

EFFECTS OF RESILIENCE ON AGGRESSION AMONG ADOLESCENTS

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ABSTRACT

The present study aimed to find the significant relationship of resilience on alienation in adolescent boys and girls. The sample of study was 800 senior secondary school students from different schools of Punjab was selected. Descriptive approach was adopted to ascertain the relationship between resilience and aggression of senior secondary school students. t-ratio was applied to find out the significance of difference of means of resilience and aggression of adolescent's boys and girls. In this study Resilience scale by (Wagnild and Young 2012). and Aggression Scale by G.P Mathur and Rajkumari Bhatnagar 2012) was used. The study concludes say that there exists average negative correlation between Resilience and Aggression among adolescents of the total sample.

INTRODUCTION

Adolescence is a transitional period between childhood and adulthood during which a lot of physical, psychological and social changes occurs. It is a period at which an individual attains maturity. Physical changes caused by hormonal changes create psychological disturbance. Thus adolescence becomes a problem age in which young people suffer from mental, emotional and behaviour problems, which are painful and costly to both the youngsters and to their family members. These problems severely disrupts a child's ability to function socially, academically and emotionally, and in the process also affect the person as well as his or her family, school, community and the larger society. Teen aggression may manifest in different ways, including verbal aggression, physical violence and anti-social behaviour. Aggressive teenage behaviours can include: Shouting, Cursing, Verbally abusive language like sarcasm and insults. Resilience helps pre-teens and teenagers manage and learn from challenges. Pre-teens and teenagers can build resilience by working on attitude like self-respect and self-compassion. Adolescents who are vulnerable to stressors develop various behavioral and emotional problems, but some of them tend to challenge this expectation by becoming well adapted individuals. Such groups of adolescents who develop this psychological functioning in face of adversity are referred as 'Resilient'. The research on resilience and processes leading to resilience has challenged the conventional wisdom that adversity thwarts the development.

RESILIENCE

Resilient children and youth grow, branch out flower when systems supporting their healthy development work together. Such young people are more likely resist overcome challenges

and demanding learn from them, and develop and succeed in healthy ways. Resilience is the capacity of people to effectively cope with adjust, or recover from stress or adversity. It is the process and outcome of successfully adapting to difficult or challenging life experiences and the ability to rise above one's circumstances.

Luthar and Cicchetti (2000) defined "resilience as a relatively good outcome even through an individual may experience situations that have been shown to carry significant risk for developing psychopathology.

Unger (2004) defined resilience as the "outcome from negotiations viewed as adverse between individuals and their environments for the resources' to define themselves as healthy amidst conditions collectively."

The basic conceptualization of resilience as adaptation and bounce back despite adversity is considered a good starting point for the purpose of a common frame of reference.

During adolescence stage spirituality and individual resilience have a negative and significant effect on aggression tendency. Therefore, planning to increase the spirituality and individual resilience in students can play an important role in decreasing the aggression and also help important organizations to prevent and intervene the social injuries in time. Aggression can be direct behaviours such as hitting, kicking, biting and pushing to name a few. Additionally, aggression can take on an indirect form teasing, bullying, spreading rumors, name-calling, or ignoring someone.

AGGRESSION

Aggression is a negative emotion and though we don't like, it is an important part of human experience. Aggressive behaviour are intended to cause injury and anxiety to other including hitting, kicking, destroying property, quarrelling,

derogating others, attacking others verbally and resisting requests. Aggression is an anti-social sense is violent and destructive behaviour that is purposely directed against other people or the environment. Aggression means feelings of anger or antipathy resulting in hostile or violent behaviour or readiness to attack or confront. For example: Physical violence, such as biting, hitting, and kicking. Similarly, verbal hostility, like sending threatening messages through emails, phone calls, or social media, or making threats against someone's life, shouting and swearing. The record of man's aggressions runs the gamut of human history from the Biblical era and the pre-Homeric sagas to the series of conflicts and upheavals that have marked the twentieth century. War, murders, fighting and the destruction of property are the obvious manifestations of aggression. Very cogent arguments have also been made suggesting that aggression is an important component of such self-defeating behaviours as academic failure, alcoholism, social withdrawal and suicide survive.

In current scenario, adolescents mostly experience 'Emotional aggression' which is the result of repressed negative emotions they experience at the moment, that they aggress and is not really intended to create any positive outcomes.

According to Freud (1920) all humans possess an aggressive drive from birth, which together with the sexual drive, contributed to personality development and found expression in the behaviour. According to Coi and Dogde (2000) the term aggression refers to wide spectrum of behaviour in the psychological literature.

One thing is common in all aggressive behaviour i.e. unfulfilled human needs and desires. To overcome frustration the individual becomes violent so aggression is logical and expected consequence of frustration. The present youth is prone to aggression because of fierce competition of the modern life. Failure to achieve their objectives lead to frustration and desperation in them and this provoke in many irritability, anger, loss of self-control culminating in aggression (Kohli & Malik, 2009).

It is very important to know the level of self- confidence in child along with the parental support. Self- concept serves as a vital component for an adolescent's motivation, aggressive behaviour, learning and in execution of their competency in

society. Individuals with high self-concept look at difficulties as challenges rather than threats, they tend to be more intrinsically interested in the tasks they pursue, which increase the accomplishments and success rate of the teens automatically. Thus, to study resilience among adolescents, self-efficacy is an essential variable to measure. Resilience positively affects satisfaction and psychological distress through the mediation effects of self-concept

REVIEW OF LITERATURE

Resilience and Aggression

Yang, Tan, Li, Chen, Yuan and Zhang (2023). Explored the study that Negative life events and aggression among Chinese rural left-behind adolescents: do self-esteem and resilience mediate the relationship. Findings the result that self-esteem and resilience mediated most negative life events on aggression. The results showed that people with a higher level of resilience tend to adopt less aggression due to negative life events.

Judge and Kapoor (2022) conducted a study on aggression and resilience among college students. A sample of 200 male and female students randomly selected. Pearson correlation and T-test were applied. Result showed that an insignificant negative relationship between aggression and resilience for both male and female population.

Naseem and Munaf (2020) explored the study resilience and aggression of adolescents, early and middle-aged adults: analysing gender difference. Purposive sampling, 600 students (male and female) were selected from different regions of Karachi. The results revealed that non-significant gender difference was found in aggression and resilience.

OBJECTIVES

1. To study the relationship between Resilience and Aggression among adolescents.
2. To investigate the significance of difference between Resilience among adolescents having high and low aggression.
3. To investigate the significance of difference between Resilience among male and female adolescents.

HYPOTHRSES

1. There exists no significant relationship between Resilience and Aggression among adolescents.
2. There exists no significant significance of difference between Resilience among adolescents having high and

low aggression.

- There exists no significant significance of difference between Resilience among male and female adolescents.

SIGINIFICANCE OF THE STUDY

Adolescence group has the great future to contribute their best to the country. But, most of theyouthin Punjab just like other states , suffer from so many psychological ,emotional and behavioral problems. Main objective is to guide them to put their best efforts in the right direction. Resilience enables youth to interact with peers in a different of ways and maintain healthy relationship with peers and adults, both of life. Thus, Aggression, self-concept family environment are such three variables which will represent a excellent combination on aggression are essential for success in school and after that. Parents are the first consultant of a child's life, they teach them the general etiquette, which forms beliefs and motivation levels in adolescents, followed by their own personality (acquired or achieved) towards. This research will also explore the high and low levels of Resilience and Aggression which will be root in rebuilding the power and levels, ratios and degrees of social competence for adolescents of Punjab

RESEARCH DESIGN

The present study will be descriptive research based on correlational parameters. The investigator will correlate these predictors and the outcome variable and will conduct a multiple regression to find out that what each predictor had different effects on criterion variable.

Sample Size- A sample of 800 adolescents will be investigated from five different districts of Punjab who will be arbitrarily selected from different schools/institutions.

SAMPLING TECHNIQUES

Random Sampling technique of sampling will be used in the present study.

TOOLS USED

- Resilience Scale Wagnild and young 2012)
- Aggression Scale by G.PMathurand Rajkumari Bhatnagar 2012)

DELIMITATIONS

- The present study is confined to the age group of 14-18 years only.
- The present study includes the target population of Punjab jurisdiction only.
- This study is confined only to a sample of 800.
- This study include adolescents studying in Govt. Senior Secondary schools.

Showing coefficient of correlation between Resilience and Aggression among adolescents of the Total sample

Respondents	N	R
Total sample	800	- 0.312*

*Significant at 0.01 level of confidence

There exists average negative correlation between Resilience and Aggression among adolescents of the total sample.

t-ratios for the Difference between Mean Scores on Resilience among adolescents having high and Low Aggression

Variable	High	Low	t-ratio
Aggression	Mean = 114.73 SD = 21.43 N= 216	Mean = 130.81 SD = 16.29 N= 216	8.77*

*Significant at 0.01 level of confidence

An examination of the two mean scores suggests that adolescents having high aggression have lower mean score (Mean = 114.73) on the variable of Resilience as compared to adolescents having low aggression (Mean = 130.81) which clearly indicates that high aggression group adolescents have low Resilience as compared to adolescents belonging to low aggression group.

t-ratios for the Difference between Mean Scores on Resilience among male and female adolescents

Variable	Male	Female	t-ratio
Resilience	Mean = 127.23 SD = 19.97 N= 400	Mean = 117.33 SD = 21.53 N= 400	6.74*

***Significant at 0.01 level of confidence**

An examination of the two mean scores suggests that male adolescents have higher mean score (Mean = 127.23) on the variable of Resilience as compared to female adolescents (Mean = 117.33) which clearly indicates that male adolescents have more Resilience as compared to female adolescents.

CONCLUSION

This study successfully pursued its objective of investigating the relationship between resilience and aggression in adolescents. The hypotheses framed within the research framework were systematically examined, providing a structured approach to understanding the intricate dynamics at play. The utilization of survey data allowed for a comprehensive exploration of the subject, offering valuable insights into the nuanced connections between resilience and aggression. The t-ratio for the difference in mean scores on Resilience among male and female adolescents came out to be 6.74 which is significant at 0.01 level of confidence. It leads to the conclusion that male and female adolescents did not have equal mean scores on Resilience. Hence the hypothesis stating that "there would be no significant difference between Resilience among male and female adolescents" is rejected. Co-efficient of correlation between Resilience and Aggression among adolescents of the total sample. The value of coefficient of correlation came out to be -0.312 which is significant at 0.01 level of confidence. Thus we can say that there exists average negative correlation between Resilience and Aggression among adolescents of the total sample. Hence, the hypothesis H1 stating that "there would be no significant relationship between Resilience and Aggression among adolescents" is rejected. The t-ratio for the difference in mean scores on Resilience among adolescents having high and low aggression came out to be 8.77 which is significant at 0.01 level of confidence. It leads to the conclusion that adolescents having high and low aggression did not have equal mean scores on Resilience. Hence the hypothesis H4 stating that "there would be no significant difference between Resilience among adolescents having high and low aggression" is rejected.

EDUCATIONAL IMPLICATIONS

Research studies are conducted with broader objectives to present the solution of pressing problems of society. Knowledge of findings of a particular study helps the person concerned to that area. Therefore, the present study was initiated with the objectives to explore the relationship of resilience and aggression of adolescents which will be helpful to the persons and agencies associated with education of adolescents. Although the tendency of human beings towards deviance is present at all developmental stages, yet adolescence is the most vulnerable and sensitive one. It is a period of major physical and psychological development accompanying a multiplicity of challenges and the most important one is to connect to the larger world in which an adolescent lives. Results indicate that adolescents who have more resilient are better adjusted as compared to adolescents with low resilient.

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