A Study of Aggression and Self-Esteem among the Undergraduate Students of Invertis University, Bareilly

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ABSTRACT

Whether high or low self-esteem is associated with increased aggression remains a topic of debate. Many argued that aggression is linked to low self-esteem. The objective of this study was to examine the relationship between aggression and self-esteem among adolescents. The respondents were 150 students of Psychology Honors undergraduate students of Invertis University. The sample was drawn through purposive sampling method and the data required was collected through Aggression Questionnaire (AGQ) given by Buss and Perry (1992) and Self-Esteem Scale (SES-DSDU) given by Dr.

Santosh Dhar and Dr. Upinder Dhar (2005). The result had a slight difference between males and females. The males seemed to have more self-esteem associated with aggression than females.

Keywords : Adolescence, Aggression, Self-Esteem

INTRODUCTION

Aggressive behaviors are common among college students and sometimes it becomes problematic when it involves ego. The continuous negative incidents have been associated with aggressive behavior among the students. According to a study (Whitaker, et al. 2013) of college students from 16 different countries, approximately 29 percent of students are involved in physical violence each year. Another research says that low self-esteem is associated with an increased risk of aggressive behaviors in college students. And, aggressive behavior decreases with the increase of self-esteem in individuals. (Yu, et al. 2020).According to Kumar and Kumar (2002) there were no significant difference in aggression among students at different levels of self-esteem. Students studying in private colleges showed higher aggression as compared to the students studying in government colleges. The level of self- esteem and type of institution did not result to the combined influence on aggression among the students.

Wild, et al. (2004) found that family self-esteem was associated with aggression. In many cases, children separated themselves from their parents and siblings or pull away from their parents in a search for their own identity that later leads to low self-esteem and aggressive behavior.

In contrast, there are few researchers who associate high self- esteem to aggression. Kalat (2011) defines narcissism as an excessive admiration of oneself which can lead to higher self- esteem. Many believe that this extreme admiration for one self can be a cause for aggression as the person's ego is threatened by another person. (Anwar, Mahmood & Hanif, 2016)

Although a majority of research was based on how low or high self-esteem was related to aggression, a study by Diamantopoulou, Reydall and Henricsson (2008) showed that low levels of global self-worth in combination with increased self-esteem were linked to aggression. The results show that depending on how self-esteem is perceived, aggressive children may have both high and low self-esteem.

OBJECTIVES

O1. To understand the differences between aggression and self-esteem in college students.O2.

To explore how high or low self-esteem influences aggression in college students.

HYPOTHESIS

H1. Lower self-esteem of a person is associated with increased aggression.

H2. There would be gender differences in the variable of aggression and self-esteem.

METHOD

1. PARTICIPANTS

Through a purposive sampling method, a group of 150 participants (i.e., male = 85 and female = 65) with an age range of 16 and above were selected for the data collection.

2. MATERIALS

Self-Esteem Scale (SES-DSDU)

It was used for the assessment of self-esteem levels. The scale takes approximately 10 minutes to complete. It consists of 23 statements related to feelings of self-worth and self-acceptance with higher scores showing more positive self-regard. Each item was responded with 5 point Likert scale ranging from 0-4.

Aggression Questionnaire (AGQ)

It was used for the assessment of aggression levels. It consists of 29 statements and a 5 point Likert scale. This scale consists of 4 factors which are Physical Aggression (PA), Verbal Aggression (VA), Anger (A) and Hostility (H). The scores of the factors are PA = 9, VA = 5, A = 7 and H = 8. A statement in both the two items (physical aggression and anger) are reversed scores.

PROCEDURE

At first a proper rapport was established with all the participants and they were asked about their willingness to participate in the study. They were asked to fill out their demographic details and following that they filled out both the aggression and self-esteem scales within 15-20 minutes. After the participants filled the questionnaires, their sheets were taken back and the collected data was analyzed and the results were interpreted.

RESULTS

The collected data was analyzed by calculating the mean and the standard deviation.

Table 1. Different types of demographic variables and percentage of college students

Variables	N (= 150)	Percentage (%)
Gender Male	85	56.6%
Female	65	43.4%
Age		
16-18 years	35	23.4%
19-21 years	100	66.6%
22 & above	15	10%
Education UG	135	90%
PG	15	10%

According to the collected demographic data, most of the participants fall in the age group of 19-21 (66.6%) years and this particular age is a trigger point of aggression. It also shows that most of the students are at undergraduate level (N = 150, P = 90%).

Table 2. Differences between different factors of aggression and self-esteem of students

Variables	Gender	N	Mean	Standard deviation
Physical Aggression	Male Female	85	33.65	4141.07
		65	29.65	4223.71
Verbal Aggression	Male	85	15.62	6767.52
	Female	65	14.59	6386.41
Anger	Male Female	85	25.41	5260.73
		65	17.36	5954.58
Hostility	Male Female	85	22.79	5645.2
		65	32.32	3888.14
Total Aggression	Male Female	85	97.47	68.01
		65	93.92	92.68

| Self-esteem | Male Female | 85 | 97.11 | 68.14 |
| | | 65 | 93.00 | 93.53 |

The above results show that there is a partial significant difference between male and female in the factor of Aggression and Self-esteem.

Table 3. Levels of Aggression and Self-esteem of college students

Levels	Frequency	Percentage
Aggression Low (31-60)	0	0%
Average (61-90)	42	28%
High (91-120)	108	72%
Self-esteem		
Low (80 and below)	3	2%
Average (81-97)	69	46%
High (98 and above)	78	52%

The above table shows the level of aggression of students, in which maximum students fall into the category of high level (72%). In terms of self-esteem, the majority fall into the high level category (52%).

The findings indicate that the males have higher self-esteem than the females, thus males are more aggressive. Hence, high self-esteem of a person is associated with increased aggression.

It is also found that makes are high in Physical Aggression, Verbal Aggression and Anger whereas females are high in Hostility which shows their higher levels of controlled behaviors.

Thus, our overall findings show that there is a significant relationship between aggression and self-esteem.

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