

Research Paper

## Correlation Between Aggression and Loneliness Among Youth

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### ABSTRACT

In the literature loneliness and aggression are associated variables. It indicates that lonely individuals are aggressive and show aggression, while that individual who behaves aggressively becomes lonely increasingly. Loneliness is a common experience and Anger is an emotion, while aggression is the reaction. The main objectives of to study relationship between Aggression and Loneliness and to study the level of aggression and loneliness among Youth. This study was conducted on 60 male and female (n = 30 male; n = 30 female) bachelors students of SAGE University, Indore (India, Madhya Pradesh). The tools or tests used for data collection are LONELINESS INVENTORY (LI) By Uma, Meenakshi, R and AGGRESSION SCALE by Dr. R.L. Bharadwaj. The analysis of data was executed through SPSS version 29.0 and the statistics used to test the hypotheses is Karl Pearson's Correlation Coefficient and descriptive statistics is used. It was found that there is a significant difference of loneliness and aggression among youth but there is no significant difference of loneliness ( $\bar{X}$  Difference = 0.94) and Aggression ( $\bar{X}$  Difference = 3.03.) among male and female, the results also reflected that there is no significant correlation [ $\rho = 0.184$  (negligible)] of aggression and loneliness among youth. The results indicates that the majority of students having very high aggression level and high loneliness level.

**Keywords:** Aggression, Loneliness, Youth

In this 21<sup>st</sup> century everyone has busy schedule and this is an era of technology where young people or youth less interact with each other and generally talk to their friends on social media platforms like- Facebook, Instagram, Snapchat etc., individuals are busy at some work like Jobs, Business, Household works, or in studies. The Youth or young people less interact with each other because of the busyness, although they are connected on the social media but there are individuals who feel they are lonely. Many individual experiences many ups and downs whether they do some work or studying in this age, they interact less or talk with their friends or loved ones on social media they generally interact with their family members, but there are some people live away from their family, working or studying far from their families, such type of people less interact with people, use social media platforms to talk with friends, family etc., and feels lonely many a times. They are unable to spent their time or interact with peers and family. Lonely people show aggressive behavior as they feels lonely every time and can't express their inner thoughts and feelings to anyone,

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they feel no one is there to listen to them. They also feel not in a-tune with people in their surroundings.

In the literature loneliness and aggression are associated variables. It indicates that lonely individuals are aggressive and show aggression, while that individual who behaves aggressively becomes lonely increasingly (Sun et al., 2021; Pavri, 2015). Their aggression can be seen in their professional or student life, as they feel to talk to somebody and wanted to express their feelings but they are unable to do it, they also have feelings of self-doubt and self-worth.

Lonely people have negative thoughts about others and also narrate themselves with negative qualities. On this basis, loneliness causes people to develop a pessimistic perception of them, for example- unwanted feelings, and feeling of being rejected by others leads individuals to aggression, which is a procedure they use to force or command other individuals in interpersonal relations. (Kurtyılmaz, 2011).

Anger is an emotion and Aggression is behavior or reaction caused by anger. In psychological terms aggression is a range of behaviors of both physical and psychological harm to others, oneself or environmental objects. The essence of aggression is hurting another individual physically or mentally. While we all occasionally feel aggressive, when aggressive behaviors become extensive or extreme, it can be an indication of an intrinsic mental health condition, disorders or other medical issues (Blair RJR 2016).

Individuals behave aggressively when they intentionally seek to harm or pain to another person. Hostile aggression is driven by anger feelings purpose to cause pain, for example a fight in the school or in any place with a stranger is referred to as hostile aggression.

We Human beings are social creatures, we depend on social surroundings which feel safe and secure for survival and flourishing. In this Technological Era we get dependent on virtual meets or interactions on social networking sites, generally talk with friends, relatives, colleagues on cell phones and through internet. This major change in our life-style making us more dependent on technology, we generally avoid social gatherings or meet-ups, even for interaction we are engaged in social platforms and interacting with people indirectly through devices, which may be a cause of loneliness experienced by many of the people.

We all experience loneliness once in our life and it is a common experience. Loneliness is alike not with objective social isolation but with recognized social isolation. Individuals may live comparatively unaccompanied lives and not feel lonely, and contrariwise, they may live an apparently substantial social life and still feel lonely.

## **METHODOLOGY**

The term Methodology in research refers to a structured framework used in the research or studies to resolve research problems by using the appropriate methods for the research, while aligning with the aim and objectives of the study or research. It involves collecting data, use of statistics and data analysis for interpretation. There are certain tools used for the data collection used for collecting data for the interpretation such as, Interviews, observation, surveys, and questionnaire etc, used systematically in the research.

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### *Objectives-*

**O1-** To study the level of Aggression among Youth.

**O2-** To study the level of loneliness among Youth.

**O3-** To study the relationship between aggression and loneliness among Youth.

**O4-** To study the difference between Loneliness and Aggression among Male and Female.

### *Hypotheses-*

**H1-** There is no significant difference of aggression among Youth.

**H2-** There is no significant difference of loneliness among Youth.

**H3-** There is a significant relationship between aggression and loneliness among Youth.

**H4-** There is a significant difference between Loneliness and Aggression among male and female.

### *Variables-*

**Independent Variables-** Aggression and Loneliness.

**Dependent Variable-** Youth.

### *Sample-*

The study was conducted on 60 Male and Female young Bachelors (UG) students of SAGE University, Indore. There are 30 Male and 30 Female students were taken for the study, 38 students are from urban region and 22 are from rural region. The age of the students are between 17 - 26.

### *Tools Used*

To collect quantitative data the following two tools were used:

1. LONELINESS INVENTORY (LI) By Uma, Meenakshi, R
2. AGGRESSION SCALE By Dr. R.L. Bharadwaj

### *Data Analysis*

Data Analysis was done using SPSS Version 29.0 for the first 2 hypothesis Standard Deviation was applied, for the 3<sup>rd</sup> Karl Pearson's Correlation Coefficient was applied and for the 4<sup>th</sup> hypothesis difference between the means of male and female was measured.

## **RESULTS AND ANALYSIS**

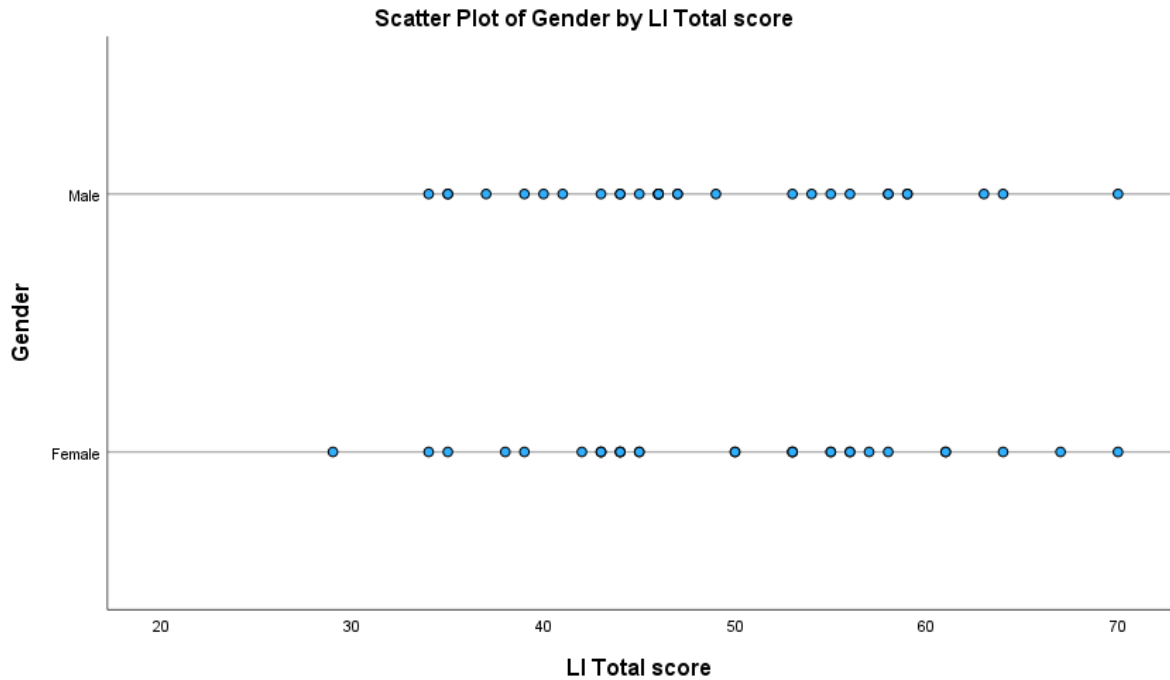
### *Introduction*

This chapter of the study consist the final item of information concerning objectives and hypothesis that were mentioned in methodology. This chapter involves the description of the results of various procedures applied to the collection of data in data analysis and its relation with the defined objectives and hypothesis.

The following is a graph plot of Loneliness total scores of Male and Female students of the sample and the means and standard deviation of Loneliness.

<b>Overall Loneliness scores of the Sample</b>		
Mean	N	Std. Deviation
49.10	60	9.619

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The following is a graph plot of Aggression total scores of Male and Female students of the sample and the means and standard deviation of Loneliness.



Overall Aggression Scores of the Sample		
Mean	N	Std. Deviation
77.52	60	10.884

After data analysis the following results were found. Results for each Hypothesis given individually-

For the First Hypothesis Standard Deviation was computed to measure the difference of Aggression in Youth.

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**Objective 1** - To study the level of Aggression among Youth.

**Hypothesis 1-** There is no significant difference of aggression among Youth.

LEVEL	Frequency	Percent	Valid Percent	Cumulative Percent
Very High Aggression	35	58.3	58.3	96.7
High Aggression	11	18.3	18.3	33.3
Average Aggression	9	15.0	15.0	15.0
Low Aggression	3	5.0	5.0	38.3
Very Low Aggression	2	3.3	3.3	100.0
Total	60	100.0	100.0	

The percentage distribution in each level of aggression is: Very High Aggression 58.3%, High Aggression 18.3%, Average Aggression 15.0%, Low Aggression 5.0%, and Very Low Aggression 3.3%.

For the second Hypothesis Standard Deviation was computed to measure the difference of Loneliness in Youth.

**Objective 2** - To study the level of Loneliness among Youth.

**Hypothesis 2-** There is no significant difference of loneliness among Youth.

LEVEL	Frequency	Percent	Valid Percent	Cumulative Percent
High Loneliness	45	75.0	75.0	83.3
Average Loneliness	5	8.3	8.3	8.3
Low Loneliness	10	16.7	16.7	100.0
Total	60	100.0	100.0	

The percentage distribution in each level of Loneliness is: High Loneliness 75.0 %, Average Loneliness 8.3%, and Low Loneliness 16.7%.

For the third Hypothesis Karl Pearson's Correlation coefficient was computed to measure the relationship between Aggression and Loneliness.

**Objective 3** – To study the relationship between aggression and loneliness among Youth.

**Hypothesis 3-** There is a significant relationship between aggression and loneliness among Youth.

Correlation between Aggression and Loneliness			
LI Total Score			AS Total Score
LI Total Score	Pearson Correlation	1	0.184
	Sig. (2-tailed)		0.159
	N	60	60
AS Total score	Pearson Correlation	0.184	1
	Sig. (2-tailed)	0.159	
	N	60	60

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The Pearson Correlation Coefficient between Aggression and Loneliness was found to be  $\rho = 0.184$  and was not significant.

For the fourth Hypothesis was computed to measure the relationship between Aggression and Loneliness.

**Objective 4** – To study the difference between Loneliness and Aggression among Male and Female.

**Hypothesis 4-** There is a significant difference between Loneliness and Aggression among male and female.

Group Statistics						
Gender			N	Mean	Std. Deviation	Std. Error Mean
LI score	Total	Male	30	48.63	9.298	1.698
		Female	30	49.57	10.068	1.838
AS score	Total	Male	30	79.03	8.787	1.604
		Female	30	76.00	12.611	2.302

The difference among mean values of Loneliness of Male and Female sample was **0.94**. The difference among mean values of Aggression of Male and Female sample was **3.03**.

## DISCUSSION

The first hypothesis tries to check if there is a significant difference of aggression among youth. For the first hypothesis it was found that the aggression of the sample was not limited to a single level but it was distributed to all five levels of aggression. The percentage distribution in each level of aggression (Very High Aggression 58.3%, High Aggression 18.3%, Average Aggression 15.0%, Low Aggression 5.0%, and Very Low Aggression 3.3%.) This shows that there is a significant difference in the aggression among youth.

The second hypothesis tries to check the significant difference of loneliness among youth. For the second hypothesis it was found that the Loneliness of the sample was not limited to a single level but it was distributed to all three levels of Loneliness. The percentage distribution in each level of Loneliness (High Loneliness 75.0 %, Average Loneliness 8.3%, and Low Loneliness 16.7 %.) This shows that there is a significant difference in the Loneliness among youth.

The third hypothesis tries to check the correlation between aggression and loneliness among youth. The third hypothesis is rejected because the Karl Pearson's correlation coefficient is found to be negligible ( $\rho = 0.184$ ). It means that there is no significant correlation between aggression and loneliness.

The fourth hypothesis tries to check the significant difference of loneliness among male and female. The fourth hypothesis is rejected because the loneliness Mean values difference among male and female is found to be **0.94**. And the difference among mean values of Aggression of Male and Female sample was **3.03**.

## CONCLUSION

It was found in the study that the Aggression level of the sample is generally found to be High Level or Very High level and Loneliness level is generally found to be High level. The difference of loneliness and aggression levels among Youth is Significant that means according to the data collected in the study it was found that there is noticeable difference in levels of Aggression and Loneliness among Youth, but there is no significant difference between male and female of aggression and loneliness levels, also there is no correlation found between Aggression and Loneliness in accordance to entire study. The main hypothesis of the study is rejected because there is no significant relationship between aggression and loneliness.

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### ***Acknowledgment***

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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