

## Lecture 6

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# Aggression

# AGGRESSION

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**PHYSICAL OR VERBAL  
BEHAVIOR INTENDED TO  
HURT SOMEONE.**

# AGGRESSION

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- We attack, hurt, and sometimes kill each other.
  - We aggress verbally by means of insult or attempts to damage another's reputation.
  - Wars always seem to be happening someplace.
  - Approximately 14,600 wars in 5600 years of recorded history

# AGGRESSION

## **Example:**

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Children show Aggression by destroying their toys, tearing the pages of a copy etc.

# TYPES OF AGGRESSION

**THERE ARE TWO TYPES OF AGGRESSION.**

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- Hostile Aggression
- Instrumental Aggression

# HOSTILE AGGRESSION

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- Hostile Aggression has its goal to harming other person.
- This is any form of behavior directed toward the goal of harming or injuring another living being.

# TYPES OF HOSTILE AGGRESSION

## FOLLOWING ARE THE TYPES OF HOSTILE AGGRESSION

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- Physical / Verbal Aggression
- Active / Passive Aggression
- Direct / Indirect Aggression

# HOSTILE AGGRESSION

## PHYSICAL / VERBAL

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It is the distinction between bodily harm (slap, kick, punch etc) and attack with words (use abusive language).



# HOSTILE AGGRESSION

## ACTIVE / PASSIVE

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- In active/passive Aggression the person started hurting himself.
- In active Aggression he hurt himself brutally like trying to suicide, cutting his nerves, jumping from the roof etc.
- In passive Aggression he starts hurting himself with a long-term plan; like start drinking, smoking etc.

# HOSTILE AGGRESSION

## DIRECT / INDIRECT

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- In direct Aggression you have face to face contact with the person.
- In in-direct Aggression you hire someone to show Aggression or you show Aggression through some other way where there is no direct contact.

# INSTRUMENTAL AGGRESSION

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In Instrumental Aggression, the individual uses Aggression as a way of satisfying some other motive.

# INSTRUMENTAL AGGRESSION

## Examples:

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- A person may use threats to force other to comply with his or her wishes.
- A child may use Aggression as a way of gaining attention from others.

# CAUSES OF AGGRESSION

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- Frustration
  - Insult
  - Compliance with an authority
  - Environmental factors
  - Presence of weapons
  - Modeling

# CAUSES OF AGGRESSION

## FRUSTRATION

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- Frustration is caused whenever your motive is blocked so the goals are not reached.
- Frustration results in Aggressive behavior, but not always.

# CAUSES OF AGGRESSION

## FRUSTRATION

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**Frustration leads to Aggression only when:-**

- Frustration is intense.
- You think that something unjustified has happened to you.
- You have high expectations for reaching that goal.

# CAUSES OF AGGRESSION

## INSULT

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Whenever you are insulted by someone publicly (physically or verbally) then it sometimes leads to aggression.



# CAUSES OF AGGRESSION

## COMPLIANCE WITH AN AUTHORITY

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You show aggression when an authoritative person ask you to aggress against others.

# CAUSES OF AGGRESSION

## ENVIRONMENTAL FACTORS

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- When environment is not suitable then you start showing aggression.
- You must have noted that mood of people on roads is mostly aggressive in summer, because there is too much heat, rush of traffic (honking horns) etc.

# CAUSES OF AGGRESSION

## ENVIRONMENTAL FACTORS

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Environmental factors include

- Temperature
- Noise
- Pollution
- Congestion etc.

# CAUSES OF AGGRESSION

## PRESENCE OF WEAPONS

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People having weapons in their hands are also aggressive. It happens whenever you hold a machine gun or any other weapon it boosts inside urge to show aggression and you start seeking a chance for showing aggression because it gives you a feeling of power.

# CAUSES OF AGGRESSION

## EXAMPLE:

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Pathaans in Peshawar area are Aggressive because they  
born with weapons in their hands.

# CAUSES OF AGGRESSION

## MODELING

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All of us have different ideals in our society; either they are people living around us, some movie stars, our leaders or any other. If any of our model roles is showing aggression and his behavior is aggressive then we are likely to have aggressive behavior as well.