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MANAGEMENT OF AGGRESSION

U.G.Sem - 2

Paper – M J C

Introduction to social psychology

AGGRESSION

Aggression is a word that we use every day to characterize the behavior of others and perhaps even of ourselves

.Aggression is characterized by physical, verbal, or emotional behavior intended to cause another person physical or psychological harm.



CONT....

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

MANAGING AGGRESSION

There are various approaches to managing aggressive behaviors independent of an underlying condition. Here are some ways to control aggression –

Give yourself time and space to calm down:
Rather than responding immediately, try leaving the situation. Walk away until you feel calm.



CONT...

Know your triggers: This involves recognizing situations that cause you to feel angry and noticing the signs your body gives you that you're about to react. By doing this, you'll have a better chance of stopping yourself before you become aggressive.



CONT

Do something physically active: Aggression has a physical component. Release your anger energy with physical activity, like hiking, running, or lifting weights.



CONT ...

Talk (or write) it out: If something makes you angry, try talking through the situation with a friend, loved one, or mental health professional. Sometimes, talking about your anger can help you feel calmer and avoid reacting aggressively.



CONT ...

Five Steps of Anger Management

Admit that you are angry, to yourself and/or to someone else.

Believe you can control your anger. Tell yourself that you can!

Calm down. Control your emotions. ...

Decide how to solve the problem. This step only works once you are calm. ...

Express yourself assertively. Ask for what you need.