

## Unmasking The Aggressive Behaviour: A Study on Domestic Abusers in Punjab

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### ABSTRACT

Domestic violence encompasses various aggressive behaviours, such as harbouring resentment, seeking vengeance, engaging in bullying, displaying sadistic tendencies, and even resorting to murder. These actions infringe upon the rights and societal norms of others, sometimes being subtly disguised, with the perpetrator not fully recognizing their actions. An exploratory study was undertaken involving 100 males from both rural and urban areas of Punjab to delve into this issue. The major goal of this study was to discover persistently aggressive behaviour among male domestic abusers, recognizing it as a root cause of socially unacceptable behaviour. The study included 50 male domestic abusers identified from the family court in Nabha, Punjab and 50 randomly selected non-domestic abusers from Nabha, forming the control group. Each participant was asked to complete an aggression scale and participate in a semi-structured interview. Holding these individuals accountable for a significant cognitive shift in their interpersonal relationships, particularly with their life partners, was a crucial aspect of the study. A t-test was used to examine the difference in aggressiveness levels between male domestic abusers and non-domestic abusers, which revealed significant differences ( $p < 0.05$ ). The results demonstrated that men who engaged in domestic abuse exhibited higher levels of aggression and dominance compared to the control group. This finding underscores the correlation between male aggression and heightened violence directed towards their partners.

**Keywords:** *Domestic Violence, Aggression, Domestic Abusers*

Violence against women has increased and is increasing in all parts of the world, regardless of age, religion, caste, or creed. Domestic violence is defined as any harm or injury to the woman, whether mental or verbal abuse, along with emotional, sexual, physical, and financial abuse by the husband, intimate partner, or any other member of the family, by the Protection of Women from Domestic Violence Act 2005 in India (Act, 2005). Aggression could be taken into account as one of the causes of violence against women. Any activity meant to inflict hurt, pain, or injury to another person is considered aggressive behaviour. It is vital to stress that aggressive conduct and violence are not the same thing. Although violence is a sort of physical attack, aggressive conduct is a larger

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Received: May 06, 2024; Revision Received: August 13, 2024; Accepted: August 17, 2024

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term that covers physical, verbal, psychological, and other techniques of causing harm; hence, violence is simply one type of aggressive behaviour (Liu et al., 2013). Aggressive conduct in domestic violence can take many various forms, including resentment, ideas of vengeance, bullying, sadistic behaviour, murder, and so on. This behaviour violates the rights and social conventions of others, and the violence is sometimes so subtle that the offender is unaware of his acts. Abuse encompasses a wide range of aggressive actions, including hitting, forcing sexual intercourse, harassing, excessive possessiveness, separating the woman from her loved ones, restricting financial means, bodily injury, and murder (Kavitha, 2012). Aggression, according to Chapman & Gillespie, is a method of seeking to attain one's goals using physical assaults, psychological assaults, or sexual coercion (Chapman & Gillespie, 2019).

**Research objective:** The present investigation aims to explore the potential impact of an individual's aggressiveness levels on their inclination to engage in acts of violence towards their spouse.

**Hypothesis:** It was hypothesized that males who are under investigation for domestic abuse have heightened levels of aggression.

### METHODOLOGY

The research encompassed a sample of 100 male participants within the age range of 25-50, consisting of two groups: 50 persons identified as male domestic abusers and 50 individuals classified as male non-domestic abusers. Data was gathered from the family court in Nabha, Punjab, including individuals who were carefully selected and monitored. The present study employed the aggressiveness scale (referred to as the A-scale) to examine the manifestation of aggression among male individuals who engage in domestic violence, with a specific emphasis on their day-to-day conduct. The data underwent analysis with a t-test.

### RESULTS AND DISCUSSION

The statistical analysis of the data that is shown in Table 1 offers insights into response rates, mean scores, and the standard deviations that correlate to them. This result is corroborated by the mean scores that were obtained from the analysis: for domestic abusers,  $M = 75.78$  with a  $SD$  of  $575.89$ , and for non-domestic abusers,  $M = 58.46$  with a  $SD$  of  $414.54$ . To be more specific, the findings point to a recognizable pattern, which is that those who participate in domestic abuse have considerably greater levels of aggressiveness and dominance compared to those people who do not engage in domestic violence. The "t" value of  $3.89154$  that was determined, along with the significance level of  $p < 0.05$ , offers evidence to indicate the presence of a substantial statistical differential between the two groups regarding aggression. The conclusion that the hypothesis is supported by the data gathered in the experiment may thus be drawn with a high degree of assurance.

Violence and aggressiveness have been linked in several research. The aggressive behaviour of domestic abusers toward women was categorized as physical or verbal assault as well as emotional and psychological abuse. The study only includes data from young and early adults since the data gathered during teenage evaluation had limitations. Men with drug use issues that negatively impacted their marriages exhibit higher levels of physical and psychological violence (Capaldi et al., 2009). Robertson's study investigates how these factors contribute to the manifestation of violent behaviour in adult offenders. Additionally, it seeks to identify potential interventions or strategies that can help improve emotion regulation skills and reduce the likelihood of violent tendencies among this

population. According to the study, inappropriate emotion management and views that violence is normal lead to aggressive conduct, which is why treating violent offenders should be a major priority (Robertson et al., 2014).

## CONCLUSION

According to the study's results, hostility has a significant bearing on the frequency with which men in intimate relationships engage in acts of domestic violence against their female partners. The study's findings show a strong and direct link between growing rates of aggressive behaviour among men and rising rates of domestic violence. In addition, there is empirical evidence to show that the intake of alcohol and drugs tends to accentuate aggressive tendencies in males, which in turn increases the likelihood that those men may engage in violent behaviours towards the close connections in their lives. Because of this, the risk of males committing acts of domestic violence is increased for those men who struggle to effectively regulate their emotions during highly contentious conflicts with their romantic partners and who, as a result, resort to physical or verbal aggression as a means of venting their anger, as these men have a greater propensity to commit acts of domestic violence.

**Table 1 Mean, SD, and “t” Value of Aggression Between Male Domestic Abusers and Non-Domestic Abusers**

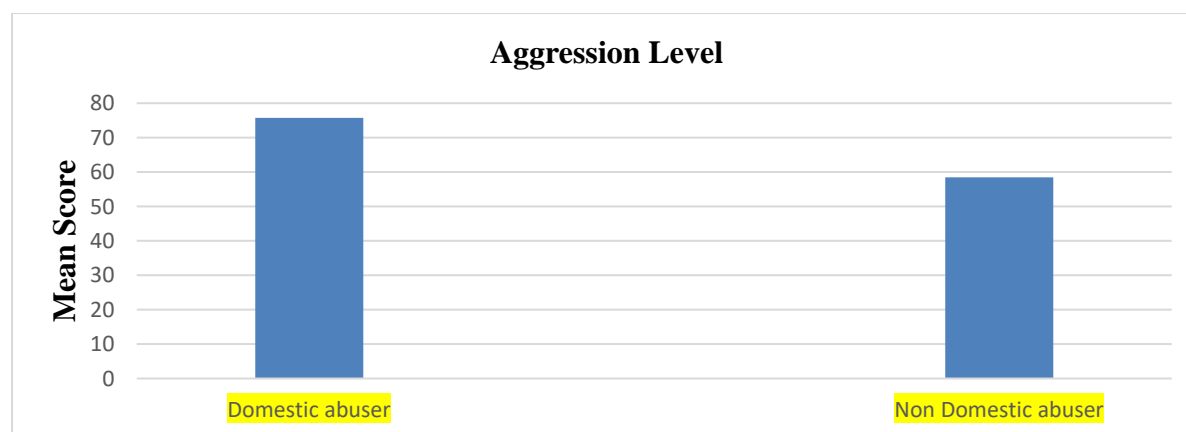
| Group               | N  | Mean  | Standard Deviation | t-value | df | Sig(2-tailed) |
|---------------------|----|-------|--------------------|---------|----|---------------|
| Domestic abuser     | 50 | 75.78 | 575.89             | 3.89154 | 49 | 0.05          |
| Non-Domestic abuser | 50 | 58.46 | 414.54             |         |    |               |

\*P <.01 and \*P <.05 indicate that the correlation is significant at the 0.01 and 0.05 (2-tailed) levels.

Table depicts the t-statistics value difference between Domestic abuser and non-domestic abuser respondents on level of aggression. The respondents who are domestic abusers scored higher in the level of aggression than non-domestic abusers. The difference was found statistically in favour of domestic abusers.

### Graphical Representation

Graph presents the mean values scored by Domestic abusers and non-domestic abusers on the level of aggression scale. Mean score of respondents from domestic abusers is significantly higher than that of non-domestic abusers.



**Graph 1: Graphical representation of mean values of level of aggression in Domestic abuser and non-domestic abuser respondents.**

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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:** Sharma, D., Kumar, K. & Srivastava, A. (2024). Unmasking The Aggressive Behaviour: A Study on Domestic Abusers in Punjab. *International Journal of Indian Psychology*, 12(3), 1177-1180. DIP:18.01.114.20241203, DOI:10.25215/1203.114