characteristic features of aggressiveness in young people

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Subject relevance: Aggressive behavior by young people is increasingly drawing attention of the academic community. This is not only due to the fact that currently there is no single approach to this issue but also because of acts of violence among youth of both genders widely covered by mass media in recent years.

Goal: Discovery of the aggression development factors and creation of a package of measures for preventing the aggressive behavior in youth, which package takes into account consideration.

The investigation methods: survey, BDHI questionnaire (G.V. Rezapkina version), STAXI questionnaire, and the K. Leonhard method of studying a person’s accentuations (S. Schmieschek version).

Results: 721 people were involved in the investigation. Their age varied between 18 and 21 years. Among the participants under study the increased aggressiveness – as a character trait – was discovered in 26.9% of cases (in 194 individuals), (over 25 points on the STAXI questionnaire’s “aggression – character” scale).

The statistical aggregate in terms of gender looked as follows: 65% for girls (an average value of the “aggression-character” parameter was 28.8); and 45% for boys (27.08).

A preliminary diagnostic study showed a high level of the “aggression-condition” parameter in 32% of young men. In young females it was encountered 2.5 times more often than in males. An exceeded norm on the “auto-aggression” scale was found in 23% of cases, and in 10% on the “hetero-aggression” scale. An ability to control aggression was demonstrated by 88% of young males and 74% of females. The pronounced type of accentuation was discovered in all individuals with a high level of aggressiveness. The most often encountered type was a mixed one. The pronounced features of an exalted and cyclothymic accentuation were discovered equally often (in 37% of cases) and those of hyperthymic in 33%. The accentuated features in girls were encountered twice as often as in boys.

The average value on the scales: the exalted accentuation in participants under study was equal to 18.9; that of the cyclothymic type 16.8; of hyperthymic 16; of emotive 15.7; of lingering 15.5; of excitable and defiant 13.9; of restive 11.9; of pedantic 11; and dysthymic 8. Neither experimental nor reference group showed significant differences in the above-mentioned parameters.

Conclusions: Highly aggressive girls are in a state of aggression far more often than boys from the same group and less capable of controlling the outbreaks of aggression. The aggressiveness, as a character trait, often combines with such accentuations as exaltation, cyclothymia, hyperthymia, emotivism, and lingering. We believe that in case of cyclothymic accentuation the high level of aggressiveness manifests itself only at the hyperthymic stage. Thus it is possible to single out 4 most frequently encountered types of individuals with high aggressiveness: exaltedly aggressive, hyperthymically aggressive, emotively aggressive, and lingeringilly aggressive. Considering this classification, in our work on psychological corrections we used different approaches to improve the level of controlling the aggressiveness. For example, the emotively aggressive individuals needed to bring down their level of sensitivity and raise their level of tolerance for environmental impacts, while hyperthymically aggressive ones needed to channel their activity into a publicly accepted area.

Thus, the package of measures to prevent the aggressive behavior must take into account gender differences of young people and a large number of accentuated individuals in a given group.