

## A Comparative Study of Anger and Aggressive Behaviour among male and female University Students

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**ABSTRACT:** Almost everyone experiences rage or aggression on a daily basis. However, if this emotion is not appropriately controlled, it can be extremely detrimental to young adults, particularly students. The goal of the current study is to clarify the degree of aggressiveness among Jammu and Kashmiri university students. One hundred university students from various courses were chosen at random for this purpose, with an equal number of male and female students. The Aggression Scale created in 2004 by Drs. Raj Kumari Bhatnagar and G.P. Mathur was used for collection of data. The study's findings provide some intriguing data indicating that, compared to male participants (22%), female participants exhibit higher levels of hostility (30%). Additionally, the findings indicate that 26% of participants overall report having high levels of aggression, meaning that one-fourth of people exhibit higher levels of hostility. Additionally, the data show that although the proportion of female participants is high on aggression, there is no significant difference ( $t = -.568, p > .05$ ) between them and their male counterparts. The findings also contradict the widespread belief that men are more violent than women. The findings imply that the pattern of violence is currently shifting, with about similar levels of aggression experienced by men and women in modern times.

**Keywords:** Aggressive Behaviour, Anger, Gender Differences, University Students.

### I. INTRODUCTION:

Humanity has always had serious concerns about aggression. Psychologists have been trying to define aggression for a long time. It is defined differently by different people. According to some, it's a conduct meant to hurt someone who doesn't want to be hurt. Some describe it as the phenomena where someone hurts other people in order to feel happy and joyful, (Wani, M. A. N., Sankar, R., Raghavi, R., & Chinmaya, B., 2017).

The Latin word "Aggression," which implies assault or attack, is where the term "aggression" comes from. Aggression can be summed up as hurting, harming, or causing pain to another person. Individual According to Duda (1996), anger is best defined as an emotional state that ranges from mild annoyance to rage, (Alia, H. U., & Iftikhar, S. 2021). The word "aggression" is widely used to characterize both our own and other people's behavior. The term "aggression" in psychology refers to a range of actions that cause an individual to suffer both physical and emotional harm. According to social psychologists, aggressiveness is defined as an intentional act that causes harm to individuals who do not wish to be injured (Baron & Richardson 1994). Additionally, hostility can take many forms, including relational, verbal, physical, cyber bullying, and unintentional violence. Hitting, beating, kicking, using weapons, and causing damage to homes or other places are the main examples of physical violence, Buss, 1961).

Adolescence is seen as periods of "storm and stress." During this time, adolescents struggle to regulate their emotions and act defiantly and erratically for no apparent cause. This could lead to numerous social issues, (Anjanappa, S., Govindan, R., & Munivenkatappa, M., 2020). Sella Kumar (Anger, hostility, and violence are frequently used synonymously. Nonetheless, other scholars believe that the cognitive, affective, and behavioral aspects of the same multidimensional construct can be represented by hostility, anger, and aggression (Buss & Perry, 1992). Anger is a type of violent conduct that appears in teenagers in close relationships and is displayed in dating circumstances, while anger is a sort of dissatisfaction (Mohan, 2003).

One of the fundamental emotions that people encounter on a regular basis is anger. It is an intense sense of discomfort brought on by a particular trigger. When someone disparages their personality, treats them unfairly, assigns

responsibility for an unjustified conduct, prevents them from achieving their goals, or transgresses cultural standards, people feel irate. (Kiecolt & Marby, 2005) continuum in which the frequency, intensity, and duration of the experience, along with expressive (i.e., subjective, physiological, interpretive, and behavioural) characteristics, often leads to significant impairment (Kassinove & Sukhodolsky, 1995; Kassinove & Tafrate 2002)

According to Spielberger (1988), anger is an emotional state made up of sentiments that range in intensity from minor annoyance or irritation to extreme fury and rage. People who are adept at handling emotional issues can avoid dealing with a variety of issues and vent rage in an adaptable way. Among the main consequences of anger are suicide, depression, and aggression. But it goes beyond just comprehending the effects of anger; it's also critical to comprehend why young people are more prone to feeling angry. Anger has been found to be influenced, either positively or adversely, by social support, bullying, family relationships, personality, and the home environment (Navis, 2012).

## II. REVIEW OF LITERATURE:

An investigation into gender disparities in violent behavior during adolescence was carried out by Akhtar, J. et al. (2015). The results showed that boys were noticeably more aggressive than girls. This implies that male adolescents may exhibit more violent tendencies due to biological, social, and environmental causes.

Onukwufor (2013) studied teenage verbal and physical aggressiveness. Males exhibited higher levels of physical hostility than females, according to the results, which showed a substantial gender difference. This finding emphasizes how aggressive actions during adolescence are shaped by biological variables, cultural expectations, and gender socialization. In order to investigate aggression in teenage males and girls, (Ghosh, M. S., 2012) did a comparative study. There were 50 boys and 50 girls among the 100 participants in the sample. Boys and girls displayed identical patterns of violent conduct during adolescence, according to data analysis, which showed no statistically significant gender differences in aggression levels. In a study on children and teenagers, Fares et al. (2011) looked at how age, sex, and the impact of socioeconomic status inequalities affected the justification of aggressive behavior in different social contexts. A self-report questionnaire was used to gather the data. The findings also revealed

that boys were more likely than girls to justify physical aggressiveness.

Edalati et al. (2010) It was determined that the material currently in publication indicates that, rather than being lower, female levels of physical violence are almost equal to or occasionally higher than those of males. These results cast doubt on conventional gender stereotypes and imply that violent behaviours in both sexes may be greatly influenced by shifting social positions, emotional expressiveness, and environmental factors. Hay (2007) studied the variations in hostility between the sexes. Boys and girls use force at similar rates from infancy, according to observational studies and other recent research. According to the study by Stephen (2004), there was a size difference in the group, and both male and female athletes were more aggressive than their counterparts in the general population. The findings indicate that while male athletes scored higher on measures of indirect aggression within the players group, female athletes scored higher on verbal irritability. Female athletes will exhibit greater aggressive conduct if they participate in many sports as opposed to just one.

In order to determine the effects of provocation in aggression among gender disparities, Bettencourt and Miller (1996) conducted a study. According to the study, men are more violent than women when they aren't prompted. The lessened effect of provocation is somewhat mediated by gender differences in appraisals, the severity of provocation, or the danger of reprisal; nevertheless, these factors do not fully reveal the intricacies of the controlled effect. Additionally, the study found that the type of provocation and other factors also have an impact on the degree and intensity of gender differences in aggression. Males and females were contrasted in terms of direct verbal and physical aggressiveness by Bjorkqvist et al. (1994). Both male and female university employees served as the subjects. The harassment measuring scale developed by Bjorkqvist et al. (1994) was used and two subscales—social manipulation and reasonable appearing aggression—were given additional weight in this tool. The findings showed that while females were more likely to experience direct verbal violence from males, males were more likely to exhibit physical aggressiveness. Direct verbal hostility from men was highly prevalent among females.

According to Eagly and Steffen (1986), gender differences were sufficiently connected to many aspects of the investigations, even if men were somewhat more aggressive than women on various criteria. Men in particular were more likely to engage in violent behaviours that result in pain or injury than in social or psychological harm. They also underlined that perceived consequences of aggressiveness, which are examined as social factors and gender roles, are the primary cause of sex differences in aggression.

### III. METHODOLOGY:

#### Objectives:

- 1: To assess the level of aggression among males and females.
- 2: To assess the level of physical and verbal aggression among males and females.

#### Hypothesis:

- 1: There will be significant mean difference between boys and girls aggression mean scores.
- 2: There will be significant mean difference would be found between males and females in physical and verbal aggression scores.

**Sample:** The current study is based on a sample of 100 individuals from Jammu and Kashmir, India, who were chosen at random. Additionally, these participants were split evenly into two gender-based groups: boys and girls.

**Tool:** The Aggression Scale was created in 2004 by Drs. Raj Kumari Bhatnagar and G.P. Mathur. The degree of hostility in any age group (above 14 years) is measured using an aggression scale. The aggression scale has 55 statements. Each statement explains various manifestations of an individual's hostility in various contexts. Statements on this scale might be either positive or negative. Five points make up the scale. Both positive and negative statements are included in this scale. There are thirty positive and twenty-five negative statements. The scores for positive statements are 5, 4, 3, 2, 1, and for negative statements, they are 1, 2, 3, 4, and 5. The sum of each item's score will determine the overall score. The scale's test-retest reliability was 0.81 for females and 0.88 for males. The aggression scale's concurrent validity coefficient was 0.80 for men and 0.78 for women.

Table: Scoring norm of the Scale.

Scores	Status
Below 154	Low aggression
155 – 204	Average aggression
205 & Above	High aggression

**Procedure:** A sample of 100 students from various departments at Jammu and Kashmir universities participated in the survey. Each subject was personally met by researchers, who built rapport with them and got their permission to participate in the study. They were then given an aggressiveness questionnaire. Each participant received the necessary instructions before beginning to complete the questionnaire. After ten to fifteen minutes, the students gave the investigator the completed questionnaire and were thanked for their participation. SPSS 16.0 was used to analyze the data in accordance with the study's goals.

### IV. RESULT AND DISCUSSION:

The purpose of the current study is to examine the degree of hostility and gender disparities in aggression among young people. Figures 3, 2, and 1 show the results for males, girls, and the overall percentage of aggression, respectively. Males and females are comparable in

terms of low aggression, since both groups exhibit 4% aggression in the low category, according to a close examination of figures 2 and 1. However, when it comes to high levels of hostility, female participants are slightly higher than male participants—roughly 30% of female participants exhibit high levels of aggression. In this case, we may state that, compared to male participants, female individuals exhibit an 8% increase in extreme aggression. Given that men are typically thought to be more aggressive than women, the results are quite unexpected. The findings also contradict those of Kenneth E. Leonard (2002), who proposed that aggression affects 25% of women and 33% of men. In contrast, 22% of men and 30% of women in the current study reported significant levels of hostility. Given that the current study was conducted 14 years after Kenneth E. Leonard's research, it indicates a shifting pattern of violence from a gender standpoint.

Figure 1: Percentage of Aggression in Males

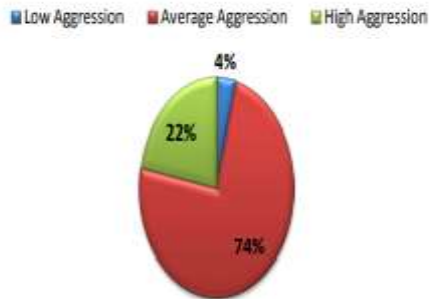
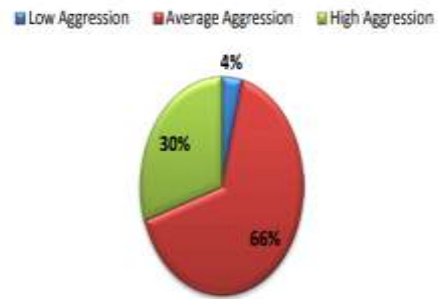


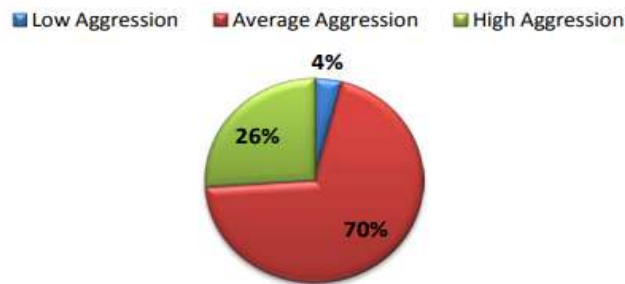
Figure 2: Percentage of Aggression in Females



Overall, 26% of individuals reported experiencing high levels of hostility as young adults, according to the results. This finding also

implies that 25% of young adults are classified as highly aggressive. This data is shown graphically in Figure 3.

Figure 3: Overall Percentage of Aggression



Because there are only two groups in the data, the independent samples t test was used to calculate the gender differences in aggression. The

findings are shown in table 1.1. Figure 4 provides a graphic representation of the mean comparison for both groups.

Figure 4: Genderwise Mean Comparison for Aggression

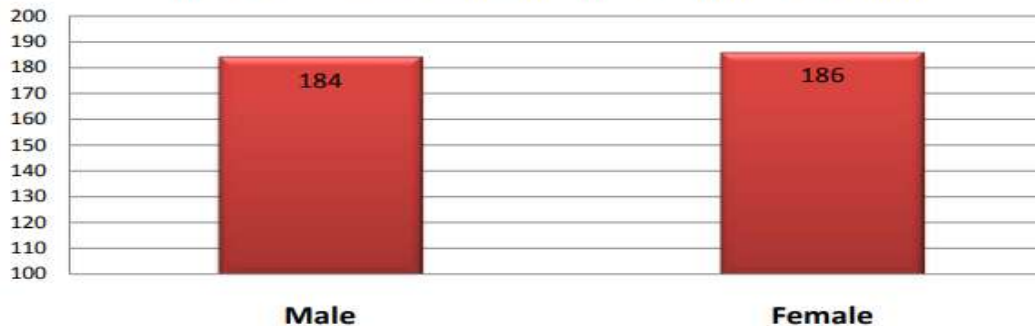


Figure 5 suggests that there is no gender difference in violence. Furthermore, the t value is far below the crucial threshold of probability at the .05 level when we refer to the t ratio for the gender difference ( $t = -0.568, p > .05$ ) in table 1.1. This suggests that there is no discernible difference in violence between the sexes. Therefore, the

alternative hypothesis that predicts a large gender difference in violence is rejected by the current study's findings. The findings of Edalati et al. (2010), who proposed that female physical aggression is nearly equal to or higher than male aggression but not lower than male aggression, are consistent with the current findings. Smritikana

Mitra Ghosh (2012), who found no discernible difference in hostility between boys and females in his study, similarly supports the current findings. According to studies by Crick and Grotpeter (1995), Vives and Colet (2010), and Fries et al.

(2013), women were considerably more hostile or aggressive in relationships than men. Although the results indicate that both sexes are equally aggressive, we did not discover that females were considerably more aggressive than males.

Table 1.1: Means, SDs and t ratio for the gender differences in aggression (Independent Samples)

N=100, df=98	Gender	Mean	SD	t-value	
	Male	184.26	20.66		
Aggression	Female	186.82	24.29	-0.568	0.572(NS)

NS: Non Significant

Additionally, a large number of investigations contradict the existing conclusions. For instance, Veiskarami et al. (2015) discovered that boys scored higher on average on aggression than girls. In contrast to the current study, Bettencourt and Miller (1996) discovered that men are more aggressive than women when they are not provoked. In a similar vein, the Akhtar, J., et al. (2015) study contradicts the existing research findings that indicate girls are comparatively less aggressive than boys.

### V. CONCLUSION:

To sum up, on the basis of our findings we concluded that there is significant gender difference in aggression, females are more aggressive than males. However, most current research suggests that there is no significant gender difference in aggression. The present study also supports this view, indicating that both males and females experience aggression at comparable levels. This finding highlights the growing influence of shared environmental, academic, and social stressors, suggesting that aggressive tendencies are shaped more by situational and psychological factors than by gender alone. Although the current study's limited sample size is one of its limitations, it provides fresh perspectives for future researchers who wish to study aggression-related topics.

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**Conflicts of interest:** There are no conflicts of interest as declared by authors.

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