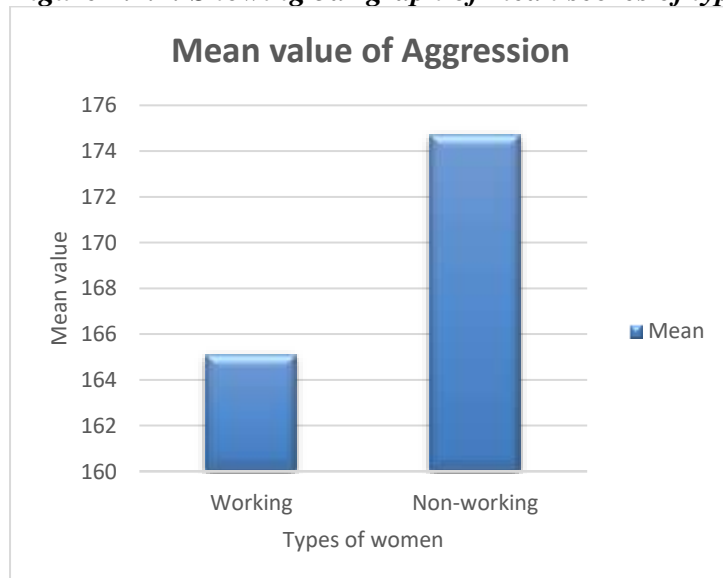
It means there is some significant difference in the level of aggression between working and non-working women. To know the mean difference between working and non-working women on aggression the table is as under.

*Table 4.1.1: Table of estimated margin means of type of women (SSA) on aggression.*

Type of women	Mean
Working	165.1
Non-working	174.7

The table of estimated margin means shows the mean values of aggression for fertile women and infertile women which is 165.1 and 174.7 respectively. This clearly indicated that the difference is significant. The data suggests that the non-working women have significantly higher aggression than working women.

*Figure 4.2.1: Showing bar graph of mean scores of types of women (SSA) on aggression.*



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According to the result obtained, it can be concluded that aggression of a non-working women is higher than the working women. Working women is independent and strong as compare to non-working women. Working women can handle certain level of stress and anxiety. Also, they have an option to change their environment by going to work. Non-working women have to bear all the allegations and pressure from the society without any choice. Thus, we can say that the non-working women have high aggression then the working women.

**HO2:** There is no significant difference in the level of aggression among married and unmarried women.

Looking at the table 1 The calculated F value of SSB is 1.03 It is not significant. Therefore, the null hypothesis is accepted.

It means there is no significant difference in the level of aggression between married and unmarried women.

**HO3:** There is no significant difference in the level of aggression among working and non-working married and unmarried women.

Looking at the table 1 The calculated F value of SSAB is 3.10. It is not significant. Therefore, the null hypothesis is accepted.

It means there is no significant difference in the level of aggression between married and unmarried women.

### CONCLUSION

1. There is a significant difference in the level of aggression among working and non-working women.
2. There is no significant difference in the level of aggression among married and unmarried women.
3. There is no significant difference in the level of aggression among working and non-working married and unmarried women.

### *Implications*

This study appears to be applicable to the field of research based on middle aged women and their level aggression, as it is presumed that women don't have aggression within them, although aggression in women is lesser in comparison to men, it still is present among women which therefore this study may contribute towards providing counseling and therapies to women who are facing problems in adjustments with other people at workplace or at home. This study might help in finding out causes & onset of frustrations among women in various fields. The frustration-aggression hypothesis is based on the work of Dollard et al (1939) and suggests that all aggression is the result of feeling frustrated which is defined as "any event or stimulus that prevents an individual attaining some goal and its accompanying reinforcing quality". Barriers may be real or imaginary and prevent an individual achieving their aim causing frustration which then needs to be relieved in a cathartic way i.e., through the display of aggression. The contribution of study can be towards the causes of early menopausal conditions and symptoms as early menopausal is also observed as a cause of aggression in some middle-aged women.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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