AGGRESSION

• Any form of behavior that is intended to harm or injure some person, oneself, or an object.

TYPES OF AGGRESSION

• Indirect aggression
  – Behavior intended to hurt someone without face-to-face confrontation

• Direct aggression
  – Behavior intended to hurt someone to his or her face

• Emotional aggression
  – Hurtful behavior that stems from angry feelings

• Instrumental aggression
  – Hurting another to accomplish some other (nonaggressive) goal
TYPES OF AGGRESSION

• Violence
  – Aggression that has as its goal extreme physical harm, such as injury or death

• Antisocial behavior
  – Behavior that either damages interpersonal relationships or is culturally undesirable

Factors Influence Aggressive

• Gender Differences
  – Men are more physically aggressive, but women engage in more direct indirect aggression
  – Cultural also play a role in sex differences in aggressive behavior. Women from Australia and New Zealand showed greater evidence of aggressiveness than men from Sweden and Korea did.

Factors Influence Aggressive

• Personality
  – 3 personality traits related to aggression are:
    • Irritability – the tendency to explode at the slightest provocation
    • Rumination – the tendency to retain feelings of anger following provocation
    • Emotional susceptibility – the tendency to experience feelings of discomfort and inadequacy
Factors Influence Aggressive

- **Biological Factors**
  - Individual differences in aggressiveness are partly due to inheritance and hormonal changes

- **Alcohol**
  - Alcohol provides a direct biochemical stimulus to aggression

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Factors Influence Aggressive

- **Pain and Discomfort**
  - People who have pain and discomfort are more likely to act aggressively

- **Frustration**
  - Frustration-aggression theory
    - People perception that they are being prevented from attaining a goal will increase the probability of their responding aggressively

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Factors Influence Aggressive

- **Being provoked and reciprocating**
  - Aggression frequently stems from the need to reciprocate after being provoked by aggressive behavior from another person

- **Imitation**
  - Children frequently learn to solve conflict aggressively by imitating adults and their peers.
Factors Influence Aggressive

- **Media and Video Violence**
  - Children who exposed violent television act more aggressively in their play behavior and more likely to choose aggressive solutions to social problems

Reducing Aggression

- Punishment can both increase and decrease aggression
- Inducing incompatible responses can inhibit aggression

Reducing Aggression

- Nonaggressive responding can occur through:
  - Social modeling
  - Internalizing anti aggression beliefs
  - Offering apologies
  - Social skills training
  - Reducing exposure to violence