

PSYCHOLOGY

Abstract

Aggression refers to a range of behaviour that can result in both physical and psychological harm to yourself, others, or objects in the environment. Aggression centres on hurting another person either physically or mentally. Aggression is also affected by society. The social factors that affect aggressive behaviour are society, social reinforcement, social media, mass media, crime, direct provocation. The risk management of aggressive behaviour is culture sensitivity, to enhance positive attitude, deterrent punishment, empathy, elimination of negative impact, avoid power struggle, lack of flexibility and rigorous training.

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I. THE ROLE OF SOCIETY IN AGGRESSIVE BEHAVIOR

1. Introduction

- Aggression is a behavior that can be accompanied by violence and unknown behaviors. Violence and violence have many negative consequences.
- Aggression is a word we use every day to describe the behavior of others and even ourselves. We can say that people resort to violence when they attack or harm each other.
- They may even bang their fists against the wall or table in anger when they block another car in traffic.
- There are some social factors that responsible for aggression in society.

The Social Factors are:

- **Society:** Sometimes society also encourages violence against people because that society's violence can have an effect. Although biology, social studies, relationships, environmental context, culture and personal context are very important. We should not forget that none of these factors alone predict violence, but they work together to predict violence.
- **Social Reinforcement:** It is one of the causes of cultural/cultural violence. In many cultures, boys are expected to be strong and brave. To gain leadership in the group, they must show firmness, and boys are respected for their firm behavior. ArticleOne of the most important things is that when it comes to gender and culture, most cultures in developed countries see aggressive men as strong and demanding, while women who behave in the same way as bad (Bossy). Some cultures don't have this. It is necessary not only to reward aggressive behavior, but also to reward aggressive behavior in some cases.Our society also includes physical abuse, verbal abuse, self-harm, seduction, etc. as well as encourages violence against people.
- **Social Media and Mass Media:** Studies have shown that there is a strong relationship between viewing violent TV and aggressive behavior, with more children watching TV shows and movies such as Crime Scene, TV shows, and movies. People adapt or learn behavior from the mass media, and they do this to gain fame and power in society.
- **Society and Crime:** Social people study social benefits because many social groups and cultures allow their members to drink alcohol and other drugs, but people don't know that alcohol interferes with work, which helps develop intelligence. We use it to plan, plan, achieve goals, control emotions and inhibit impulses.People become more selfish and less social when they are drunk. This condition is called alcohol myopia, and people resort to violence when they drink.
- **Direct Provocation (Physical or Verbal):** High arousal in a situation can remain silent when there is conflict in other people, a bad consequence of having arousal energy when we are stressed. Physical and verbal abuse can cause depression,

negative emotions, and anger. There are many conflicts in society due to physical and verbal violence, and people are proud of themselves with their aggressive behavior.

Learning from social organizations (observational learning), depersonalization (willingness to behave differently within the group), direct anger from community members, lack of skills (such as personal relationships).

Violence is the use of force or force to achieve one's goals. It can be mild or severe and can affect people. Aggressive behavior can be evaluated as positive, negative or neutral.

The role of aggressive behavior in society is often discussed. Some think it should be stopped because it causes problems in society. Others believe that it is necessary for some people to express themselves in the creation of destruction or destruction.

2. Risks of Aggressive Behavior in Society:

- Risks associated with aggressive behavior include loneliness, inability to work, low self-esteem, and even physical harm. Isolation is when a person feels alone in a group, which can lead to aggression towards others. Unemployment often results from violence against co-workers, friends and family.
- The risks associated with violence range from severe to catastrophic. They can cause conflicts, poverty, violence and war, with profound effects on people and the entire society. All this tells us how society encourages social aggression. Community also has great content for crime control. Organizations can influence aggressive behavior through leadership, media, and relationships.
- Organization plays an important role in the formation of aggressive behavior. Cultures, such as the acceptance or condemnation of violence, can influence individual behavior and attitudes by normalizing or glorifying violence. Also, relationships with the family and school community will affect how people learn to express and manage emotions, including violence.
- It is important that society encourages non-violent communication and provides support for the prevention and resolution of violence. Article when a community relies on or praises violence.
- It can help normalize this behavior. On the other hand, societies that value understanding, conflict resolution and conflict can develop a culture of peaceful coexistence.
- Family dynamics and parenting also contribute to the development of aggressive behavior. For children growing up in families with conflict or rigidity, a caring and supportive environment can help reduce aggressive behavior, so families play an important role in violence and parents need to be mindful of their children.
- The organization as a whole has a responsibility to promote good values, provide training in conflict resolution and support to reduce bad behavior.

II. RISK MANAGEMENT FOR AGGRESSIVE BEHAVIOR

- 1. Introduction:** Aggressive behavior is behavior that can be accompanied by aggression and violence. Violence and aggression have many health problems such as family conflict, crime, murder, torture, theft, and these are increasing in our lives. An aggressive personality can affect many things in a person's life. Social life, work, relationship, academic life, physical and mental health, etc. may adversely affect.

Aggressive behavior can be reduced or controlled in a variety of ways, such as understanding the causes of aggression. Choose to express your feelings non-aggressively to friends or family, professional advice, and many others:

- 2. Prevention Strategies:** Positive ways to reduce people's tension are to prevent them from feeling nervous and help start with grief.
 - **Show Cultural Sensitivity:** Be aware that some behavior that is unusual or disturbing in one culture may be considered normal and acceptable in another culture.
 - **Don't Make any Assumptions or Judgements:** About young people based on what you may have heard from other.
 - **Be Encouraging:** Talk positively about the specific behavior of young people to their parents. Never ridicule them. Especially in front of their peer by doing this. You can prevent long lasting emotional harm.
 - **Support:** Talk to parents about their teen's specific behavior. Don't laugh at them. Especially if you do this in front of your friends. You can prevent chronic mental illness.
 - **Avoid Power Struggles:** Whenever possible, avoid direct confrontation with young people who need to get into trouble. Paying attention to your voice, especially when talking about bad behavior. Do not raise your voice in anger, even if young people are angry with you.
 - **Mitigate or Eliminate the Event's Impact:** When you identify the event or stress that caused violence in young people. Try to lessen its impact by encouraging good behavior with rewards. Develop strategies to help the aggressor manage their emotions, using positive reinforcement, praise, and rewards for good behavior whenever possible. Aggressive behavior can be prevented to some extent with early childhood education and appropriate parental care.
 - **Deterrent Punishment:** Mild forms of punishment, such as social disapproval and criticism, can be used to reduce the frequency or desire for violence. People who lack social skills adopt the personal attack style because they do not know how to communicate effectively. The violence of these individuals can be reduced by giving them skills training.

- **Empathy:** Entertainment, medication, and therapy can help people with mental illness. Relationships, culture and violence vary across cultures.
- **Lack of Flexibility and Rigorous Training in the Punishment of Children:** The life history of some offenders and prison inmates shows that those incarcerated for violence were often severely punished and often punished in childhood.

It is often said that angry parents have angry children, so parents have to work hard to control their constant anger, resentment and violence. Parents should try to be good role models for their children can transform violence into conflict through a variety of defenses such as sublimation, renationalization, projection, and positive behaviors such as sport, climbing, athletics, and other courage and risk.

3. Psychological Interventions:

- **Tension Reduction Techniques:** It includes the use of various psychological interventions aimed at reducing tension (reducing tension and reducing tension), reducing negative behaviors and preventing destructive/aggressive behaviors in the short term; Often referred to as de-stressing, the aggressive person takes advantage of special opportunities to lower the grade. The de-escalation process focused on communication and situation analysis.
- **Sublimation of Aggression:** This concept is evident in art and literature. Especially nowadays, we see anger rejecting the world because of the great disappointments people experience at every stage of life. The benefit of violence Violence is not always sanctioned as violence, violence and control are condemned in all societies. Section controlling children watching/showing aggressive images on television, video, television, Videos, videos, photos Many aggressive behaviors are manageable. Thanks to the social and social learning process, aggressive behaviors can be prevented and the child will learn to reduce their bad behavior.
- **Love and Care:** Love and care is the emotional state that helps patients heal their environment by reducing stress, violence, and anxiety. In society, parents show love and attention to their children and encourage children to think positively. People help them overcome their anger by showing love and care in difficult situations. The organization shows love and care in many ways, including compassion, rewarding good behavior, safety awareness, talking to people to stay calm, and doing as expected.
- **Room Plan:** Another way is to allow the patient to leave the room at the appointed time, to make a plan to keep the patient away from situations that may cause anxiety and anger, such as burning firewood.
- **Catharsis:** The use of catharsis can help patients cope with anger and depression. These can be of two types; physical catharsis and emotional catharsis.

- **Physical catharsis:** A feeling that some physical activity helps to reduce the severity. Encourage the patient to release tension by using exercise equipment or allowing the patient to release tension and stress.
- **The Act of Emotional Catharsis:** Writing down feelings to the patient - feeling happy or relieved or talking about their feelings with a supportive person can help the patient regain control and reduce stress, anxiety and anger.
- **Assertiveness Training:** Individuals without assertiveness skills can learn these skills by participating in groups and activities. Gaming skills themselves can reduce stress, anxiety, and anger.

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