A Study to Assess the Prevalence of Aggressive Behavior and its Influencing Factors among High School Students in Selected High School of Guwahati, Assam

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Abstract: _Background of the study: The study aims to find out the prevalence of aggressive behavior and its influencing factors among high school students in selected high school of Guwahati, Assam._ _Objectives of the study: 1.To estimate the prevalence of aggressive behaviour among high school students. 2. To assess the influencing factors related to aggressive behaviour among high school students. 3. To determine the association of aggressive behaviour with selected demographic variables. 4. To determine the association of aggressive behaviour with influencing factors._ _Method: A descriptive research design and quantitative approach was carried out on 74 high school students of Army Public School, Guwahati, Assam by using convenience sampling technique._ _Results: The findings of the study revealed that majority 58(78.4%) were 13 years and above and 16(21.6%) were in 12-13 years of age. Majority 53(71.6%) were male students and 21(28.4%) were female students. Majority 56(75.7%) were living in urban area and 18(24.3%) were living in rural area. Majority 71(95.9%) of high school students had low prevalence of aggressive behavior and 3(4.1%) of high school students had high prevalence of aggressive behavior. 74(100%) reported Witnessing campus violence at school, in the community or media followed by 54(73%) reported feeling of low self worth and 46(62.2%) had reported history of being bullied. There was significant association of class 8 standard at p<0.05 with aggressive behavior of high school students. But the other demographic variables such as age, sex, residence, religion, type of family, father's education, mother's education, father's occupation and mothers occupation were not found significant association with aggressive behavior of high school students. There was significant association of influencing factor of feeling of low self worth at p<0.05 with aggressive behavior of high school students. The other influencing factors were not found significant association with aggressive behavior of high school students._

Keywords: Aggression, prevalence, Influencing factors, self administered questionnaire, high school students

1. Introduction

"Many a times aggression is mistook as strength, the reality is, this is most risky and dangerous weapon for ruining any relations".

A brief look at the world around us makes it clear that we live in an era of aggression. The bulk of television news is a demonstration of the violence that is taking place in societies in different parts of the world[1]. According to the World Health Organization, aggression is the deliberate use of or physical power that threatens one's self or another and is committed against a group or community and results in psychological and physical damage and even deprivation[2].

Aggression behaviour is also defined as the behaviour intended to cause physical injury to others, is descriptive by virtue of its short term consequences, harm to others. Many behaviours are aggressive even though they do not involve physical injury. Verbal aggression is one example. Others include coercion, intimidation, managerial styles that results in harmful psychological consequences to others, and premeditated social ostracism of others[3].

Aggression in schools is one of the most pressing issues in the current generation. Aggression is related to mental health problems in children, including externalizing disorders as Oppositional Defiant Disorder and Conduct Disorder, along with internalizing problems with Depression and Anxiety. Aggression is therefore seen as a dysfunctional aspect of a child's development and growth. Aggression is seen as continuity from externalizing behaviour problems in childhood to risk taking behaviours in adolescence[4].

Aggressive behaviour during adolescence can be a predictor of delinquency, addiction, depression and academic failure. According to studies, anger is one of the main emotions of mankind after fear. Evidence suggests a high prevalence of mental disorders, including aggression in childhood and adolescence. According to the World Health Organization (WHO), its percentage varies from 12 to 29 percent in countries under 16 years of age. Therefore it becomes very crucial to identify the problem behaviours early in the school age and provide appropriate prevention mechanisms[5].

A wide spectrum of factors has been associated with the development and persistence of aggressive behaviour in children such as child temperament, family factors like parental rejection, poor parental supervision, parental stress, marital conflict, rejection of peers, witnessing media violence[6].

2. Methodology

The objective is to estimate the prevalence of aggressive behaviour among high school students and to assess the influencing factors related to aggressive behaviour among high school students and also to determine the association of aggressive behaviour with selected demographic variables

and to determine the association of aggressive behaviour with influencing factors.

Research approach adopted for the study was quantitative approach. The study was conducted in Army Public School, Basistha for a period of 10 days. A total of 74 high school students were selected by using non-probability convenient sampling technique. The data were collected by using self administered questionnaire on aggressive behavior and its influencing factors and technique used was a convenient non probability sampling technique. A formal written permission was obtained from the Principal of Army Public School, Basistha. The study was carried out from 15th June to 24th June 2020, among 74 high school students. The sample was selected by non probability convenience sampling technique.

The study was conducted through online by giving proper reasons and purpose of the study and sending the investigator's details of name, designation, email id and whatsapp contact numbers, research tools and consent to their official mail of the school to their respective participant's mail address or whatsapp in response of their convenience in sending the data and the information on the fixed date of submission and data was collected from the official mail address of the school as per the norms and instructions given by the Principal of the school to the investigator's mail address.

Plan for data analysis: (1) Descriptive statistics: Collected data will be analyzed by descriptive statistics such as frequency, percentage, mean, median, standard deviation. 2. Inferential statistics: Computation of chi- square to find the association between aggressive behaviour with selected demographic variables and influencing factors. 3. Result:

3. Results

Section – I
In this section, it is the findings related to demographic variables of age, sex, class, residence, religion, type of family, parent's education, and parent's occupation.

Table 1.1: Frequency and percentage distribution of age of high school students, N=74

Age in years		Frequency (f)	Percentage (%)
a.	12-13 years	16	21.6
b.	13 years and above	58	78.4

Data on table 1 shows that majority 58(78.4%) were 13 years and above and 16(21.6%) were in 12-13 years of age.

Table 1.2: Frequency and percentage distribution of sex of high school students, N=74

Sex		Frequency (f)	Percentage (%)
a.	Male	53	71.6
b.	Female	21	28.4

Data on table 2 shows that majority 53(71.6%) were male students and 21(28.4%) were female students.

Table 1.3: Frequency and percentage distribution of class of high school students, N=74

Class	Frequency (f)	Percentage (%)
8 standard	34	45.9
9 standard	28	37.8
10 standard	12	16.3

Data on table 2 shows that majority 34(45.9%) were studying in 8th standard, 28(37.8%) were studying in 9th standard and 12(16.3%) were studying in 10th standard.

Table 1.4: Frequency and percentage distribution of residence of high school students, N=74

Residence		Frequency (f)	Percentage (%)
a.	Urban	56	75.7
b.	Rural	18	24.3

Data on table 4 shows that majority 56(75.7%) were living in urban area and 18(24.3%) were living in rural area.

Tabl1e 5: Frequency and percentage distribution of religion of high school students, N=74

Religion	Frequency (f)	Percentage (%)
a. Christianity	0	0
b. Hinduism	74	100
c. Muslim	0	0

Data on table 5 shows that all high school students 74(100%) belongs to Hinduism.

Table 1.6: Frequency and percentage distribution of type of family of high school students, N=74

Type of family	Frequency (f)	Percentage (%)
a. Nuclear family	74	100
b. Joint	0	0

Data on table 6 shows that all high school students 74(100%) were living in nuclear family.

Table 1.7: Frequency and percentage distribution of father's education of high school students, N=74

	Fathers education	Frequency (f)	Percentage (%)
a.	Primary	0	0
b.	Middle	0	0
c.	High school	0	0
d.	Higher secondary	0	0
e.	Graduation and above	74	100

Data on table 7 shows that all 74(100%) fathers had completed graduation and above.

Table 1.8: Frequency and percentage distribution of mother's education of high school students, N=74

	Mothers education	Frequency (f)	Percentage (5%)
a.	Primary	0	0
b.	Middle	0	0
c.	High school	0	0
d.	Higher secondary	34	45.9
e.	Graduation and above	40	54.1

Data on table 8 shows that majority 40(54.1%) of mothers had completed graduation and above and 34(45.9%) had completed higher secondary education.

Table 1.9: Frequency and percentage distribution of father's occupation of high school students, N=74

Fathers occupation		Frequency (f)	Percentage (%)
a.	Unemployed	0	0
b.	Self employed	0	0
c.	Service	74	100

Data on table 9 shows that all 74(100%) of fathers occupation were in service.

Table 1.10: Frequency and percentage distribution of mother's occupation of high school students, N=74

Mothers occupation	Frequency (f)	Percentage (%)
a. Unemployed	0	0
b. Self employed	34	45.9
c. Service	40	54.1

Data on table 10 shows that majority 40(54.1%) of mothers were in service and 34(45.9%) of mothers were self employed.

Section- II

Table 2.1: Prevalence of aggressive behavior among high school students, N=74

S. No	Aggressive Behavior	F	%	Mean	SD
1	Low (0-10)	71	95.9	5.46	2.316
2	High (11-20)	3	4.1	11.33	0.577

Data on table 11 shows that majority 71(95.9%) of high school students had low prevalence of aggressive behavior and 3(4.1%) of high school students had high prevalence of aggressive behavior.

Section III

Table 3.1: Influencing factors related to aggressive behavior among high school students, N=74

S. No.	Items	Yes		No	
		f	%	F	%
1	Witnessing campus violence at school, in the community or media?	74	100	0	0
2	Feeling of low self worth?	54	73	20	27
3	History of being bullied?	46	62.2	28	37.8
4	Excessive need for attention or respect?	32	43.2	42	56.8
5	Any history of physical fighting?	17	23	57	77
6	History of controlling others?	12	16.2	62	83.8
7	Any history of drug or alcohol abuse?	10	13.5	64	86.5
8	Witnessing parents fight or argue at home?	10	13.5	64	86.5
9	History of failure in exams?	5	6.7	69	93.3
10	History of making direct threats of violence?	0	0	74	100
11	Are you undergoing any childhood abuse / neglect?	0	0	74	100

Data on table 12 shows the Influencing factors related to aggressive behavior among high school students, majority 74(100%) reported Witnessing campus violence at school, in the community or media followed by 54(73%) reported feeling of low self worth, 46(62.2%) had reported history of being bullied, 32(43.2%) had reported Excessive need for attention or respect, 17(23%) had reported history of physical fighting, 12(16.2%) had reported history of controlling others, 10(13.5%) had reported history of drug or alcohol abuse, 10(13.5%) had reported Witnessing parents fight or argue at home and 5(6.7%) had reported history of failure in exams. These are the factors influencing aggressive behavior among high school students.

Section- IV

Table 4.1: Association of aggressive behaviour with selected demographic variables of high school students, N=74

Demographic variables	Aggressive Behavior		Chi-value	df	P value
	Low	High			
Age in years					
12-13 years	16	0	0.863	1	0.353[NS]
13 years and above	55	3			
Sex					
Male	50	3	1.239	1	0.266[NS]
Female	21	0			
Class					
8 standard	34	0	16.155	2	0.001[*]
9 standard	28	0			
10 standard	9	3			
Residence					
Urban	53	3	1.005	1	0.316[NS]
Rural	18	0			
Religion					
Christianity	0	0	--	--	--
Hinduism	71	3	--	--	--
Muslim	0	0	--	--	--
Type of family					
Nuclear	71	3	--	--	--
Joint	0	0			

*P<0.05 Level of Significance   NS- Non significance

Demographic Variables	Aggressive Behavior		Chi-value	df	P value
	Low	High			
Father's education					
Primary	0	0	--	--	--
Middle	0	0			
High school	0	0			
Higher sec.	0	0			
Graduation	71	3			
Mother's education					
Primary	0	0	2.658	1	0.103[NS]
Middle	0	0			
High school	0	0			
Higher sec.	34	0			
Graduation	37	3			
Father's occupation					
Unemployed	0	0	--	--	--
Self-employed	0	0			
Service	71	3			
Mother's occupation					
Unemployed	0	0	2.658	1	0.103[NS]
Self-employed	34	0			
Service	37	3			

*P <0.05 Level of Significance   NS- Non significance

Data on table 13 shows that class of high school students was found statistically significant association at p<0.05 with aggressive behavior of high school students. the other demographic variables such as age, sex, residence, religion, type of family, fathers education, mothers education, fathers occupation and mothers occupation were not found

significant association with aggressive behavior of high school students.

Section - V

Table 5.1: Association of aggressive behaviour with influencing factors among high school students

Influencing Factors	Aggressive Behavior		Chi-value	Df	P value
	Low	High			
Any history of physical fighting					
Yes	10	0	0.933	1	0.334[NS]
No	61	3			
Any history of drug or alcohol abuse					
Yes	10	0	0.489	1	0.485[NS]
No	61	3			
History of controlling others					
Yes	12	0	--	--	--
No	59	3			
Excessive need for attention or respect					
Yes	32	0	1.382	1	0.123[NS]
No	39	3			
History of making direct threats of violence					
Yes	0	0	--	--	--
No	71				
Feeling of low self worth					
Yes	54	0	8.442	1	0.004*
No	17	3			
Are you undergoing any childhood abuse/ neglect					
Yes	0	0	--	--	--
No	71	3			
Influencing factors	Aggressive Behavior		Chi-value	Df	P value
	Low	High			
History of being bullied					
Yes	46	0	5.137	1	0.023*
No	25	3			
Witnessing campus violence at school, in the community or media					
Yes	71	3	--	--	--
No	0	0			
History of failure in exams					
Yes	5	0	0.227	1	0.634[NS]
No	66	3			
Witnessing parents fight or argue at home					
Yes	10	0	0.489	1	0.485[NS]
No	61	3			

*P<0.05 Level of Significance   NS- Non significance

Data on table 14 shows that influencing factor of feeling of low self worth and history of being bullied was found statistically significant association at p<0.05 with aggressive behavior of high school students.

The other influencing factors were not found significant association with aggressive behavior of high school students.

4. Summary

- Majority 58(78.4%) were 13 years and above and 16(21.6%) were in 12-13 years of age.

- Majority 53(71.6%) were male students and 21(28.4%) were female students.
- Majority 56(75.7%) were living in urban area and 18(24.3%) were living in rural area.
- Majority 71(95.9%) of high school students had low prevalence of aggressive behavior and 3(4.1%) of high school students had high prevalence of aggressive behavior.
- Majority 74(100%) reported Witnessing campus violence at school, in the community or media followed by 54(73%) reported feeling of low self worth and 46(62.2%) had reported history of being bullied.

5. Recommendations

- Similar study can be replicated on larger sample of the same characteristics for generalization
- A need for identification of various influencing factors of aggressive behavior among high school students is needed to be looked into for the betterment of future of our nation.
- The teachers and parents can also be sensitized to the needs of budding youth to provide a conducive environment for the proper behavioral development.

6. Conclusion

From the findings of the study revealed that Majority 71(95.9%) of high school students had low prevalence of aggressive behavior and 3(4.1%) of high school students had high prevalence of aggressive behavior. 74(100%) reported Witnessing campus violence at school, in the community or media followed by 54(73%) reported feeling of low self worth and 46(62.2%) had reported history of being bullied

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