

Aggression
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Aggression

- **Physical or verbal behavior intended to hurt someone**
 - Slaps
 - Direct Insult
 - Gossipy “digs”
 - Decisions to have others hurt
 - ETC!!!

Types of Aggression

- **Hostile/Affective**
 - Driven by Anger
 - End in Itself
 - Goal to Hurt/Injure
 - Murder (1/2 Arguments)
 - “Hot” Impulsive, Emotional Outburst
- **Instrumental**
 - Means to Some Other End
 - Terrorism, Sexual Coercion, Mob
 - “Cool”

Types of Aggression

- What is Considered Bullying?
- How many are Bullies, victims or both?
- What are the Gender Differences?
- Are there Adult Bullies?
- What Influences Bullying Behavior?
- Why Does Bullying Occur?

Types of Aggression

- Who is typically a victim of Bullying?
- Why are there Bystanders?
- What are the future consequences of being a bully & a victim of bullying?
- What Interventions do NOT Work?
- What are helpful Interventions?

Biological Theories

- Instinct/Evolutionary/Universal
 - Innate/Unlearned
 - Lorenz: Adaptive
 - Freud: Self-Destructive Impulsive "Death"
 - Discharges/Explodes with a stimuli
 - Fails to account for individuals & culture
 - Biology but not instinct!
 - Buss & Shackelford (1997) Adaptive in gaining resources, defending, obtaining & securing females. (Culture!)

Biological Theories

- **Neural**
 - Amygdala
 - Prefrontal Cortex less inhibitory
- **Genetic**
 - Animals can be bred for aggressiveness
 - Temperament/Reactivity
 - Fearless, Impulsive, Temper-Prone At Risk
 - Identical Twins
 - Nature-Nurture Interaction

Biological Theories

- **Biochemical**
 - Alcohol with provocation
 - Violent more likely to drink & result in
 - Stronger shocks
 - Angrier with unhappy memories
 - 1/2 rapists
 - 4/5 students unwanted sex
 - 65% homicides
 - 55% in-home fights & assaults
 - Spouse Battering Alcoholics who quit cease

Biological Theories

- **Biochemical**
 - Alcohol
 - Reduces Self-Awareness
 - Reduces Ability to Consider Consequences
 - Deindividuates
 - Disinhibits
 - Correlates with Testosterone!

Biological Theories

- **Biochemical**
 - **Testosterone**
 - Reduced levels reduces aggression
 - Restless, Tense, Impulsive, More Frustrated
 - After 25 yrs both decrease
 - Higher in prisoners (planned & unprovoked)
 - More Delinquent
 - Hard drug use
 - Very low not!
 - Drs. Hoyenga!
 - Aggressive Response to Provocation
 - Violent behavior increase Testosterone also!

Biological Theories

- **Biochemical**
 - **Serotonin**
 - Low levels in impulsive control Frontal Lobes

Frustration Theories

- More you want to achieve & are blocked the more you are likely to be aggressive

Frustration Theories

- **Can be Displaced**
 - Boss yells at the husband, who yells at wife, who yells at kids, who kicks the dog, who chases the cat....
 - Can also be other direction. Wife yells at husband & takes out on employees.
 - Target similar & seen as irritated especially when anger is pent up

Frustration Theories

- **Can be Displaced**
 - 9/11 pent up rage made it easier to attack
 - Anyone looking middle eastern
 - Road Rage

Frustration Theories

- **Revised**
 - Understandable Reason then just irritation
 - Other could have acted differently (We like!)

Frustration Theories

- **Deprived: Politically, Economically, Sexually**
 - Not Absolute though...Middle Class!
 - Believe it is possible & can't get it!

Frustration Theories

- **Relative Deprivation**
 - Compare to others!
 - "Jones"/"Grass is Always Greener"
 - Salaries
 - Christmas Presents
 - Newest Model
 - Teens

Learned Social Behavior

- **Rewards of Aggression**
 - Hockey: More aggressive more goals!
 - Collective Violence of Powerless gets attention
 - Neglect & it disappears! Do NOT Reward!

Learned Social Behavior

- **Social Learning (Observational)**
 - Bandura "Bobo Doll"
 - Aroused, & Safe & Rewarding
 - 30% of Abused become Abusers!

Learned Social Behavior

- **Social Learning (Observational)**
 - **1 parent**
 - Account for 70% Juvenile in Detention
 - 7x more likely to be abused, drop out, runaways, unmarried teen parent, & commit violence

Learned Social Behavior

- **Social Learning (Observational)**
 - **Culture**
 - "Macho" "Boys Will Be Boys"
 - Depends on Consequences we Anticipate (Rewarding)
 - Aroused & Feel Safe to do it!

Aversive Incident

- Pain
- Heat
- Offensive Odors
- Cigarette Smoke
- Air Pollution
- Attacks

Arousal

- Being Aroused will generate emotions, aggression or happiness
- Sexual arousal & aggression can amplify each other
 - Fight
 - Roller Coaster

Aggression Cues

- Weapon (violence, even toy!)
- Priming
- Guns in home more murder & suicide

Aggression Cues

- Distance between victim & gun
- Kent State May 4, 1970
 - closest shot 60 ft away, all but 1 more than 100 ft, all but 2 more than 200 ft, 1 of dead was 255 ft, rest 300 & 400 ft away; most distant more than 700 ft away!

Media Influences

- Porn industry sexually violent with man forcing himself. Women resists & fights but becomes sexually aroused & she "melts into ecstasy."

Media Influences

- Gone With the Wind 1939
- Fight leads to kiss

Media Influences

- The Quiet Man 1952
- Fight leads to kiss

Media Influences

- Sexual Violence reinforces "Rape Myth"
 - No doesn't really mean "No"
 - Women enjoy being "taken"
- Watching Sexually Violent Movies
 - More accepting of rape
 - More accepting of slashing
 - Less sympathy for victims of Domestic Violence
 - Rate Domestic Violence less severe
 - More Aggressive toward women except Japan!
 - Decrease Attraction for your partner!
 - Increase acceptance of extramarital sex
 - Increases acceptance of women's sexual submission to men
 - Increases men perceiving women in sexual terms

Media Influences

- Television
 - Avg 3-4 hrs per day = Decade if you live to 80 yrs
 - Women, non-white, less educated, young & old
 - Children: 5% long term Consequences
 - 6/10 programs violence
 - Fights no major consequences
 - 73% aggressors unpunished
 - Victim does not show pain
 - 2/3 depicted violence as funny
 - End Elementary School
 - 8,000 TV Murders
 - 100,000 other violent acts

Media Influences

- **Television & Behavior**
 - 9/10 convicts learned new crime tricks
 - 4/10 attempted specific crimes
 - TV Guide, 1977
 - More violent TV more violence exhibited
 - More likely to commit a crime
 - TV in community Homicide Increases
 - More domestic violence
 - Angered College Students
 - Strongest:
 - Attractive
 - Justified
 - Realistic
 - Unpunished
 - No pain/harm

Media Influences

- **Television & Behavior**
 - 3 Reasons why it increases Violence
 - Arousal
 - Disinhibits
 - Listening to lyrics with sexual violence similar effects!
 - Imitation
 - Assault acts outnumber affectionate acts 4 to 1!
 - **Does not Reflect!**
 - Killed off 50 days!

Media Influences

- **Television & Thinking**
 - **Desensitization**
 - "Doesn't Bother Me At All"
 - Violence & Sex
 - **View World As Dangerous Place**
 - **Lowers Energy**
 - **Lowers Mood**
 - **Altered Perceptions**
 - Exaggerate Violence in World
 - Fear being Assaulted
 - **Cognitive Priming**
 - Hostile Explanations
 - "Punch" hit not drink
 - Notice Aggressive Words

Media Influences

- **Television & Thinking**
 - Less Activity (1,000+ hrs/yr)
 - Soaps, Grey's Anatomy, Desperate Housewives, Boston Legal...
 - Lowers Civic Engagements

Media Influences

- **Video Games**
 - 2002 30th year video games "Pong"
 - 2000 200M games purchased & 7 hrs/wk
 - 4th grade 59% girls, 73% boys violent favorite
 - 4/5 young can easily purchase "M" games

Media Influences

- **Video Games Effects**
 - **More Toxic Effects (Gettle & Anderson)**
 - Identify with & play role of a violent character
 - Actively rehearse violence; "do" rather than just "watch"
 - Whole sequence: choose victim, weapons, talking, aiming etc
 - Continual violence
 - Repeat many times
 - Rewarded for aggressiveness
 - **Military Simulations similar**

Media Influences

- **Video Games Effects**
 - Decrease Prosocial Behaviors
 - **Increases Aggressive Thinking**
 - Beliefs, Attitudes, Perceptions, Expectations
 - **Increases Aggressive Feelings**
 - Desensitizes
 - **Increases Aggressive Behaviors**
 - Scripts
 - **Increases Arousal**

Group Influences

- **Riots/Looters**
 - Bulls/Lakers Championship
 - Hurricane Katrina
 - **Diffusion of Responsibility**
 - More in Lynch Mob the more vicious mutilation
 - Bullying

Group Influences

- **Gangs**
 - Antisocial Tendencies
 - Lack Close Family
 - Lack Academic Success
 - Conformity Increases
 - Deindividuation Increases
 - Self-Identity Decreases
 - Group Fed Arousal
 - Disinhibition
 - Polarization

Group Influences

- **Massacres**
 - Collective Mentality
 - Male Actors
 - Alcohol Use
 - Provocation
 - Type A
 - Violence Viewing
 - Anonymity
 - Weapons

Reducing Aggression

- **Catharsis**
 - "Like using Gasoline to put out a flame" (Anderson)
 - Sexually videos feed sexual fantasies "Fuel"
 - After War nation's murder rate jumps up!
 - Doing nothing at all better
 - Breeds Justification
 - Derogate Victim
 - Rationalize Future
 - Reduces Inhibition

Reducing Aggression

- **NonAggressive Methods**
 - "I" Messages rather than "You"
 - Do not plant False Unreasonable Expectations
 - Reward Cooperative Behavior
 - Punishing Aggressor is less effective
 - Punishment only works when:
 - Prompt
 - Strong
 - Sure
 - Reward for Desired Behavior
 - Recipient not angry
 - Prevent before it happens! (Most impulsive/hot)
 - Death Penalty does not work

Reducing Aggression

- **NonAggressive Methods**
 - Punishment models behavior you want to Prevent
 - **Communication: Positive/Rewarding Statements**
 - "When you do your homework you can play"
 - Vs. "If you don't do your homework your grounded!"
 - **Control Anger**
 - **Raise Moral Reasoning (EQ)**
 - **Reduce Violent Media!**
 - **Teach how unrealistic TV is!**
 - **Reduce Violent Cues!**
 - Jamaica – Gun Control Sales & Media
 - Sweden – No War Toys
 - No war in 200 yrs!

Dr. Myer's Postscript

- **211M Guns**
 - 3x risk murdered (family member)
 - 5x risk suicide
- **Build more Prisons "3 Strikes Your Out"**
- **Kill people who Kill People**
- *"Reacting to crime after it happens is the social equivalent of Band-Aids on Cancer"*
 - FBI Director Louis Freeh (1993)
- **Unloved Kids**
- **Drugs**
- **Poverty**
- **Drain the Swamps & Whose Pushing**
