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## AGGRESSION: A REVOLUTION IN RHYME.

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### Abstract:

The term 'aggression' refers to a range of behavior that can result in both physical and psychological harm to oneself, others or objects in the environment. Aggression is not a new topic to be discussed about, the recent trends around the world makes it a more relevant topic to discuss. This paper deals with the patterns of aggressive acts, religious aggression, sexual violence, the various types of aggression and the increasing tendency of especially youngsters to identify with the aggressor. Aggression also leaves a strong impact on the victim either physically or psychologically and often suffer from post-traumatic stress disorder. Prolonged exposure to media violence and virtual world increases the chances of aggressive behavior. The current scenario in Iran stands out as an example of positive aggression in the pages of history.

**Key words;** aggression, post-traumatic stress disorder (PTSD), media violence, positive aggression

### Introduction:

'The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands at moments of challenge and controversy'. – Martin Luther Jr.

Anger is one of the most primary emotion. The rise of aggression among the Indian youth is alarming. Aggression is a human tragedy. The human capacity for aggressive behavior is staggering. According to an estimate, 58 million people were killed in the world war ii period, nonetheless, the Gujarat riot also saw the death of nearly 3000 people.

Aggression is defined as a behavior that is intended to harm another individual who does not wish to be harmed (Baron and Richardson)

Because it involves the perception of intent, what looks like aggression from one point of view may not look that way from another and the same harmful behavior may or may not be considered aggressive depending on its intent. Intentional harm, even when the harms are identical.

Not only the youth, but every dynamics of the population is affected by the increasing tendency to show aggressive behavior. The behavior is not as per with the anger they possess, in most of the circumstances they tend to show more aggression than the actual emotion they feel.

According to a survey conducted by association of adolescent and child care in India in various schools, teachers reported aggression to be the new “cool-tool”. It is not that only the recent trends have made a clear picture that aggressive behavior is the synonym for smartness, the past decades have witnessed various incidents which are now resulting in the prime discussion of the issue.

Being a smart person now is not being intelligent but how much power an individual possess.

Mc Cleland’s theory of need for power, inculcated within the new generation as well as with their identities, the need for one religious group to show that they are more powerful than any other group in the country.

The ideas of fascism spreading all across the country makes the population more raged.

Aggression takes a variety of forms, including

1. Physical
2. Verbal
3. Emotional
4. Mental.

Though we often think that aggression is only hitting, pushing other or engaging in fights but psychological forms of aggression too can be very dangerous and distressing on the victims.

The roots of aggressive behavior goes deep down to childhood trauma. The parental abuse, the sheer reaction of parents when even a speck goes wrong works as a trigger for punishment to the child. The child grows up thinking that aggressive behavior like breaking things, throwing and using harsh or abusive words are the only responses when one gets angry. The child not liking the responses at the initial stage, slowly grows up and shows a replication of the behavior of the aggressor, the child gets a reinforcement either verbally, or of approval or most importantly attention.

Children in school engage in aggressive behavior as they are more noticed by the other peers, and the teaching and non-teaching staff also gives an added attention to the child. Thus a child is convinced that his another peer who is quite and calm remains unnoticed and he by pushing someone or by beating can actually become the ‘hero’ of the class.

Media violence.

Media violence has a longitudinal impact on the overall population. The cartoons such as ‘Oggy and the Cockroaches’, ‘tom and jerry’, the marvel series have quite the role of influencing the reaction and behavior of the children. Children apparently want to be ‘hulk’ as ‘he can smash everything around’, and becomes a role model to the majority of the ‘marvel-fanatic’ population.

Coming to the early and middle adulthood, domestic violence and child abuse is not an old story.

According to the frustration-aggression hypothesis frustration produces the arousal of drive and that ultimately leads to aggression. Daily hassles, work life role, conflict between career and work, as well as role confusion can lead to aggression. The resulted frustration drives on any close member, generally on the wife or on children/child, ultimately leading to devastating acts and consequences.

the individual gets sure that his 'image' stays right in front of all others in the community as no one would know the picture behind the closed door and in that way he is an ideal in front of the rest, and e is quite sure that his confidante won't even hold up this side of his to anyone and that she's always there no matter what happens.

Recently a Netflix movie, darlings portrays through dark humor an abusive husband (Vijay Varma) and a wife (Alia Bhatt) who accepts all the abuse quietly because somewhere she knows that her husband loves her and he would surely change one day.

A distinguishing phenomenon gaining popularity mainly through the internet is the displaced anger. How often have we seen incidents of dogs, cats or ant pet beaten to death?

We often label casually the abuser as psychotic. Looking deeply through the roots of the psyche, the incidents of displaced anger originates from the various defense mechanisms, as the individual's ego is not compatible to deal with the environmental stresses.

### ***Aggression in the India's independence***

' Pritilata was young and courageous she would work with a lot of zeal and was determined to drive the British away'- Binod Bihari Chowdhury, a contemporary revolutionary

Graduated from Bethune college, Kolkata in philosophy, wadeddar returned to Chittagong and took up the job of a headmistress in a local English medium school. It was surjo sen who wanted prtilata to join his army as he saw a park of fire and hope in the eyes of the young revolutionary. In 1932, master da planned an attack on the pahartali European club where the signboard noted 'dogs and Indians not allowed'; prtilata was appointed as the leader for the mission. As inspired by the rani of Jhansi from childhood, rani (prtilata's nickname) dressed up as a Punjabi male for the attack.

A colonial rule, where the inhabitants of the country were compared to dogs, the only way out of this animalistic rule was aggression. If it wasn't for aggression at that time, the revolutionaries could not keep their head high up and fight for their own rights.

Apart from the Indian struggles, the infamous incident of the jallianawala bagh had sown the seeds of further aggression among the Indians. As mc Cleland has correctly pointed out the need for power, it can be rightly seen in this incident.

### ***Religious aggression in India***

India is a land of diverse culture; in the same page it is true that politics has exploited that diversity. The incidents of riots in the country stands as a pillar of evidence. Two years back, the capital of the country, Delhi witnessed a shocking riot between anti citizenship amendment (CAA) and pro-CAA protestors. Over the next 10 days, the roads were stained with blood of 53 people.

In 2002, the country had witnesses Gujarat riots, a three-day period of inter communal violence in western Indian state of Gujarat. The urge to prove one's religion superior over another paves the way for violence. Most of the riots take place between the two major religions which has been portrayed as 'enemies' - the

Hindus and Muslims. For a long time, these two religions have been shown as counteractive and the people from these religions stand firmly to the fact that his religion has the greatest power.

Here, violence stands as a bar against unity and brings huge loss to a country as well as to its citizens.

### ***Positive aggression in the movements of Iran and Afghanistan***

Few weeks back, a country in the middle-east raged in slogans of ‘women, life and liberty’, the streets flooded with women young and old, tearing up their hijabs, cutting their braids and standing firmly against the government who is only fuelling the protest.

Iran raged out in anger and violence after the death of a young Kurdish-Iranian woman -Mahasa Amini in the police custody, after being detained allegedly for violating Iran’s conservative hijab laws.

For decades, the face of Iranian protest has been the women of the country. After Khomeini’s arrival the Iranian women protested against the compulsory hijab laws. The movement was obviously shut down, the so called republicans later pointed out saying ‘lets not talk about a piece of fabric on the head of women. That’s not a problem. Unity should be our concern’.

The protests were shut down and women did not have the right to question about wearing hijabs. However, during the rule of Khatami (1997-2005) the issue of compulsory hijab and dress code was a bit eased out. But after the green movement, sepideh rashno laid special emphasis on the confessions that hijab is something that they were not going to compromise on.

The Kurdish community is a minority community in Iran. The government is obviously trying to exploit this by manipulating, saying that the integrity of the state is now being threatened. Apart from the last four decades, the Kurdish people are not claiming for autonomy now, they are fighting for the basic autonomy of women. This is about the basic human rights. The basic autonomy that a woman should have on her body. This is about ending oppression against ethnic and religious minority groups.

As Fatemeh Shams, an Iranian scholar who has been living in exile since 2009 confronts in an interview in ‘the new Yorker’, the slogan of Iranian movement now, is similar with the main slogans of the 1979 revolutionary movement of the labour party in Russia, ‘bread, work, freedom’

The outgroup majority, the will to overpower the minority puts the country in an economic crisis as well. Egg is a luxury item. Middle class Iranians can hardly afford chicken. The prejudice, leading to the stereotypical attitude, finally finding its way to discriminating women gives the wand of superiority in the hands of the oppressor.

The aggressive models displayed by the superiors, certainly became a model for the inferiors, rising in rage, rising in power.

On 15<sup>th</sup> august, 2021, the Taliban invaded Kabul, the capital of aghanistan and took control over the country. Women in the country has already faced oppression and the current attacks only aims to stimulate the problem more. The human rights violation have mounted steadily over the past year, and the violation against women have mounted steadily. Women hardly hold any cabinet positions in the de facto administration, which has also abolished the ministry of women’s affairs-effectively eliminating women’s right to political participation. The Taliban’s have also banned girls from attending school past sixth grade and barred women from working most jobs outside their home.

The above evidences are just a few to talk about, the discrimination and the oppressive aggression on women continues to follow. Various rulers and government over the country had exploited the women's rights.

According to a report by WORLD HEALTH ORGANIZATION IN 2015, the country reported that 90% of the women had experiences at least one form of domestic violence. The community lays a hand at tolerating violence against women and depleting their own rights. Violence against women ranges from verbal abuse and psychological abuse to physical abuse and unlawful killing.

### ***Recent trends of sexual aggression***

Rape is a topic that abounds with myths and misconceptions. It is a complicated, emotionally charged and highly misunderstood subject. Myths exist such as the offender suffers from 'mental problems' and the offender as an extreme 'sexual desire' or 'lust'.

The crude reality behind rape is not the women who showcase themselves but extreme toxic masculinity within males. The desire of sexual overpower drives for the forceful sexual act. Offenders often think that a women's 'no' actually mean 'yes' as women hardly agree upon the first asking.

Vindictive rapists have anger and aggression directly focussed towards women. Such a rapist believes that he is permitted to sexually attack a woman because he has been wronged by other women in the past.

Anger rapists on the other hand are very aggressive and hurt the victims in a horrendous way. Researchers found that previous experiences of rejection, trauma from women results in such a behavior. Offenders in many cases are found to be suffering from antisocial personality disorders.

The tendency to showcase power and dominance over women as they are considered inferior leads to the increasing number of rape cases all over the world.

The inflated 'id' engulfs the superego and ego; the rapist slowly takes the form of a demon and often report 'I am smart, I am powerful. It is the girl who aroused me, the girl wanted pleasure, so I stood up myself for that!'

The number of cases on minor is alarming even with high scopes of legal action, resulting in high chances of post traumatic disorder (PTSD) and rape trauma syndrome (RTS) on the victim.

### ***Conclusion:***

Cool and troll have now become synonymous. The social media apps flood with news of trolling every day, not only celebrities but almost everyone has the experience of being trolled. The ideal reason behind fake id's is that people think that no one can get them and their 'image' is well protected in front of everyone in the society. His own self is hidden behind the deindividuation and is not questioned.

Darwin stated the survival of the fittest. Somewhere, in order to fit in this high demanding society, to become the fittest, aggression is becoming the only way of survival and becoming smart, of course.

Arguments do arise that aggression makes you get more attention as seen in debate shows in tv channels, but is it the only way? The introduction of reels, web series has drastically reduced our attention span, and a stimulus which is exquisite always has the tendency to divert attention and is 'eye-catching'. Even if



people know that debate shows are sometimes a complete waste of time, they do revert their attention to the show as that is eye-catching. An aggressive individual is comparatively more famous and has more publicity than someone who is quite and submissive.

Social learning and compliance have sown the seeds of violence within us, and that seed is gradually growing with the nutrients of peer pressure, media and thus spreading its branches and leaves. The problem is no doubt alarming, but there's always possible ways of overcoming this.

1. Catharsis: catharsis's is the reduction of aggressive arousal brought about by performing aggressive acts. The catharsis hypothesis explicitly states that if the persons give vent to their anger and hostility in non-harmful ways, their tendency to engage in non-aggressive behavior decreases.
2. Observation of non-aggressive models: a lot of social learning influences aggression. If the incidents of non-aggressiveness increases, then it maybe inculcated that non aggressiveness can solve a problem without being aggressive.
3. Apart from this. One can always seek help from a counsellor with anger management, breaking the stigma that only mentally retarded people seeks help from psychologists.
4. Checking upon oneself, one's emotions, favourable controlling oneself an help bring down the rate of aggression within oneself.

It is simply a hoax, when said that negative emotions cannot be managed. Effective emotion management is the key to effective social functioning in modern times. The following tips might prove useful for achieving the desired balance emotions:

1. Enhance self-awareness: be aware of your own emotions and feelings. Try to gain insight into the 'how' and 'why' of your feelings.
2. Appraise the situation objectively: it has been proposed that emotion is preceded by evaluation of the event. If the event is experienced as disturbing, your sympathetic nervous system is activated and you feel stressed. If you do not experience the event as disturbing, then there is no stress. Hence, it is you who decides whether to feel sad and anxious or happy and relaxed.
3. Be creative: find and develop an interest or a hobby. Engage in an activity that interests and amuse you.
4. Have empathy: try understanding others feelings too. Make relationships meaningful and valuable. Seek as well as provide support mutually.
5. Participate in community service: help yourself by helping others. By doing community service (for example, helping an intellectually challenged child learn an adaptive skill), you will gain important insights about your own difficulties.

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