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AGRESSION

U.G SEM – 2

Paper- MJC -2

Foundation of Social psychology



Aggression

- ▶ In psychology aggression refers to a range of behaviors that can result in both physical and psychological harm to yourself, others, or objects in the environment.



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Social psychologists define aggression as *behavior that is intended to harm another individual who does not wish to be harmed* (Baron & Richardson, 1994).

Signs

- ▶ Physical, like beating, hitting, kicking, or stabbing another person. Damaging property is also a form of physical aggression.
- ▶ Verbal, which may include mocking, name-calling, and yelling.



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- ▶ **Relational**, which is intended to harm another person's relationships. This can include spreading rumors and telling lies about someone else.
- ▶ **Passive-aggressive** behavior, such as ignoring someone during a social event or offering backhanded compliments, is usually intended to *allow* harm to come to someone rather than directly cause harm.

Types

- ▶ Impulsive Aggression also known as affective or reactive aggression, impulsive aggression is characterized by strong emotions.
- ▶ This form of aggression is not planned and often takes place in the heat of the moment.



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- ▶ Instrumental Aggression also known as predatory aggression, instrumental aggression is marked by behaviors that are intended to achieve a larger goal.

Causes

- ▶ Biological Factors – There may be genetic and hormonal factors that influence aggression. Imbalances in certain hormones, like testosterone and cortisol, and neurotransmitters, like serotonin and dopamine, may be linked to aggression.

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- ▶ **Social learning** – Aggression can be learned. Some become more aggressive due to personal experiences or observational learning.
- ▶ **Frustrations** – It's human nature to become frustrated when life just doesn't seem to be going so well. This frustration may involve negativity then represents a threat, which can lead to aggression.