

## EXPLORING THE FACTORS CAUSING AGGRESSION AND VIOLENCE AMONG STUDENTS AND ITS IMPACT ON OUR SOCIAL ATTITUDE

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### ABSTRACT

*The common thin in Pakistani society is to have experiences of violent, aggressive and intolerant behavior of youth in the streets, roads and other common places. The question is why do they have this behavior? The answer to this question is the main focus of the study. Proliferation of violence has become the most serious social problem in Pakistan today. Not a week, often not a day, goes by without some terrible act of violence shaking public confidence in the city dwellers because of cultural norms includes revenge, jealousy, social race for material attainment, or of absence of social justice and of frustration.*

*Aggression among students enhances two types, physical aggression includes such behaviors as pushing, shoving, hitting, slapping, biting, kicking, hair-pulling, stabbing, shooting, and rape. Verbal aggression includes threatening and intimidating others and engaging in malicious teasing, taunting, and name-calling. The study discovers that there are many factors that cause aggression like social, cultural, psychological, economical and educational. Each one had its impact on our covert thinking and overt behaviors. The discussion and graphs presented a very realistic picture of the society.*

**Keywords:** Factors, aggression, violence, Pakistani youth, impact, social attitude

### INTRODUCTION

It is a common thing in Pakistani society to have experiences of violent, aggressive and intolerant behavior in the streets, roads and other common places. If you want to see real wrestling and fighting you are invited to visit any area where youth is involved you may find many arguments, scuffles and quarrels among passengers, road user, laborers, students and shopkeepers fighting on just for nothing. The question is why do we have this behavior? Is it because we follow religion? Is it because we watch aggression on media? Is it because we are an intolerant society? Is it because we have no place to release our catharsis? Is it because we are uneducated people? Or is it our cultural elements that push us to these conditions. Proliferation of violence has become the most serious social problem in Pakistan today. Not a week, often not a day, goes by without some terrible act of violence shaking public confidence in the city dwellers. The security agencies in this country lack ability to protect citizens. The South Asian Journal January to March 2009 says that suicide bombings in 2008 surpass the last year's figure, with 61 attacks killing at least 889 people and injuring 2072 others. In 2009 the recent attacks in Marriot Hotel, Swedish embassy in Islamabad and on Silencing team and Manawan Police Training centre in Lahore have kept Pakistani nation stunned and shocked that from where these people come and inflict severe harm leaving innocent people like ducks in the water. The goal of this article is to locate the reason and major causes for having aggressive behavior in all social setting of Pakistani culture. There can be many forms and manifestation of aggression; it is in vocal language, in body

languages, in explosive movements and in bomb blasts. The study is focused on three type of violence's:

- I. Cultural norms includes revenge, jealousy, social race for material attainment, absence of social justice and frustration
- II. Psychological conditions cover gallantry, gangster, chauvinism and media impacts
- III. Socio- economic deprivation envisages unemployment, cast system, social taboos and social discrimination

Revolutionary violence differs from the other forms in that it seeks system change and tends to be practiced in a sociologically and psychologically selective pattern. The all of these forms do not only prevail in Pakistan today but have also been on the rise in the last two decades There are indications that we might be at the threshold of the outbreak of an organized violence aimed at system change. As recently observed on 15<sup>th</sup> of March, 2009 in Lahore for restoration of deposed judges we have seen glimpses of it. Throughout history violence has served as a principal weapon of domination, and final arbiter of disputes and discontents. While social attitudes toward and actual expressions of violence have not significantly changed in many societies, modern technology has vastly altered the traditional equation of means and ends in the uses of violence. Countries and cultures which fail to narrow the gap between their traditional instincts and modern reality court the risk of self-destruction.

Durable and efficient governing structures and mechanisms often develop when there is a timely and meaningful response to the challenges posed by the enfeeblement of state institutions, and the growth of an environment of generalized violence. A meaningful response is normally one that is based on precise understanding of the roots of the violence and character of its perpetrators. It also requires a certain taming of the repressive instincts that favor augmentation in the coercive capabilities of the state as the best way to deal with augmented terrorism and crime. Apart from the above mention types the aggressive behavior among youth can take many different forms if it is narrowed down to individuals. Aggression can be seen in schools, colleges and universities along with streets, roads and markets. Aggression is generated by sheer defiant nature, being illogical and being unaware of the consequences Factors that contribute to individuals engagement of aggressive behavioral responses in social situations are numerous and varied Aggression is any action that can cause injury or anxiety to others (hitting, kicking, yelling at someone) or attempts to destroy property

- a. Physical aggression includes such behaviors as pushing, shoving, hitting, slapping, biting, kicking, hair-pulling, stabbing, shooting, and rape.
- b. Verbal aggression includes threatening and intimidating others and engaging in malicious teasing, taunting, and name-calling.

Indirect aggression includes such behaviors as gossiping, spreading cruel rumors, and encouraging others to reject or exclude someone. Whenever one person intentionally tries to harm another, it is an act of aggression.

## OBJECTIVES

**The objectives of the current study are:**

1. Finding out the social norms about aggression by youth
2. Assessing the aggressive behavior in our day to day life
3. Determining the socio- economic factors cause aggression

## LITERATURE REVIEW

My first selection is from American papers which portrait college situation as majority of their youth remains in schools and colleges. It says that in 2005 the American College Health Association (ACHA) released its Campus Violence White Paper (Carr, 2005) to address violence patterns on college campuses and identify promising prevention and response practices. This report noted that there are often questions about the accuracy and completeness of college crime data, because colleges are motivated to present a favorable image in order to recruit students and attract donors. Nevertheless, college crime reports generally indicate a lower rate of violent crime than is found in the general community.

A further problem with college crime reports is that many crimes go unreported to college authorities. A study by Sloan, Fisher, and Cullen (1997) found that only 35% of violent crimes on college campuses were reported to authorities. Students interviewed for this study gave various reasons for not reporting crimes. Baum and Klaus (2005) interviewed college students and non-students in the 18-24 years age group; they found a declining crime rate over the course of the study period 1995 to 2002. They also determined that college students experienced a lower victimization rate than non-students for every crime except rape/sexual assault. Moreover, approximately 93% of the crimes against students occurred on off-campus. These results strongly indicate that college campuses are safe in comparison to the community as a whole

A six-month study released by Iowa State University found that video game violence influences players to be more aggressive with proven teaching techniques. The study, in which nearly 2,500 youth were interviewed, revealed that elementary students whose three favorite video games contained violence were 73% more likely to be highly aggressive than those whose favorites were both violent and nonviolent—and 263% more. A six-month study released by Iowa State University found that video game violence influences players to be more aggressive with proven teaching techniques.

Dodge, 1993; Dodge et al., 2003; Erdley and Asher, 1998; Fontaine, 2006, Huesmann and Guerra, 1997 Social-cognitive correlates of individual differences in aggression in children and adolescents include normative beliefs (e.g., Huesmann and Guerra, 1997, self-efficacy judgments (e.g., Erdley and Asher, 1996), outcome expectancies (e.g., Cuddy and Frame, 1991; Perry et al., 1986, 1989), social goals (Chung and Asher, 1996; Erdley and Asher, 1996), and outcome values (e.g., Boldizar et al., 1989; Guerra and Slaby, 1989). For example, compared to their non aggressive peers, aggressive children have been found to expect tangible rewards to result from acting aggressively (Perry et al., 1986), to believe that aggression increases self-esteem (Slaby and Guerra, 1988), and to value aggressive responses as sociomorally acceptable (Fontaine et al., 2002). A different literature has supported the hypothesis that aggressive children fail to act rationally and instead respond impulsively (Dodge and Newman, 1981). A theory of decision making in aggressive youth must reconcile these paradoxical perspectives. Although multiple aspects of decision making have been related to aggression, nowhere in the literature is it considered how these factors operate in concert or how decision-making processes unfold in real time during actual social interactions. A number of professional groups have also addressed the state of relevant research on media violence (e.g., Eron, Gentry, & Schlegel's, 1994, report for the American Psychological Association), as have other federal agencies (e.g., Federal Trade Commission, 2000). Indeed, six medical and public health professional organizations held a Congressional Public Health Summit on July 26, 2000, and issued a Joint Statement on the Impact of Entertainment Violence on Children. This statement noted that "entertainment violence can lead to increases in aggressive attitudes, values, and behavior, particularly in children." The

statement also concluded that the research points “overwhelmingly to a causal connection between media violence and aggressive behavior in some children” (Joint Statement, 2000). The other organizations were the American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry, American Medical Association, American Psychological Association, American Academy of Family Physicians, and American Psychiatric Association. These reports, coupled with mounting public concern, stimulated a search for ways to reduce the adverse effects of media violence, and were responsible, in part, for the passage of the Telecommunications Act of 1996, which mandated that new TV sets be manufactured with a V(for violence)-chip that permits parents to block objectionable content.

Anger is a primary emotion in reaction to such things as fear, hurt feelings, frustration, disappointment, and jealousy. It can be associated with low self-esteem, fear of failure, or feelings of isolation. It can be related to situations in which a child feels anxiety because they have no control over the situation (divorce, a move, family problems). In our present-day reality, the most disturbing aspect of the youth behavior is the growing ratio of unemployment, injustice, nepotisms and corruption at all levels which lead youth to frustration. Sometimes it leads them to drug addiction; this phenomenon cannot be viewed in isolation from the existing socio-political and economic realities. The concern shown by official quarters always tends to ignore the relationship between drug abuse and the existing social pressures.

A country-wide survey on drug addiction in Pakistan, carried out by Iqbal Ahmed 2006, estimates the rate of drug addiction in the country at over 15 per cent among the youth. In 1997, the total number of addicts in the country was 3.01 million, which has now risen to over 4.5 million. According to a conservative estimate the rate of increase is 40,000 per year. The most disturbing fact revealed by the survey was the growing number of heroin addicts in the country with the average age of users falling below 24. According to an estimate, there are over 2 million heroin addicts in Pakistan.

A survey of 10 colleges and two universities of Lahore, conducted by this writer in 2007, showed some horrifying facts related to drug abuse among students. According to the survey, the majority of students surveyed (67%) reported using one or more drugs. This and many other surveys clearly show the rising number of young drug addicts in the country. A number of research studies done in Western countries associated drug experimentation with the failure of the education system to address the needs of the young for personal identity, self-esteem and social competence. The important question is: how much is drug use related to our value system? In our society the growth of drug use among the youth is a manifestation of non-conformity and a quest for self-expression in a social setup which has little to offer them. They are victims of the authoritarian attitudes of parents and teachers, are resentful of social restraints and above all, lack of love and affection. Then, nobody is willing to understand their problems sympathetically.

While aggressive behavior is most common during the infant and toddler years too but the most dangerous aggression occurs during the late teen years and in early adulthood. Aggressive behavior is common in very small children. When toddlers are angry or frustrated, they often will push, shove, bite, and hit other children. As they move into their preschool years, they tend to turn to verbal aggression-yelling at other children and having temper tantrums. From early on, boys are much more likely than girls to engage in physical and verbal aggression against others. In contrast, girls tend to use indirect means of aggression, including withdrawing their friendship, spreading rumors and gossip about another girl, and encouraging others to ignore or reject someone. The study of American psychological Association gives a report, in which nearly 2,500 youth were interviewed,

revealed that elementary students whose three favorite video games contained violence were 73% more likely to be highly aggressive than those whose favorites were both violent and nonviolent—and 26.3% more likely to exhibit hostile behavior than those who only played nonviolent video games.

## METHODOLOGY

There is a survey form for young people (ranging from age 18 to 25) to fill up. It has 15 items five for each of the objectives. The respondents are given three options to check any one only. The items are on likart scale the different questions for their behavior are asked so it is their responses that will testify our claim of the aggression which is present in our society. Aggression does not come only from some brain wash but it has many other channels also. The dominating characteristic of our society is lack of courtesy. The population will mostly be college and university students from Islamabad and Rawalpindi Only 60 sets of forms will be given to them to fill in and their responses will be analyzed through percentage and ratio. The population is youth of Pakistan out of that sample was randomly select people from different places of Rawalpindi and Islamabad with an age span of 18 to 25. It is intended to have an equal opportunity policy to every individual to participate so that they could represent all strata of life. The survey was conducted in Rawalpindi and Islamabad but there were equal number of respondents from urban and rural areas. The respondents were all male and they were of age of below 24.

## DELIMITAION OF THE STUDY

The study has been delimited by choosing only males as it is assumed that they are more aggressive than the females. Secondly it also considered to have an age fixation because youth are the cream of the nation they can build nation or destroy it. That is why it is limited to age span of 15 to 20

## DATA ANALYSIS

It is intended to analyze data by using simple ratio and proportion method. There were distributed ninety questionnaire forms among randomly selected students. Eighty five forms were returned but most of the respondents left question no 15 blank which is later discarded. The closed ended questionnaire had three options to mark one of them only. The first table shows the questions and the number of responses while in the figure 1 percentage of the responses are displayed

### Social Stand Up On Aggression

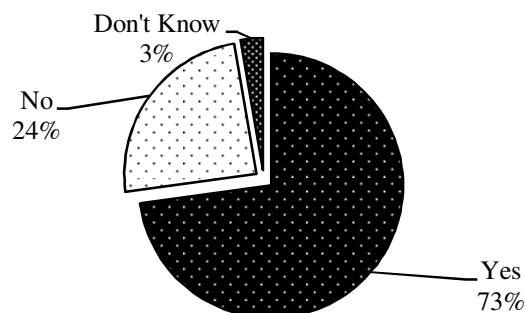


Figure 1. The case to take revenge

The above figure 1 shows that a large portion of the respondents would like to take revenge which constitutes 73 % of the total sample while only 24 % intend to forgive and not take

revenge. The attitude probably shows a revenge taking youth rather than tolerating and bearing it.

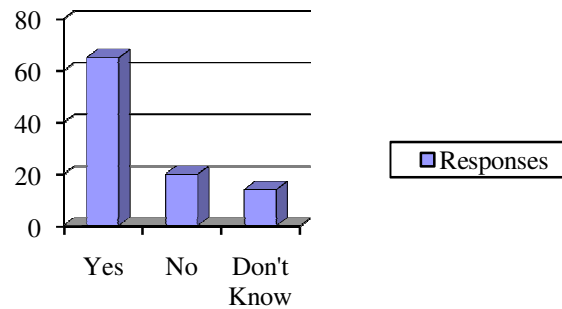


Figure 2. You hit if you are hit

Figure 2 displays the a large majority of the sample says they hit if they are hit. 65% percent are in favor of hitting by themselves rather than ignoring it. Only 20% agree to ignore it while 14 % did not know what to do or they were silent to give the response.

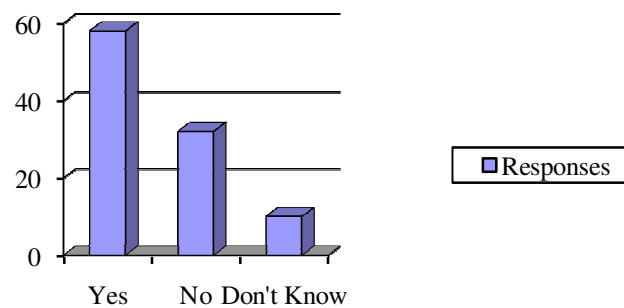


Figure 3. Face injustice in Academic life

In figure three 58% respondent declared that they faced injustice in their academic life by the teacher and examiners while 32 % claimed that they were not treated by injustice. Ten percent did not know.

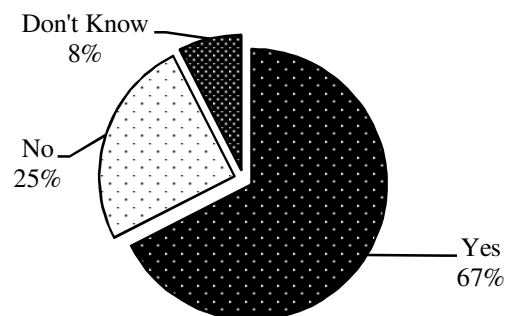


Figure 4. Observe Aggression around you

Figure 4 expresses the aggression which is seen by the student respondent. A large number of respondents 67 % observed it around them in their daily life while only 25 % were unable to see it or they did not observe it around them 8 % did not know about it.

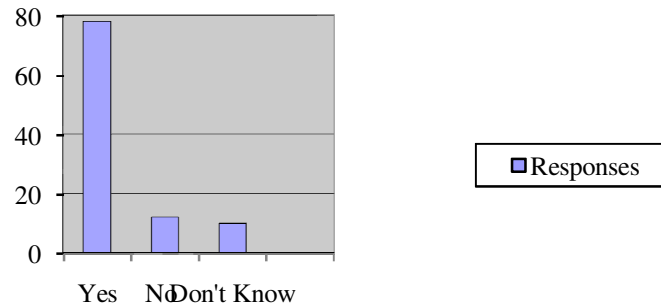


Figure 5. Male dominance in the society

In figure 5 the question related to male dominance is pictured out. A huge number of respondents says they believe that our is a male dominant society. Male are fore runners and they have important place in family setup while only ten percent believe that male and female have equal rights and equal social status.

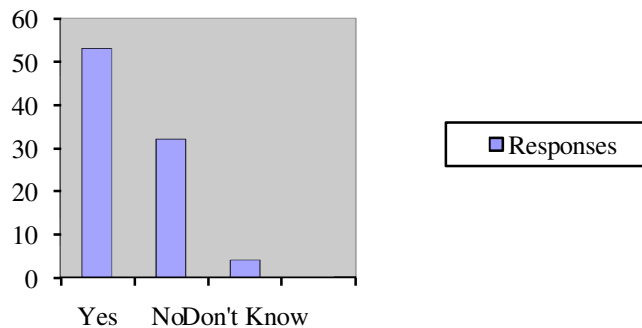


Figure 6. Leave Pakistan due to aggression

Figure 6 shows that 63 % do not like to leave Pakistan due to aggression around them while 32 % believe they should leave Pakistan if they have a good opportunity abroad.

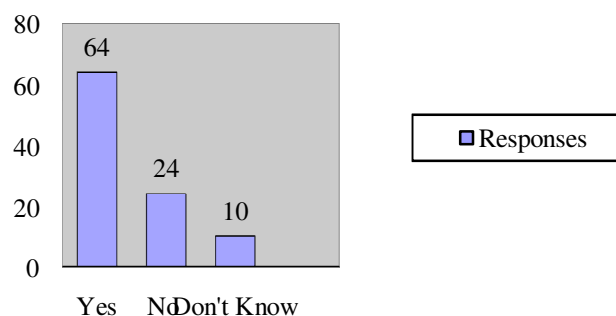


Figure 7. Believe terror boost aggression

Figure 7 demonstrates that a large number of respondents claimed that they believe terror boost aggression and violence 24 % do not believe it while 10% do not know it. The above mentioned statistics show a gloomy picture of the country but there are certain positive points which are being discussed in the following lines.

The fourth question was about forgiveness if anybody is rude to you 50% say that they would forgive while 38% say they would not forgive even rudeness by someone. Another question



was about carrying weapons for self defense but surprisingly 80 % respondents marked that they have never carried a weapon with them while only 15 % said that have carried it for their defense. The question they consider Pakistani society as intolerant 40% said they do not consider it while 55% believe that it is an intolerant society .as majority of the people believe that it not aggressive society so we can conclude that reasonable number of people inside Pakistan think that it is impatient society. The respondents were split as only 40% said that they were threatened by someone in but 57% claimed that they were never threatened by any one in their academic life. This presents that there are some elements in the society which use threat as a tool to become dominant. This question was about joining a gang whether they were ever invited to join a gang or group 23% said that they were asked to join but vast majority as 67% claimed they were not asked to join a gang or group in their studies. The direct question whether they like Pakistani social and cultural setup 88% said yes they do like it while only 5% said they do not like it. The question was about war on terror 23% said that it is justifiable but 50 % said it is not justified so it should be stopped.

## CONCLUSION

In the end we can conclude that our culture represents diversity it gives more to revenge than to tolerate. We are male dominant society so far and an aggressive too. Injustice is common as majority suffer it in their academic life. Majority have seen violence around them. Majority does not agree Pakistani society as intolerant but evidences show it differently this was a gloomy picture of the society but on the other hand majority of the respondent considered Pakistan as livable place. Most of them were not asked to join gangs or some group. High percentage refused that they were threaten by someone in colleges. Many view Pakistan as good country and they do not like to leave it for better place which shows patriotism.



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