

# Critical Review On Aggression And Violent Behavior In Teenager's

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*SUBJECT*

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## **Abstract**

*Aggressive behavior among teenagers has been a serious concern in almost every part of the world. An act committed by a juvenile that does not abide by the social norms having the potential to escalate conflict and harm others can be considered as an alarming indicator of the degeneration of society. Several factors have been identified like frustration, depression, aggravation, and assault as the cause of such delinquent behavior. Emotional bursts out from such juveniles may occur in the form of verbal and nonverbal mode, holding them responsible for creating a nuisance. The study conducted here is aimed to find out the cause of aggressive behavior among teenagers, the level of aggregation in them, and how it affects society. The sample size of 100 teenagers has been considered from the age 13 to 18, from a school. It is expected that the study will reveal certain answers which will be fruitful for understanding teenage psychology. ( López, Jiménez, & Moreno, 2018)*

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## **Introduction**

Teenage is a transition phase between childhood and adulthood. Young boys and girls at this age often get inclined to certain unprecedented activities that become a cause of worry for the parents. A study has shown behavior of teenagers has shown a paradigm shift from the behavior of the same age group in the years before. Early access to certain instruments suggests mobile phones, the internet, and faster means of communication are considered as the possible cause of aggressiveness among teenagers. Style of parenting also shapes the mode of behavior in teenagers. Other than this influence of ecstasy pills, drugs and alcohol are also undeniable among teenagers. Society pictures are also responsible for creating social evils. Delinquent behavior among teenagers is also the result of damaged childhood and public relations in their society. Education and the economic status of the family are all social responsibilities for the growth of a child (Hoffmann, 2020). Early access to economic freedom with poor exposure to education can degrade the mortality of a teenager. Teenage is considered to be a delicate age that requires proper parenting, guidance, and emotional support. Lack of affection in family and society, lack of virtue, absence of verbal tenderness towards children can certainly open a Pandora's Box. (Salakhova, Sokolovskaya, Ulyanova & Terekhova, 2019)



## Research Questions

What are the categories of aggressive behavior among teenagers?

What is the cause of aggressive behavior among teenagers?

What can be the social impact of such aggressive behavior among teenagers?

## Literature Review

Aggressive behavior among teenagers is a social issue having multiple causes and effects. No child processes delinquency from his childhood. The questions should be upon the society which created certain norms that have played a vital role in shaping the morale of the teenagers for so long and are now unable to bind the teenagers in its structural framework. Globalization and economic boom in the countries have increased accessibility of sophisticated resources to almost everyone without the boundary of age. The new age of information has changed the politics of social behavior across global spaces. On one hand, these features eased the social life of people, on the other hand, technological advancement and too much availability of information opened a dark hole in the personal lives of people. Excess of availability of everything has ruined the lives of many people.

Aggression has been classified into four categories, these are physical aggression, verbal aggression, emotional aggression, and hostile aggression. Physical aggression involves fighting, killing, or any such action that may cause harm in physical form to others. Verbal aggression is involved with bullying, verbal abuse, mocking, cursing, yelling, speaking harshly, or any communication-based aggressive behavior that may potentially humiliate or harm someone. Emotional aggression can be considered as those behaviors that induce anger that can escalate fights. Boycotting someone can also be considered a form of emotional aggression. Hostile aggression is a result of animosity and negative prejudices that results in boycotting or abusing others. These kinds of aggressions can cause depression and mental retardation, depleting the mental health of the youth. (Rathakrishnan, Singh & Rahim)

Greater job opportunities for parents have loosened the bond that families used to share in the previous years. Lack of emotion and affection from the very childhood aggravates the behavior of a child. Studies have shown, a teenager who is more inclined towards the shared values of a family and education is certainly a place affected by the ills of society. Information on the internet about drugs, alcohol, and sex in early life has paved way for the social predicament. Exposure to victimization and physical abuse at home or in school also causes moral degeneration in a child. Influence of drugs and alcohol which can induce testosterone has been a serious threat to society. Traditional

parenting has always reminded us about the common phrase called spare the rod and spoil the child. In the present age, such a policy can be the cause of aggression among teenagers. A report released in 2016 from Northern America and Europe shows that 22% to 69% of boys in school are engaged with fighting and aggressive behavior, and 9% to 25% of girls are engaged in fighting and aggression in school. Certain biological factors may be responsible for this kind of behavior among teenagers but the number is certainly alarming. Supportive peer groups and families are what a child needs to develop tenderness and morality in the ab initio of his journey. If not countered at an early age, this kind of behavior may give birth to criminal minds escalating legal challenges for society.



### **Hypothesis**

The hypothesis in this research must abide by the ongoing methodology for this project. The hypothesis considered here is, the dominant factor influencing the behavior of teenagers is merely biological and family has no role to play in it. It is considered in this hypothesis that the sample size that has been considered here has no relation with the factors influencing the aggressive nature of teenage students.

### **Methodology**

The purpose of the study in this research is to find if the family has a role that brings aggressiveness among teenagers. The method of this study shall be quantitative in approach with the preparation of a questionnaire for the students. The research has been conducted using an ex Post facto method, an independent variable present prior to the study affects a dependent variable. It is a quasi- experimental form of study. The group of students shall be 100 in number, comprising teenagers in the age group of 13 to 18. The group shall consist of 50 boys and 50 girls to get a better idea about the biological relationship with aggressiveness in behavior among the teenagers. The questionnaire will consist of certain questions that will directly ask the student the way they show their reaction when getting aggressive and if they have faced abuse from others' aggressive behaviors. Free interactive discussion and discussion with the students can potentially lead to the best results.

The study conducted will not only be used merely for research purposes, but it will also act as an indicator of society and the behavioral norms where the teenage groups find themselves unable to fit within. At the end of the questionnaire, the students will be asked to provide a solution for the prevailing problem.

### Data Analysis

The data analysis shows the results of the questions that are answered by the 100 students. It has been said, the two hundred students have been divided into hundred boys and hundred girls. The study conducted has shown that out of 50 boys, 71% of them have shown verbal aggression to their friends, 57% of the boys have shown physical aggression to their friends, the percentage of emotional aggression among boys has been 92%, and hostile aggression is 83% in the last 3 months.

The data has shown that among 50 girls, 13% of the girls have shown physical aggression towards their friends, 62% of them have shown verbal aggression, 68% of them have shown emotional aggression while 51% have shown hostile aggression towards their friends.

When asked the boys if they have faced any abuse among their friends or family, 97% of them have accepted the fact that they have confronted aggression and abuse from family or friends. 83% of the girls have also admitted that they have been abused at some point of time by family or friends.



### Conclusion

From the aforementioned result of the study conducted through interviewing the teenage students, can we understand that boys tend to be more aggressive than girls in the teenage? However, it is not always the biological factors that make boys more aggressive than girls, but also the behavior they get from their friends and families. The relationships the students share with their and families also have an impact on their behavior (Kadry, Ali, & Sorour, 2017). The problem persists for all teenagers and is a serious concern for society. The study has also shown that those students who get fair and compassionate treatment from their parents have shown lower levels of aggression.





### **Recommendation**

From the study, when students have asked that how this aggressive behavior can be reduced, they have pointed out that their parents should be more compassionate towards themselves. Other studies have also recommended that proper parenting is not just being strict about their children, but also requires proper guidance shown towards their children. In the age of globalization, it is almost impossible to restrict teenagers from using the internet. However, a close vigilance must be kept up on the children so that any sign of improper and aggressive behavior can be tackled firmly ( Kadry, Ali, & Sorour, 2017) Besides, it is always advisable to motivate teenagers and expose them to their hobbies, keeping them away from social ills and abuses.



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