



Impact of Aggressive Behaviour on the Adjustment of Adolescent

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Abstract : *The present research “Impact of Aggressive Behaviour on the Adjustment of Adolescence” was taken up with a purpose to see the impact of aggressive behaviour on the adjustment of adolescence and, to see the relationship between the aggression and adjustment of adolescents. To verify this four hypotheses were formulated-1. Aggressive behaviour and Adjustment will be negatively correlated. 2. Adolescent boys and girls will differ significantly in their level of aggression. 3. Aggressive behaviour will be high in adolescent boys than adolescent girls. 4. There will be significant difference in level of adjustment in adolescent boys*

and girls. A sample of 100 students-50 boys and 50 girls were selected from two colleges of Patna town- A.N College and J.D Womens College respectively by incidental – cum - purposive sampling method. The mean, standard deviation, product moment coefficient of correlation and critical ratio were computed for analysis of the data. The first hypothesis was “Aggressive behaviour and Adjustment of the Adolescent will be negatively correlated”. This was not proved as there comes positive correlation between aggressive behaviour and adjustment. The second hypothesis was “Adolescent boys and girls will differ significantly in their level of aggression.” Proved as the obtained value (7.046) is greater than the table value (2.63). The third hypothesis “Aggressive behavior will be high in adolescent boys than adolescent girls.” was proved as the mean of male is high than that of female. The fourth hypothesis was “There will be significant difference in level of adjustment in adolescent boys and girls.” was proved as the obtained value (4.048) is greater than the table value (2.63). It was suggested that parents should discourage aggressive behaviour and restrict using abusive language, and also should dedicate more time and support to the adolescents so that adolescents can have better adjustment.

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Key words : Adjustment, Aggression and adolescents.

Introduction :

The term aggression refers to a range of behaviour that can result in physical and psychological harm to oneself, others or other objects in the environment. The dictionary meaning of the word adjustment is to fit, makes suitable, adapt, arrange, modify, harmonize or make correspondent. Psychologists and scholars differ considerably in interpreting its meaning and nature. They interpret adjustment from two points of view- Adjustment as an achievement and Adjustment as a process. Adolescence refers to the process of growing up or to the period of life from puberty to maturity. Adolescents are characterized to be argumentative and easily excitable, impulsive, prone to excess and exaggeration and lacking self-restraint.

Purpose :

The purpose of the present study was to examine the impact of aggressive behaviour on the adjustment among adolescents. Thus, the answer to the following questions were sought –

1. Is there any relationship between aggression and adjustment of adolescents?
2. Do adolescent boys and girls differ on their aggression?
3. Do adolescent boys and girls differ in their adjustment?

Hypothesis :

Keeping in mind the purpose of the present study, following hypotheses were formulated for verification.

1. Aggressive behaviour and adjustment will be negatively correlated.
2. Adolescent boys and girls will differ significantly in their level of aggression.

3. Aggressive behaviour will be high in adolescent boys than adolescent girls.
4. There will be significant difference in level of adjustment in adolescent boys and girls.

Methodology :

The methodology consisted of sample, research tool and procedure of data collection. The sample was selected by incidental– cum– purposive sampling method which consisted of 100 adolescents (Boys-50, Girls-50) from two colleges of Patna, age ranging from 16 to 18 years. The research tools used for testing the hypotheses were:

- Aggression scale(AS), developed by Bharadwa, R.L. (2008).
- Hindi adaptation of Bell Adjustment Inventory developed by Mohshin, S M & Hussain S. (2001).

Area of data collection was J.D Women's College and A.N College of Patna town.

Result interpretation :

Hypothesis No.1 : Aggressive behaviour and adjustment will be negatively correlated.

Table No.1

(N=100)

Table showing the co-efficient of correlation(r), df and level of significance of the scores obtained by the adolescents on Aggression Scale and Bell Adjustment inventory.

Variables	N	Total obtained Scores	r	df	Level of significance
Aggression	100	7547	0.572	98	p>0.01*
Adjustment	100	4935			

***Table value at 0.01 level =0.260**

Table no.1 shows the correlation between aggression and adjustment among adolescents. The obtained r value is 0.572. The table value of co-efficient of co-relation at df 98 is 0.260 at 0.01

level. Thus, the obtained r value (0.572) is greater than the table values of both the levels. So, there is significant positive co-relation between aggression and adjustment. The plus(+) sign in the value of coefficient of co-relation is indicating positive co-relation between aggression and adjustment. Positive co-relation means the increase in one variable will also lead to increase in the other variable. In this context if there is increase in aggression there will be increase in adjustment and vice versa.

In the present study positive correlation was obtained between the scores on aggression and adjustment of the adolescents that is when the scores of aggression of the adolescent increased there was increase in the score of adjustment. Thus, the significant positive correlation is not going in favour of the first hypothesis which states that "Aggressive behaviour and Adjustment will be negatively correlated". So hypothesis no.I has not been proved.

Hypothesis No.II : Adolescent boys and girls will differ significantly in their level of Aggression.

Table No.2

(N=100)

Table showing mean , SD and t-ratio, df and level of significance of the scores of adolescent boys and girls on aggression scale.

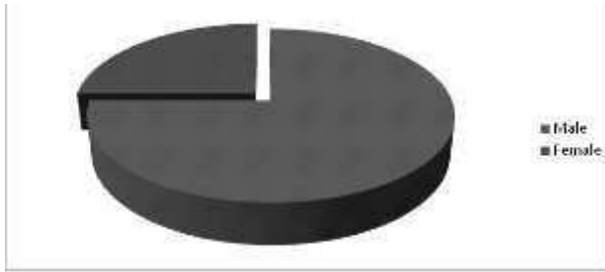
Group	N	Score on aggression	Mean	SD	t-value	df	Level of significance
Male	50	4188	83.76	13.603	7.046	98	$P > 0.01^*$
Female	50	3359	67.18	9.602			

* Table value at 0.01 level =2.63

Out of 100 samples of adolescents covered under the present study, 50 were male and 50 were females. Table no.2 shows that mean value of aggression of male adolescent is 83.76 and that of female adolescent it is 67.18 which means that the

mean of male adolescent is greater than that of female adolescents. There is difference of 16.58 in the mean of two groups. High mean value indicates high aggression in male in comparison to that of female adolescents. So, difference was observed in aggression of male and female adolescents. SD was computed to see the consistency in the responses of the sample. The SD value of male is 13.60 which is quite less to its mean value i.e; 83.76. Similarly, the SD value of female adolescents is 9.60 which is also very less to its mean value i.e; 67.18. So, the variability in the response is very less. Thus, the response given by the sample are dependable. Hypothesis no.II states that the difference in the aggression of male and female will be significant. To test the significance of difference between the two means of aggression of (male and female) critical ratio was computed. The obtained critical value is 7.046 On 0.05 level of significance, the table value at df 98 is 2.704 and on 0.01 level of significance it is 2.021. So, The obtained value ($t=7.046$) is greater on both the levels. Hence, it can be said that there is significant difference between the two mean as obtained value is significant at 0.01 level of confidence. Thus, the result is going in favour of the hypothesis no.2 which states that "Adolescent boys and girls will differ in their level of aggression". The hypothesis no.II is getting full support, Thus, safely it can be said that the male and female adolescents significantly differ on the variable of aggression. High scores on this scale indicate high level of aggression. So the findings clearly suggest that males are more aggressive than females. For the clear perception of the data the scores of aggression of female adolescents and male adolescents are presented graphically through a pie chart in figure no. 2

Pie chart showing the scores of aggression of female and male adolescents.



Hypothesis No.III : Aggressive behaviour will be high in Adolescent Boys than Adolescent Girls.

Table No.3

(N=100)

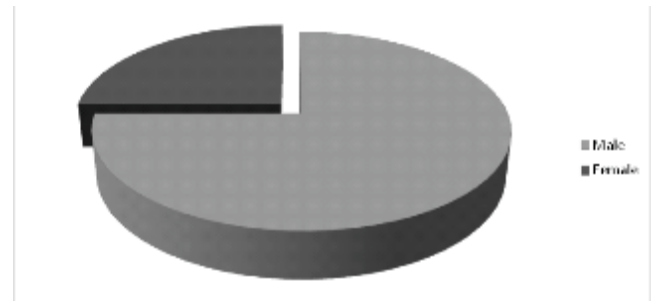
Table showing the N, Mean and SD of aggression scores of adolescent boys and girls.

Group	N	Score aggression scale	Mean	SD
Male	50	4188	83.76	13.603
Female	50	3359	67.18	9.602

Out of 100 samples of adolescent of the present study 50 were male and 50 were female adolescents. Table no.3 shows that mean value of aggression of male adolescent is 83.76 and that of female adolescent is 67.18 which means that the mean of male adolescent is greater than that of female adolescents. High mean value indicates high aggression in male in comparison to that of female adolescents. So, difference has occurred in aggression of male and female adolescents. The difference between the two means ($m = 83.76 - 67.18$) is 16.58. The SD value of male is 13.603 which is quite less to its mean value i.e; 83.76. Similarly, the SD value of female adolescent is 9.602 which is also very less to its mean value i.e; 67.18. So, the variability in the response is very less. Thus, the response given by the sample are dependable. So on the basis of finding it can be concluded that adolescent boys are more

aggressive than adolescent girls. For the clear perception of the data the scores of aggression of female adolescent and male adolescent are graphically presented through a pie chart in figure no.3

Pie chart showing the scores of aggression of female and male adolescent.



Hypothesis No. IV : There will be significant difference in level of adjustment in adolescent boys and girls.

Table No.4

(N=100)

Table showing mean, SD and t-ratio, df and level of significance of the scores of adolescent boys and girls on adjustment scale.

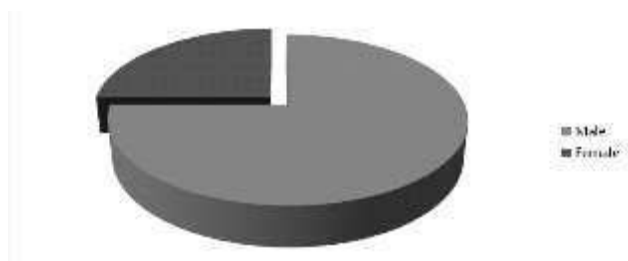
Group	N	Score on adjustment	Mean	SD	t-value	df	Level of significance
Male	50	2742	54.84	15.755	4.048	98	$P > 0.01^*$
Female	50	2193	43.86	10.948			

* Table value at 0.01 level =2.63

Out of 100 samples of adolescents of the present study 50 were male and 50 were female adolescent .Table no.4 shows that mean value of adjustment of male adolescent is 54.84 and that of female adolescent it is 43.86 which means that the mean of male adolescent is greater than that of female adolescent .There is difference of 10.98 in the mean of two groups. High mean value indicates poor adjustment in male in comparison to that of female adolescents. So, difference has occurred in adjustment of male and female adolescents. The

SD value of male is 15.755 which is quite less to its mean value i.e ; 54.84. Similarly, the SD value of female adolescents is 10.948 which is also very less to its mean value i.e; 43.86. So, the variability in the response is very less. Thus, the response given by the sample are dependable. Hypothesis no.IV states that the difference in the adjustment of male and female will be significant. To test the significance of difference between the two means of adjustment of (male and female) critical ratio was computed .The obtained critical value is 4.048 On 0.05 level of significance ,the table value at df 98 is 2.704 and on 0.01 level of significance it is 2.021.So, The obtained value ($t=4.048$) is greater on both the levels. Hence it can be said that there is significant difference between the two mean as obtained value is significant at 0.01 level of significance. Thus the result is going in favour of the hypothesis which states that “There will be significant difference in level of adjustment in adolescent boys and girls”. The hypothesis no.IV is getting full support so with certainty it can be claimed that the male and female adolescents significantly differ on the variable of adjustment. High scores on this scale indicate poor level of adjustment. So the findings clearly suggest that females are more adjustable than males. For the clear perception of the data the scores of adjustment of female adolescent and male adolescent are presented graphically through a pie chart in figure no.4

Pie chart showing the scores of adjustment of female and male adolescent.



Conclusion :

On the basis of interpretation of the result of present study following conclusions were drawn by the researchers-

1. Significant correlation was found between aggression and adjustment of the adolescents. Thus, the result is not in favour of hypothesis no. 1.
2. Difference in level of aggression was found between the female and male adolescents and t-ratio (7.046) was significant between the two mean at 0.01 level of confidence. Thus, hypothesis no.II is getting full support.
3. Aggressive behavior was found to be high in adolescent boys than adolescent girls. Hence hypothesis no.III is also proved.
4. A significant difference was found in the level of adjustment of adolescent boys and girls, hence hypothesis no. IV has also been proved.

Suggestions :

On the basis of the obtained results and interpretations the researchers have certain suggestions to be made :-

1. Parents or teachers should not promote the aggressive behaviour of adolescents as it leads to poor adjustment.
2. Parents should discourage aggressive behaviour and restrict using abusive language.
3. Parents and teachers should dedicate more time and support to the adolescents and attend to their emotional needs. So that adolescents can have better adjustment.
4. Healthy communication between the adolescents and parents / teachers should be encouraged as it helps in better

adjustment.

5. Adolescents should also take positive steps towards enhancing their personality. They should strive to do things that are beneficial to them, their parents and society to which they belong.
6. The work needs to be done on a large sample to obtain more accurate result.

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