

## Relationship between Self-Esteem and Aggression among Young Adults

Vanshika Arora<sup>1\*</sup>

### ABSTRACT

**Objective:** The aim of the current research was to assess the “*Relationship between self-Esteem and aggression among young adults*”. For the purpose of the study, 100 (50 males and 50 females) adolescents were taken. **Method:** Once the data was collected and scored, analysis was done using statistical techniques like Mean, S.D., t test, & Correlation. SPSS was used to infer data. For this research purposive random sampling is used. The total no. Of 100 (N=100) participants were taken as a sample. The males and females’ participants were taken (50 males and 50 females) between the age group 18-30years. The data gathering was done by sending a created google form link. The questionnaire included was Rosenberg self-esteem scale (RSS) and Aggression scale (AS). **Result:** To test the hypothesis descriptive statistics. Person correlation and independent sample t-test has been utilized. The findings from this study presented a significant relationship between self-esteem and aggression among young adults. And presented that low self-esteem results on high aggression. The results also depict significant gender differences on both the levels of aggression and self-esteem.

**Keywords:** Aggression, Self-Esteem

**A**GGRESSION  
Aggression is a scattered emotional reaction. It is because of frustration dependent on emotional unsettling influence and antagonism. Climate is a fitting element in stirring aggression. The last mentioned, when excited may prompt threatening and dangerous conduct. It is one might say sign of a self-confident attitude and utilization of some kind of power. If the attacker's reactions are evoked by stimuli in the circumstance regularly. He would show hasty or impulsive demonstrations of conduct. He may hurt his casualty. Other than natural prompts getting incautious forceful reactions, excruciating experiences and aversive occasions, overall lead to explicit excitement. An individual doesn't need to be furious to carry on forcefully. Under undesirable conditions, greater fervor may prompt aggression stimuli in the climate. It is additionally conceivable that an excited individual may Interpret his excitement as outrage and afterward act in like manner. Aggression has a greater likelihood of being rehashed when it is supported. Reinforcement of aggression can likewise build an individual's reactivity to forceful stimuli in the climate. At the point when an individual assaults someone else, particularly when he isn't irate, he is likely to be supported

<sup>1</sup>Master's in Clinical Psychology, Amity Institute of Psychology and Allied Sciences, Amity University, Noida  
\*Corresponding Author

Received: May 14, 2023; Revision Received: September 11, 2023; Accepted: September 15, 2023

## Relationship between Self-Esteem and Aggression among Young Adults

for aggression previously and expects compensates once more. At the point when aggression kills torment, it is built up. Reestablishing one's confidence through effective connection is likewise a significant prize for aggression. It can't be presumed that forceful demonstration reflects forceful worth. Here and there and in specific circumstances, aggression as a rationale may not be the precipitation reason for conduct.

### SELF-ESTEEM

In this ultramodern technologically solid educational age, the childhood boys and girls and furthermore the young people are in a condition of becoming psychological and psychosocial edifices and clashes, which, thusly, came about aggression in youthful students. However, aggression is a creature intuition which is existed in human from the earliest starting point of the life just as the human development. It's anything but another marvel. Aggression in childhood has been connected with later aggression, wrongdoing and wrong doing in adolescence and adulthood; with helpless school results, with joblessness in adulthood and with grown-up negative conditions. These are particularly valid for forceful conduct in youngsters.

Now that we have an understanding of the concepts covered in this paper, let us look at some research which were done in the field, to better understand the scenario which warrants this current research. According to a study by Robins, R. W., Hendin, H. (2021). The Single-Item Self-Esteem Scale (SISE) and the Rosenberg Self-Esteem Scale (RSE) showed solid joined legitimacy for people, for various ethnic gatherings, and for both undergrads and local area individuals. The SISE and the RSE had almost indistinguishable connections with a wide scope of basis measures, including space explicit self-assessments, self-evaluative predispositions, social allure, character, mental and actual wellbeing, peer appraisals of gathering conduct, scholastic results, and segment factors.

There was a study undertaken by Thakur,S, .Grewal,K , K, .(2021) The current paper plans to contemplate pervasiveness of hostility among young people. An enlightening report was led to investigate the connection among animosity and family climate among youths. An example comprising of 200 young people was taken from the three locale of Punjab state in particular Ludhiana, Sangrur and Hoshiarpur. Information was gathered with the assistance of Aggression Scale by Dr. G.P.Mathur and Dr. Raj Kumari Bhatnagar (2012) and Family Environment Scale by Dr. Harpreet Bhatia and Dr. N.K. Chadha (2015) .Subsequently information was exposed to factual investigation. Results unmistakably demonstrated a huge connection between in general animosity and family climate of young adult students.

In a review of studies Nazeer, M. T., Wali, R., & Hussain, M. (2021). The principle point of the current examination was to analyze the effect of physical and sports exercises on animosity level of the female hearing debilitated students of the primary schools of Punjab. 66 students of sixth, seventh and eighth grade classes were chosen from the uncommon kids primary schools of Punjab Province through straightforward arbitrary inspecting. The members of test bunch were gone under legitimate proactive tasks and rules to defeat on hostility through sports for a very long time. For information assortment a received scale on animosity was utilized. The aftereffects of the investigation will be useful for the instructors, guardians and sports mentors of uncommon youngsters to decrease their hostility levels through sports and proactive tasks.

This study was undertaken by Wee, H., & Kang, G.-Y. (2021). Addiction is identified with aggression and personal satisfaction. This investigation inspected the connection between

## Relationship between Self-Esteem and Aggression among Young Adults

these three variables as per occupation bunch in a blended metropolitan/provincial territory to all the more likely comprehend grown-up habit issues. The review included 500 individuals split into the jobless (Group1), all day homemakers (Group2), and essential (Group3), optional (Group4), and tertiary (Group5) industry laborers. Compulsion issues and aggression were decidedly corresponded. Issue betting was connected with aggression in Group5 ( $r = 0.39$ ). A negative connection between personal satisfaction and liquor use issue happened in Group1 ( $r = -0.36$ ). As indicated by the occupation bunch, the relationships between dependence issues, aggression, and personal satisfaction were unique. These discoveries propose that habit management for grown-ups ought to be executed with regards to occupation gatherings.

In a review of studies Hammett, J. F., Lavner, J. A. et al., (2021). Intimate partner aggression is basic in disappointed relationships, yet it stays indistinct whether personal accomplice aggression is a connect of relationship fulfillment, regardless of whether it predicts or follows from relationship fulfillment after some time, or whether longitudinal affiliations are indeed bidirectional in nature. The current examination assesses these viewpoints by analyzing self-reports of forceful practices according to comparing self-reports. Results demonstrate that disappointed couples are bound to engage in personal accomplice aggression, yet being disappointed is probably not going to expand the degree of aggression a couple engages in after some time.

In a study undertaken by Tine. T.K, Louise.L.C .et.al(2020) investigate the writing in regards with the impacts of testosterone treatment on aggression-related builds in transgender men. Four out of seven investigations detailed an increment in aggression-related develops, while one examination announced an abatement. Taking all things together investigations detailing changes, the subsequent period was under a year, demonstrating that sexual orientation confirming testosterone treatment could affect aggression-related builds. In any case, the accessible examinations conveyed a danger of predisposition, which demonstrates a requirement for additional exploration.

Aleksandra.M, Rogowska. Et.al, (2020) discovered that the examination expected to inspect changes in pressure and aggression disorder among casualties and culprits of abusive behavior at home while taking an interest in the "Blue Cards" system. The outcomes show that dynamic interest in collaborator exercises diminished the degree of stress in abusive behavior at home casualties and their impression of culprits' aggression condition. The "Blue Cards" technique might be viewed as a successful strategy for supporting casualties and forestalling abusive behavior at home among culprits.

Louise.L.C. et.al(2020) this research also sheds light on investigating the writing in regards with the impacts of testosterone treatment on aggression-related builds in transgender men. Four out of seven investigations detailed an increment in aggression-related develops, while one examination announced an abatement. Taking all things together investigations detailing changes, the subsequent period was under a year, demonstrating that sexual orientation confirming testosterone treatment could affect aggression-related builds. In any case, the accessible examinations conveyed a danger of predisposition, which demonstrates a requirement for additional exploration.

Dorret I. Boomsma, Toos C. et.al (2020). The current study was about to lead a complete evaluation of the relationship among aggression and scholastic execution in mandatory training. There is a vigorous negative relationship among aggression and scholastic execution

## Relationship between Self-Esteem and Aggression among Young Adults

in obligatory training. A piece of these affiliations were clarified by shared hereditary impacts, however some proof of a negative relationship among aggression and scholastic execution stayed even in within-family investigations of monozygotic twin sets. In a review of studies Hammock, G., Robin, H, O,. (2019) Factors identified with the utilization of actual aggression in dating relationships and peace promotion systems were utilized to foresee the utilization of psychological aggression in romance. The discoveries recommend that these factors effectively foresee the utilization of psychologically forceful demonstrations in romance. Further, connections with sex of member recommend that various factors are significant in the forecast of guys' and females' utilization of such negative practices. These distinctions in the relationships between the indicators and standards for guys and females propose dissimilar prescient models as well as likely inspirational contrasts in the work of such strategies.

This reviews Griffiths. R.A, Beumont. P.J.V. et.al. (2012) Utilizing the mean of the worldwide scores as a model to analyze the two gatherings, no critical contrasts were noticed. Be that as it may, when utilizing self-esteem levels as a standard, the discoveries demonstrate critical contrasts between subjects with and without HCS. The investigation shows that self-esteem levels are more exact than worldwide scores to portray this attribute and to make examinations between gatherings of subjects.

Curbow, B., & Somerfield, M. (2011). Married couples comprising of a local English speaker and a local Japanese speaker went about as interpreters to upgrade the representativeness of language in the objective populace. Various interpretations were delivered, and a board of analysts distinguished issues in theoretical and semantic identicalness between the first scale and the deciphered version. Factor investigation uncovered almost indistinguishable factor structure and underlying coefficients of the things between two arrangements of information. Target revolution affirmed the factorial arrangement of the two scales in various social gatherings. High Cronbach's  $\alpha$  coefficients upheld the dependability of grades on the two adaptations.

## METHODOLOGY

### *Sample*

For the purpose of this study, the sample was randomly selected. The sample consisted of Young Adults aged between 18-30 years, from various schools and colleges. An attempt was made to study 100 individuals, 50 Males, and 50 Females. The pubescents understudy came from affluent families and were from different schools and universities, all natively from Delhi and NCR region.

### *Instruments*

Two measures were used in this study,

- 1. Rosenberg Self- Esteem Scale:** The Rosenberg Self- Esteem Scale is a measure of self-esteem scale as originally developed by Morris Rosenberg 2006. A 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.
- 2. Aggression Scale** Aggression scale was developed by Dr. G.P. Mathur and Dr. Raj Kumari Bhatnagar in 2004. This scale is used to study the level of aggression in any age group (above 14 years). This scale consists of 55 statements. Each statement describes different forms of individual's aggression in different situations. It is a Likert type 5-point scale.

## Relationship between Self-Esteem and Aggression among Young Adults

### *Procedure*

The participants, for the study, were selected on a random basis. The researcher approached the participants in their schools and colleges and requested them to fill the questionnaires. Informed consent was taken from each participant. The participants were told that their responses would be kept confidential and were solely for the purpose of research in the field. The instructions regarding all the scales were given prior to them filling out the questionnaires. Their doubts were cleared before or during while they filled the questionnaires. Finally, the tests were scored manually and the data collected was recorded on excel sheets, which were later analyzed using SPSS. In order to draw comparisons and provide meaning to the study, statistical techniques such as applied – mean, standard deviation, t-test & correlation, were used for the purpose of analysis.

## RESULTS

**Table 2.1:** Shows the Mean and t value for Self- Esteem among male and female adolescents-

Gender		N	Mean	Std. Deviation	Std. Error Mean	T value
Rosenberg Self-Esteem Scale	Female	50	24.68	3.638	.530	2.006
	Male	50	13.38	1.747	.373	

Table 2.1 shows the Mean score of Male (23.38) and Female (24.68) on the level of Self-Esteem and t value (0.18) was found to be insignificant at both the level, thus indicating that there is no significant gender difference on the level of Self-Esteem among both the groups.

**Table 2.2:** Shows the Mean and t value for Aggression among male and female adolescents-

Gender		N	Mean	Std. Deviation	Std. Error Mean	T value
Aggression Scale	Female	50	121.20	11.708	1.656	3.341
	Male	50	158.06	9.558	1.352	

*Insignificant at both the levels (0.05 and 0.01)*

Table 2.2 shows the Mean score of Male (158.20) and Female (151.20) on the level of Aggression and t value (0.01) was found to be insignificant at both the level, thus indicating that there is a slight gender difference on the level of Aggression among both the groups.

**Table 2.3:** Correlation value between Self-Esteem and Aggression among adolescents.

Components,	Rosenberg Self-Esteem Scale	Aggression Scale
Pearson Correlation	1	.331**
Sig. (2-tailed)		.001
N	100	100
Pearson Correlation	.331**	1
Sig. (2-tailed)	.001	
N	100	100

*Table (2.4) \*\* Correlation is significant at the 0.01 level (2-tailed)*

## Relationship between Self-Esteem and Aggression among Young Adults

From the above table (2.4), it can be seen that the correlation values are found to be significant at 0.01 level, thus indicating that there is a significant relationship between Self-esteem and aggression among young adults.

### **DISCUSSION**

The aim of the present research was to assess the Effect of between Self-esteem and aggression among young adults. For the purpose of the study, 100 (50 males and 50 females) adolescents were taken. The Rosenberg Self-Esteem Scale and Aggression Scale was administered on them. Once the data was collected and scored, analysis was done using statistical techniques like Mean, S.D., t test, & Correlation. SPSS was used to infer data.

Findings of the study revealed that there is a significant relationship between Self-esteem and aggression among young adults and they are moderately correlated with each other; So, gender differences were found in Self-esteem and aggression among young adults. It has often seen in table 2.1 that the obtained mean value (14.68) females and (23.38) males was found to be significant at both the levels indicating that there is significant gender difference in the Self -Esteem among both the groups (Male and Female).

There is a significant difference in gender differences on basis of level of self-esteem that is females tends to show high level of self-esteem than males. To support the results a study by Kling, K. C., Hyde, J. S., Showers, C. J., & Buswell, B. N. (1999). Did on 80 males and 80 females and found significant difference in the level of self-esteem that females tend to have more self-esteem, potential reasons for the difference were also discussed in the study.

It has often seen in table 2.2 that the obtained mean value (121.20) females and (158.06) males was found to be significant at both the levels indicating that there is significant gender difference in Aggression among both the groups (Male and Female) There is a significant difference in gender differences on basis of level of Aggression that is females tends to show low level of Aggression than males.

To support the result a study by Kaj.B., (2018) It was found that males and females are equally aggressive at verbal mode, whereas males tend to be more aggressive physically than females who are incidentally aggressive. The cause of both physically and incidentally aggressive are genetic determinants.

According to the data I have collected through my survey. It is analysed that self-esteem and aggression in general increment with age from pre-adulthood to adulthood changes. But females who tend to have high level of self-esteem shows low level of aggression and males who tend to show low level of Self-Esteem has High level of aggression.

To support the result a study by Sofia,D., Ann,M,R., et.al. (2017). The principle results showed that both low degrees of worldwide self-worth and overstated however questioned self-esteem were identified with aggression. The discoveries showed that, contingent upon how self-esteem is conceptualized, forceful kids may seem to have both a low and a high self-esteem. As to contrasts, misrepresented self-esteem was more firmly identified with aggression in young men than in young ladies. (e.g., Donnellan et al., 2015). A potential translation of these outcomes could be that low worldwide self-worth is related with significant degrees of negative emotionality which thus is identified with aggression (Rydell, Berlin, & Bohlin, 2013). However, we should take note of that the relations between worldwide self-worth and companion and educator evaluations of aggression were feeble and

## Relationship between Self-Esteem and Aggression among Young Adults

that low worldwide self-worth assumed a little part in foreseeing aggression contrasted with male sexual orientation and low friend acknowledgment.

*Regarding hypothesis testing:*

**H-1** *There will be no significant relationship between Self-Esteem and Aggression among young adults.*

The hypothesis is rejected as level of self-esteem was found to be significantly correlated with the level of aggression.

**H-2** *There will be no significant gender difference in Aggression among young adults.*

The hypothesis is rejected as the correlational value showed significant gender differences in aggression among young adults.

**H-3** *“There will be no significant gender difference in Self-esteem among young adults.*

The hypothesis is rejected as the correlational value showed significant gender differences in self-esteem among young adults.

The discoveries of the current examination additionally bring up new issues. Right off the bat, unmistakably longitudinal examinations are expected to help build up the heading of the affiliations among aggression and self-esteem. For example, how does taking part in forceful demonstrations impact children's self-sees after some time and how do overestimations of fitness and conduct impact children's forceful conduct over the long haul? Besides, the discoveries of the current investigation showed that children who overestimated their social acknowledgment furthermore, got criticism that was at chances with their self-sees (i.e., peer dismissal) were seen as especially aggressive. As an outcome, future exploration ought to examine what other potential sorts of discrepant criticism add to forceful conduct. Further, a resource of the current examination was that two parts of self-esteem were researched in one example. The regression examinations, especially the extra regression investigation that hollowed low worldwide self-worth against overestimations of social acknowledgment, demonstrated that overestimations largely affected aggression than had low self-esteem yet that the mix of low self-esteem and significant degrees of overestimations didn't increment aggression. These outcomes should be viewed as fundamental, however they highlight the productivity of examining various conceptualizations of self-esteem to extend the information on how children's self-perspectives identify with social conduct. In sum, overestimations of social acknowledgment all in all, contested self-esteem, and low worldwide self-worth were related with high aggression.

The current discoveries have suggestions with respect to mediation programs for forceful children. To the extent that constructive outcomes of intercession examine meaning to one or the other increment or decrease forceful children's self-esteem to improve their social acknowledgment are inadequate with regards to, approaches focusing on self-esteem are definitely not suggested. A more productive methodology is by all accounts improving forceful dismissed children's social abilities as sure long-haul impacts of such intercessions have been announced, remembering diminishes for levels of aggression over the long haul and expanded friend loving (DeRosier, 2004; Fraser, Galinsky, Smokowski, Day, & Terzian, 2015).

## REFERENCES

- Curbow, B., & Somerfield, M. (2011). Use of the Rosenberg Self-Esteem Scale with adult cancer patients. *Journal of Psychosocial Oncology*, 9(2), 113-131.
- Dorret I. Boomsma, Toos C. et.al (2020). Genetically Informed Regression Analysis: Application to Aggression Prediction by Inattention and Hyperactivity in Children and Adults, *Behavior Genetics*. 62(3). 327-338
- Griffiths. R.A, Beumont. P.J.V. et.al. (2012) Measuring self-esteem in dieting disordered patients: The validity of the Rosenberg and Coopersmith contrasted. *International Journal of Eating Disorders*. 25(2). 227-231
- Hammett, J. F., Lavner, J. A., Karney, B. R., & Bradbury, T. N. (2021). Intimate Partner Aggression and Marital Satisfaction: A Cross-Lagged Panel Analysis. *Journal of Interpersonal Violence*, 36(3-4), NP1463-1481
- Hammock, G., & O'Hearn, R. (2019). Psychological aggression in dating relationships: Predictive
- Nazeer, M. T., Wali, R., & Hussain, M. (2021). Influence of Physical Activities on Aggression among Hearing Impaired Female Students of Elementary Schools of Punjab. *Journal of Elementary Education*, 30(2), 101-111.
- Rogowska, A. M., Kardasz, Z., Wicher, S., & w Opolu, M. O. P. R. (2018) Changes in aggression and stress in perpetrators and victims of domestic violence due to the "Blue Cards" procedure. (10), 241-259
- Thakur,S, .Grewal,K , K, .(2021) A Study of Aggression among Adolescents Sona. *International Research Journal on Advanced Science Hub*, 3(1). 46-51
- Wee, H., & Kang, G.-Y. (2021). Addiction Problems, Aggression, and Quality of Life in People with Different Occupations in South Korea. *Healthcare*, 9(2), 141.

### **Acknowledgment**

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:** Arora, V. (2023). Relationship between Self-Esteem and Aggression among Young Adults. *International Journal of Indian Psychology*, 11(3), 3495-3502. DIP:18.01.328.20231103, DOI:10.25215/1103.328