

## Aggression Leading To Suicide among Youth

\*Sisodia Devendra Singh

\*Head, Department of Psychology, B N Girls College, M L S University, Udaipur

### Abstract

The aim of the study is to see the effect of gender and social category on aggression and to see the correlation of suicidal tendency with aggression. The sample consisted of six experimental groups containing 60 subjects in each group. Manifest Aggression Scale developed by R.A.Singh and Attitude towards Suicide by D.S. Sisodia and Vibhuti Bhatnagar were used. Results showed that there is higher level of aggression in males and aggression is positively correlated with suicidal tendency.

**Key words:** Youth, Aggression and Suicidal Tendency

The importance of giving special attention to youth has grown considerably in recent years. Emotional needs, beliefs, attitudes, value patterns and problems of youth are equally complex and changing as the society changes in which they grow up. Youth can be defined as a period of “student hood”; it exists only for those who move on to post-secondary education before settling into full time work. If defined in terms of physical age, it ranges from 16 to 24 years. Great mental and physical changes occur rapidly in the personality at this stage of life.

Aggression is usually defined as behaviour intended to injure another person (either physically or verbally) or to destroy property.

According to Buss, the most common source of aggression is a verbal insult or negative evaluation from another person. Unpleasant or aversive, environmental conditions may dispose some people towards aggression. Social learning theory stresses the role of imitation of other’s behaviour as a cause of aggression. In many cases, it appears that large-scale aggression fails to develop until one or more “hot-headed” individuals commit an initial act of violence.

Modeling is most effective if the aggressive behaviour is seen as being both justified and achieving a reward and if the watcher is already angry. In addition to social learning, classical conditioning and instrumental conditioning can be important sources of human aggression.

### **Types of Aggression:**

**1. Direct aggression:** Sometimes aggression is expressed directly against the individual or object that is the source of the frustration. The anger engendered when one is blocked tends to find expression in form of direct attack. Such aggression need not be hostile; it may be a learned way of solving a problem.

**2. Displaced aggression:** Displaced aggression is an aggressive action against an innocent person or object rather than against the actual cause of frustration. The practice of “scapegoat” is an example of displaced aggression.

### **Suicide:**

Suicide can be simply explained as taking one's own life. Suicide is a true, universal and generally occurring social incident. Examples of suicide are available from every society and of every period of time right from the ancient period to the modern era.

Suicide is a process of ending own life by own decision. Scientifically suicide is a psychological problem. In terms of psychology Suicide is a mood disorder.

High-risk groups to attempt suicide include depressed persons, alcoholics, and the separated or divorced, individuals living alone, migrants and people from socially disorganized areas.

In today's world, the word suicide is very common. Almost every day we do hear one or two incidents of suicide through media. When reason behind it is analyzed, we realize that it was not so serious to kill oneself.

These can be defined operationally as follows:

**Aggression:** It is a behaviour intended to injure/ harm either physically or verbally.

**Suicidal tendency:** It refers to the tendency, which is deep rooted, and the individual tends to harm himself/ herself and is not willing to continue his/ her life.

**Objective:** The aim of the study is to see the effect of gender and social category on aggression and to see the correlation of suicidal tendency with aggression.

**Independent variables of the study are:**

**Gender-** Male/Female                      **Social Category-** General/ Scheduled Caste/ Scheduled Tribe

**Dependent variables of the study are:** 1. Aggression 2. Suicidal Tendency

### Method

**Sample:** The total sample of 360 respondents was selected from urban and rural areas of Rajasthan by purposive random sampling. The respondents belonged to the age group of 18-25 years. Among these 360 respondents, 180 were males and other 180 were females.

**Design:** A 3x2 ex-post facto factorial design was formulated for the present study. There are 6 experimental groups and each group contains 60 subjects.

CATEGORY\GENDER	MALE	FEMALE	TOTAL
General	Exp.group I	Exp.group II	120
	60	60	
Scheduled Caste	Exp.group III	Exp.group IV	120
	60	60	
Scheduled Tribe	Exp.group V	Exp.group VI	120
	60	60	
TOTAL	180	180	360

### Materials:

In the present research following tools/tests were administered:

1. Manifest Aggression Scale: Dr. R.A. Singh
2. Suicidal Ideation Scale : Dr. D.S. Sisodia and Dr. Vibhuti Bhatnagar

The scores obtained were analyzed statistically. Measures of central tendency and variability were calculated to see the effect of independent variables on dependent variables.

One-way analysis of variance was used to ascertain the effects of independent variables on aggression and suicidal tendency. Correlation was calculated between suicidal tendency and aggression.

**Results and Discussion**

Following results were obtained on data analysis:

GENDER	MALE	FEMALE	
MEAN	68.6444	67.56	
STANDARD DEVIATION	10.538	10.9675	
CATEGORY	GENERAL	S.C	S.T.
MEAN	68.6	69.94	65.7667
STANDARD DEVIATION	8.25	11.65	11.66

Source of Variations	df	S.Sq.	M.S.Sq.	F-value	Sig level
Main effect- Gender	1	13094.25	13094.25	4.89	*
Social Category	2	4594.47	2297.23	5.02	**
One way- Gender/ Social Category	2	23025.02	11512.51	4.86	**
Error	354	40713.74	115.01	-	-
Total	359	-	-	-	-

\*Significant at .01 level

\*\*Significant at .05 level

It is clear that degree of aggression is comparatively lower in all the respondents. The statistical summary indicates that there is higher level of aggression in males as compared to females. According to Murad, Hani (2002) boys and girls have similar level of aggression. This study is contradictory to the findings in the present investigations. But another study of Bruce, Hartos, Haynie (2002) examined that aggression was greater for boys than girls. When aggression is compared among the categories to, which the sample belongs, it is evident that Scheduled Caste was the category to score highest on the aggression scale and Scheduled Tribe was to score lowest on this particular scale. When results are seen more specifically, then it is evident that Scheduled Caste males are highly aggressive in their life as compared to their other counter parts. As evident from frustration-aggression hypothesis (Dollard), when an individual is unable to fulfill his expectation, he feels frustrated and becomes more aggressive. Aggression is positively correlated with suicidal tendency. A person when aggressive can hurt or destruct anything evens self to give an outlet to the feelings, even in the form of suicide. This period of life understudy is quite important phase. This is the time period where one decides his/ her way of living whole life. But for this, there is contribution of many others: peer group, parents and other prominent members of the society. Among these, parents are the most influencing models. The neglecting attitude, over expecting attitude, authoritative attitude or over protective attitude, all these lead to negative development of the youth. These factors may give rise to aggressive behaviour.

Findings of the present study show moderately high aggressive attitude. Origin of this aggressiveness could be from parents, peer group or own attitudes and wrong beliefs.

Some irrational beliefs of the youth like (1) I can never be unsuccessful (2) everyone should like me (3) I am best among my peer group, which are common today arise due to various psychosocial problems of youth.

Maladjustment leads to frustration, which ultimately leads to aggression. Positive communication between parents and youth is very helpful in building a good relationship, which prevents from developing frustration.

### **Conclusions**

1. There is higher level of aggression in males.
2. Scheduled Caste males are highly aggressive in their life as compared to their counter parts.
3. Aggression is positively correlated with suicidal tendency.

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