

# Assessment of Aggression among High Schools Students

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## Abstract

**Background:** Aggression is a behavioral characteristic that refers to forceful actions or procedures (such a deliberate attack) with intentions to dominate or master. It tends to be hostile, injurious, or destructive, and is often motivated by frustration for an individual, aggressive behavior is considered understandable and normal under appropriate circumstances, but when it is frequent, intense, lasting, and pervasive, it is more likely to be a symptom of a mental disorder. Likewise, aggression between groups, can be in the form of healthy competition, but can become harmful when unfair or unjust disadvantage or frustration is perceived, leading to hostility. **Objectives:** assessment aggression among high school students. **Methodology:** A descriptive cross-sectional study was carried out in order to achieve the stated objectives. The study has begun from 1st September 2018. Settings of the Study: The settings of the study include (41) High secondary schools which are distributed in (3) Districts of Al-Najaf Governorate, urban (23) schools and rural (18) schools, these schools are systematic randomly selected. **Results:** most majority was moderate aggressive by 52.7%. **Conclusions:** this study show which included an overall assessment of Aggressive, where the study showed that the most majority was moderate aggressive. **Recommendations:** Supporting educational methods by the Educational Committee that limits aggressive behavior of adolescents in schools, such as (moving away from scenes of an aggressive nature, beating, violence, fighting, quarrels, and blood scenes). And The teacher devotes part of the lesson time to clarifying issues and harms of aggression, and to show the benefits of tolerance and contentment. and The school administration cooperated with the teenager's family to identify the causes of his aggression. Finally, The Ministry of Education is working to create posters that reject aggression and suspend it throughout the school.

**Key word:** Assessment. Aggression. High Schools Students

## Introduction

Aggressive behavior is an associated symptom of many psychiatric disorders and can manifest throughout the life span, from attention-deficit hyperactivity disorder (ADHD) in children and adolescents, to domestic violence in adults, to dementia in older adults. While much of the aggression literature has focused on adolescents and adults, less attention has been given to understanding the etiology of aggressive behaviors across the entire developmental spectrum. The purpose of this paper is to provide an overview of the manifestation and causes of aggressive behavior across the life span as well as provide suggestions for the roles that nurses, who frequently interact with patients from all age groups, can play in preventing and intervening in aggressive behavior. Potential consequences to both the victims and aggressors are

also outlined. Aggression is a highly studied area in the psychosocial literature, particularly adolescent aggression and developmental theories, adult aggression and violence, aggression and criminal behavior, and psychopathology. These discussions have been detailed elsewhere<sup>1</sup>.

## Methodology

### Design of the Study:

A descriptive cross-sectional study was carried out in order to achieve the stated objectives. The study has begun from 1st September 2018.

### Settings of the Study:

The settings of the study include (41) High secondary schools which are distributed in (3) Districts of Al-Najaf Governorate, urban (23) schools and rural (18) schools,

these schools are systematic randomly selected.

### Results

**Table (1) Total Statistics of the Study showing adolescent responses to Sub-Domain Aggression by Observed Mean and Std. Deviation.**

No.	Sub-domain Aggression	Mean	Std. Deviation
1.	Physical aggression	2.268	1.410
2.	Verbal aggression	2.936	1.527
3.	Anger	3.081	1.587
4.	Antagonism or hostility	2.940	1.563

\*when the mean increase the aggression also increase and Vice versa. i.e. when the mea equal to 1.75 and less (no aggression), while when the mean is more than 1.75 (present of aggression).

Through this table, we find the sub-domain called (Anger) with a mean (3.081), we find higher than the rest of the sub-domains (Antagonism or hostility, Verbal aggression, and Physical aggression) with a mean (2.940, 2.936 and 2.268) respectively.

**Table (2) overall assessment for Aggression in the study sample.**

Aggressions Scores	Frequency Total 1606	Percent
Mild	272	16.9
Moderate	847	52.7
High	487	30.3

This table show which included an overall assessment of Aggressive, where the study showed that the most majority was moderate aggressive by 52.7%

### Discussion of the Results

**Table 1, which includes the sub-domain of Aggressive, which comprises four axes, where most of the axis (Anger) was compared to the other axes.**

Pullen, and et.al., 2015, in United Kingdom, the Anger is a common factor in two causes of death in adolescence: homicide and suicide.<sup>2</sup>

In Colorado, a number of researchers conducted a study on aggression among adolescents in secondary schools, where the results of the study showed that the sub-field anger was the highest response and then verbal aggression came.<sup>3</sup>

In the same topic in Nepal, a study was conducted on the sub-domains of aggression for adolescent students at the secondary level, where the results of the research found that the predominant sub-domain is physical aggression and anger comes after it.<sup>4</sup>

Table 2, which included an overall assessment of Aggressive, where the study showed that the most majority was moderate aggressive.

In United States A research report on the origin of antisocial behavior was conducted for adolescents and found that they have moderate aggression<sup>5</sup>

In the state of Oklahoma, and the same context, a survey study was conducted on the aggressive behavior of adolescents, and the study aimed to know the level of aggression they had, and the results of which they reached were that they had moderate aggression.<sup>6</sup>

Gaza also conducted a study on a group at a similar teen in high school where he used a special aggression questionnaire, showed research that they have a high aggression results, and attributed the reason to the Zionist occupation of their country is going through conditions.<sup>7</sup>

Returning to the aforementioned about violence where the results showed a low level of violence, unlike what appeared in the results of the aggression where the results showed a moderate aggression, and the sub-response (anger) was the dominant and then verbal aggression comes, and this indicates that people or adolescents in particular, in Conflict and quarreling, do not leave the matter worse until it reaches the stage of excessive violence, but rather remains at the level of verbal aggression, anger, and hatred, and they are aware

that in the event that the matter develops into physical violence or using injurious tools such as (a knife or a firearm) it may have the matter Dangerous consequences for the person, but awareness and commitment to the principles Religious, moral and tribal prevent this matter, and to resort to peaceful solutions satisfy the parties to the conflict.

### **Conclusion**

The sub-domain in anger in aggression was predominant and Most of the study sample had moderate aggression.

#### **Recommendations:**

1. Supporting educational methods by the Educational Committee that limits aggressive behavior of adolescents in schools, such as (moving away from scenes of an aggressive nature, beating, violence, fighting, quarrels, and blood scenes).

2. The teacher devotes part of the lesson time to clarifying issues and harms of aggression, and to show the benefits of tolerance and contentment.

3. The school administration cooperated with the teenager's family to identify the causes of his aggression.

4. The Ministry of Education is working to create posters that reject aggression and suspend it throughout the school.

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**Conflict of Interest:** None to declare.

**Ethical Clearance:** All experimental protocols were approved under the College of Nursing, University of Kufa, Iraq and all experiments were carried out in accordance with approved guidelines.

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