



A STUDY OF AGGRESSION AMONG ADOLESCENTS IN RELATION TO THEIR EMOTIONAL MATURITY

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Abstract

This study was conducted on 200 secondary school students of different schools of Bathinda district of Punjab to study the Aggression among Adolescents in relation to their Emotional Maturity. Aggression scale and emotional maturity scale were used. The technique of Coefficient of Correlation and T-Ratio were employed. The study has found a significant difference of aggression among male and female students. There is a significant difference of emotional maturity among male and female students. There is a significant relationship between aggression and emotional maturity among the whole sample.

Keywords: *Aggression, Emotional Maturity, Adolescents*



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Introduction

Aggression

The word aggression is taken from everyday English and used to describe a number of functionally different behaviours that have in common the infliction of harm upon another person. In the animal kingdom, several kinds of aggression have been observed e.g. predatory, maternal and territorial. Although such distinctions do not characterize most social psychological or clinical research on human subjects, but among humans we may also note certain distinctions, such as angry retaliation, self-defence, and violence carried out for purposes of coercion, punishment and profit. Nevertheless, it is customary among those who study human aggression to classify aggressive behaviour into two categories: a) Angry or Affective aggression b) Instrumental aggression. In the broadest sense, Aggression means hostile or violent behaviour or attitudes towards another; readiness to attack or the act of attacking without provocation. Aggression can take a variety of forms and can be physical or be communicated verbally or non-verbally. Aggression differs from what is commonly called

assertiveness, although the terms are often used interchangeably among lay people e.g. an aggressive salesperson.

Baron & Richardson (1994) says ,”It is an form of behaviour directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment.”

According to Brown states (1997)," Aggression refers to ' the use of power' by one or more people intentionally to harm or adversely affect the rights and needs of another or others."

Loeber & Hay, (1997) has been defined aggression as ‘a category of behaviour that causes or threatens physical harm to others’

Emotional Maturity

Emotional maturity is the growth of technique for dealing with frustration ,threats and other causes of upsets. Emotional maturity is the acquisition of adaptive behaviour that escapes and avoids emotional disturbances of an individual. A person is said to be emotionally mature, if he has all types of emotions, positive or negative and is able to express these at appropriate time in an appropriate degree. Emotional maturity implies controlling our emotions more willingly than letting your emotions to give you the orders. Emotional intelligence makes an important part of life, together with intellectual intelligence and relationship intelligence. Such intelligence can help one to assess emotional maturity and emotional freedom. How well do we tackle any relationship, it is major discernible factor to check our level of emotional maturity.

Mukherjee (2000), pointed out that “Emotionally Mature people are mentally, healthy, well adjusted, and high on emotional intelligence.”

According to Bessel(2003)," Emotional maturity refers to those behaviour patterns that make good adjustment in life."

According to Lisa, J.M(2004),"Emotional maturity brings with it a capacity for independence, the willingness to take action as for agent along with the capacity affiliate, its freely initiate and sustains loving relationships."

Delimitations of the Study

The present study was delimited with respect of the following:-

1. The sample for the present study was drawn from secondary schools of Bathinda District.
2. The sample was delimited to 200 school students of Bathinda district.
3. The study was delimited to 100 male students and 100 female students of Bathinda district.

Objectives

1. To study the aggression among adolescents of Bathinda district.
2. To study the emotional maturity among adolescents of Bathinda district.

3. To compare the aggression of male and female students of Bathinda district.
4. To compare the emotional maturity of male and female students of Bathinda district.
5. To find out the relationship between aggression and emotional maturity of male and female students of Bathinda district.

Hypotheses

1. There is no significant difference of aggression among male and female students of Bathinda district.
2. There is no significant difference of emotional maturity among male and female students of Bathinda district.
3. There is no significant relationship between aggression and emotional maturity among the secondary school students.
4. There is no significant relationship between aggression and emotional maturity among male students of Bathinda district.
5. There is no significant relationship between aggression and emotional maturity among female students of Bathinda district.

Tools Used

1. Aggression Scale: Km. Roma Pal and Mrs. Tasneem Naqvi.(1983)
2. Emotional Maturity Scale:Dr.Yashvir Singh and Dr. Mahesh Bharagava.(1971)

Statistical Procedure

The statistical techniques were employed to give concise picture of the whole data so that it could be easily comprehended. After scoring the collected data, these scores were tabulated.

Mean and standard deviation

T-ratio and co-efficient of correlation

Results and Conclusions

Table 1 Mean score of Aggression level of male and female students.

N	Group	Mean	S. D.	S.E_D	t-ratio	Interpretation
100	Male students	127.76	24.49	3.09	8.64	Significant at both the levels i.e. at 0.05 and 0.01 level.
100	Female students	101.05	18.99			

Figure 4.1 Mean score of Aggression level of male and female students.

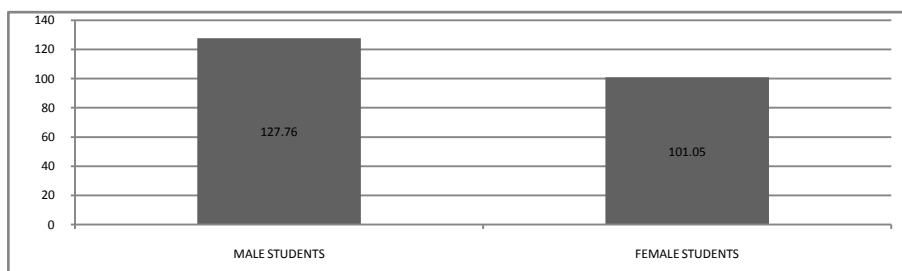


Table 1 shows that there is a significant difference in the mean scores at both the levels 0.05 and 0.01 in the Aggression level of male students and female students. The mean scores of male students is 127.76 and female students is 101.05. S. D. of male and female students group is 24.49 and 18.99 respectively. t-ratio is 8.64. The two groups have significant difference at both the level 0.05 and 0.01 This may be due to fact that during adolescent age male and females are undergoing through different types of changes like in males the development of beard and change in voice and in girls menstruation cycle starts and breast development etc. due to which they face different types of difficulties with their body and boys and girls differ a lot in their nature also. That’s why there is significant difference in the level of aggression in male and female students.

Hence, hypothesis 1 stating, “There is no significant difference among male and female students of Bathinda district ” is rejected..

Table 2 Mean score of emotional maturity level of male and female students.

N	Group	Mean	S. D.	S.E _D	t-ratio	Interpretation
100	Male students	119.53	26.85	4.43	3.98	Significant at both the levels i.e. at 0.05 and 0.01 level.
100	Female students	137.19	35.31			

Figure 2 Mean score of Emotional maturity of male and female students.

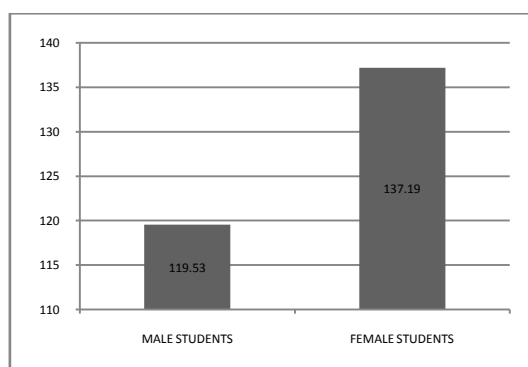


Table 2 show that there is significant difference in the mean scores at both the levels 0.05 and 0.01 in the emotional maturity level of male students and female students. The mean scores male students is 119.53 and female students is 137.19. S. D. of male and female student group is 26.85 and 35.31 respectively. t-ratio is 3.98. The two groups have significant difference at both the level 0.05 and 0.01. This may be due to fact that male students have different feelings, emotions, attitude and also their home environment as compared to females. Thus there can be a difference between emotional maturity of males and females. Hence, hypothesis 2 stating, “There is no significant difference among male and female students of Bathinda district” is rejected.

Table 3 Co-efficient of correlation between the Aggression and emotional maturity of male and female students (whole sample)

N (Number of students)	r(Correlation)
200	0.44

Table 3 represent Co-efficient of correlation (r) of aggression level and emotional maturity of male and female students of the whole sample. The entries in the table indicates co-efficient of correlation of aggression with emotional maturity is 0.44 which is significant at 0.05 and 0.01 level. This indicates that aggression level is significantly related to emotional maturity among the male students. Thus as apparent from the (r)that the correlation is positive because if the scores on emotional maturity scale is high, the person is emotionally immature. So there is a positive correlation between aggression and emotional maturity. It shows that if the person is emotionally immature, he is also high on aggression level.

Hence hypothesis 3 stating “There will be no significant relationship between aggression and emotional maturity of the secondary school students” is rejected

Table 4 Co-efficient of correlation (r) of aggression and emotional maturity of male students of Bathinda district.

N (Number of students)	r(Correlation)
100	0.41

Table 4 represent Co-efficient of correlation (r) of Aggression and emotional maturity of male students of Bathinda district. The entries in the table indicates co-efficient of correlation of Aggression and emotional maturity is 0.41 which is significant at both 0.05 and 0.01 level. This indicates that aggression is significantly related to emotional maturity of male students of Bathinda district.

Hence, hypothesis 4 stating, “There is no significant relationship between aggression and emotional maturity among male students” is rejected.

Table 5 Co-efficient of correlation (r) of aggression and emotional maturity of female students of Bathinda district.

N (Number of students)	r(Correlation)
100	0.30

Table 5 represent Co-efficient of correlation (r) of Aggression and emotional maturity of female students of Bathinda district. The entries in the table indicates co-efficient of correlation of aggression with emotional maturity is 0.30 which is significant at both 0.05 and 0.01 level. This indicates that aggression is significantly related to emotional maturity among the female students.

Hence, hypothesis 5 stating, “There is no significant relationship between aggression and emotional maturity among male students” is rejected.

CONCLUSIONS

1. There is a significant difference of aggression among male and Female Students of Bathinda district.
2. There is a significant difference of Emotional maturity among male and female students of Bathinda district.
3. There is a significant relationship between aggression and emotional maturity among the whole sample.
4. There is a significant relationship between aggression and emotional maturity among male students of Bathinda district.
5. There is a significant relationship between aggression and emotional maturity among female students of Bathinda district.

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