



ISSN (E): 2277-7695
ISSN (P): 2349-8242
NAAS Rating: 5.23
TPI 2022; SP-11(5): 1232-1235
© 2022 TPI
www.thepharmajournal.com
Received: 20-02-2022
Accepted: 25-03-2022

Pooja Shanwal

Assistant Professor Department
of Home Science FC College for
Women Hisar, Haryana, India

Aarzo Jangra

Assistant Professor Department
of Home Science FC College for
Women Hisar, Haryana, India

Reena Rawal

Assistant Professor Department
of Home Science FC College for
Women Hisar, Haryana, India

Dealing with aggression: Life skills you need

Pooja Shanwal, Aarzo Jangra and Reena Rawal

Abstract

The present study was taken up to provide the suggestions, to mothers to cope up with aggression of their children. Study was conducted in Hisar city for urban study and Block-II of Hisar district for rural study. From Block-II, Kaimari and Mangali villages were selected as per the demand of the study. Sixty aggressive children in the age group of 4-6 years were selected from various preschools of Hisar city and sixty from the selected villages. Thus a total of 120 children were the sample size for present study. Mothers of these aggressive children were also the respondents of this study. Thus 120 children, 60 from urban 60 from rural in the age group of 4-6years constituted the sample. Suggestions were given to the mothers of the aggressive children in the form of booklet. Suggestions like: accept feelings and redirect energy actions, use physical punishment cautiously, be a behaviour model for the child, compliment the child's good behaviour, banish punching bags etc.

Keywords: Aggression, behaviour and life skills

Introduction

"Aggression is that behaviour that is intended to hurt or harm others" (Crick and Grotpeter, 1995) ^[1]. Aggression manifests itself in child's behaviour from early years. Aggressive behaviours tend to be highly stable from early childhood to adolescence and adulthood (Waldman, 1996) ^[6]. In preschool years, the childhood aggression is an important predictor of difficulties in social adjustment, delinquency (Hay, Castle and Davies, 2000) ^[2] and psychological dysfunction (McFayden-Ketchum *et al.*, 1996) ^[3]. Highly aggressive behavior often occurs along and may be predictive of poor academic performance and increased risk of dropping out of school (Rubin *et al.*, 1998) ^[5]. To avoid this all if aggravating energy of the child is molded towards some creative and socialistic activities then child's skills can be improved. Mother is considered to be the most important figure for child and also forms one of most influential socialization agents in early life. Mother's beliefs about child rearing and socialization are largely reflected in her behaviour and reaction towards children. s keeping the above facts in view the study on childhood aggression is taken into consideration with the following objectives:

1. To study the strategies used by urban and rural mothers to deal with childhood aggression.
2. To provide suggestions to the mothers to cope with aggression of their children.

Materials and Method

The present study was conducted purposively in rural and urban areas of Hisar District of blockII in Haryana State. From Hisar city, three schools were selected randomly. A list of 60 children from Hisar city was prepared. Similarly from rural area, three preschools were selected from village Kaimari and three preschools were selected from village Mang epared. Thus a total of 120 children was the samples children were also the respondent for the study. ed from village Mangali. A list of 60 children from rural area was se aggressive 120 children was the sample size for present study. Mothers of these aggressive.

Tools for data collection

Questionnaire-cum-Interview Schedule for mothers

A detailed interview schedule was prepared for mothers to study mothers to deal with aggression of their children.

He was prepared for mothers to study the strategies used by urban and rural

Coding scheme used by Mills and Rubin (1990) ^[4] in their study on relat by Mills and Rubin (1990) ^[4] in their study on related topic, was adopted and used for coding the responses and these were put under 6 categories:

Corresponding Author

Pooja Shanwal

Assistant Professor Department
of Home Science FC College for
Women Hisar, Haryana, India

1. Structuring
2. Power Assertion
3. Psychological controlling
4. Supportive
5. No reaction
6. Varied behaviour Booklet:

Results and Discussion

The findings obtained from the present study are presented below:

Strategies used by mothers to cope with childhood aggression

Suggestions were provided to mothers to cope with aggression of their children in the form of booklet.

Table 1: Strategies used by mothers to cope with physical aggression n=12

Variables	Power Assertion	No Reaction	Supportive	Psychological controlling	Structuring	Varied Behaviour	Total 60
Urban							
Boys	18 (50)	0 (0.00)	3 (8.33)	0 (0.00)	15 (41.67)	0 (0.00)	36 (60.00)
Girls	3(12.05)	0 (0.00)	5 (20.83)	0 (0.00)	5 (20.83)	11 (45.83)	24 (40.00)
Total	21(35)	0 (0.00)	8 (13.33)	0 (0.00)	20 (33.33)	11 (18.33)	60 (100.00)
Rural							
Boys	21 (46.67)	5 (11.11)	3 (6.67)	3 (6.67)	6 (13.33)	7 (15.56)	45 (75.00)
Girls	9(60.00)	1 (6.67)	1 (6.67)	2 (13.33)	1 (6.67)	1 (6.67)	15 (25.00)
Total	30(50.00)	6 (10.00)	4 (6.67)	5 (8.33)	7 (11.67)	8 (13.33)	60 (100.00)

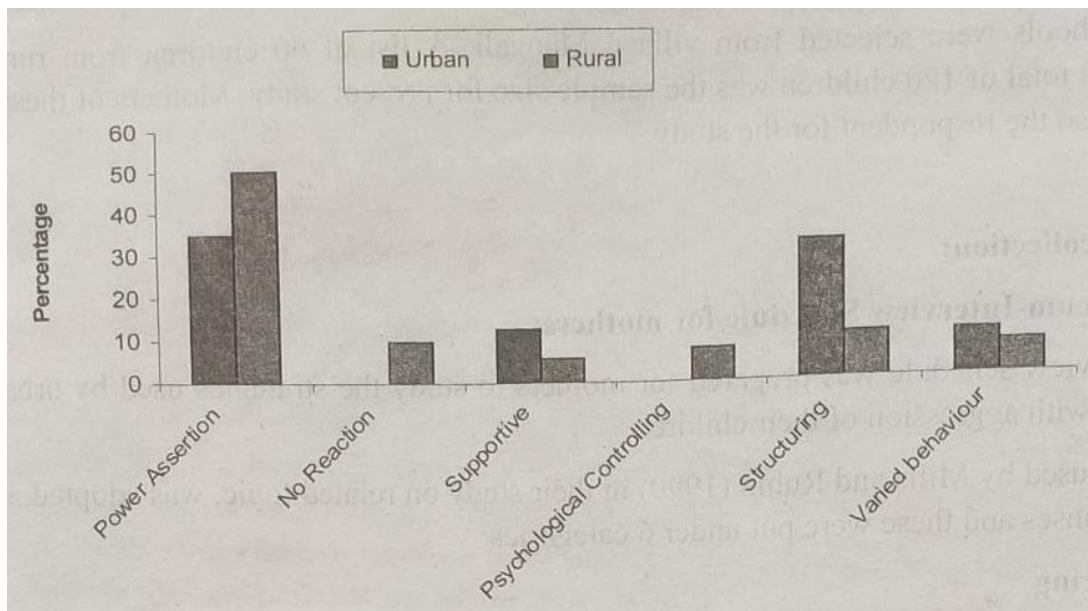


Fig 1: Strategies used by mothers to cope with physical aggression in children

It is clear from Table and figure 1 that in urban areas, exactly half (50%) mothers for boys and 12.05 per cent mother for girls used power assertive strategy. No mother had used the 'no reaction and 'psychological controlling strategies for their children. Only 8.33 per cent mothers for boys and 20.83 per cent mothers for girls used supportive strategy while 41.67 per cent mothers for boys and 20.83 per cent mothers for girls used 'structuring strategy. A total of 45.83 per cent mothers for girls used 'varied behaviour' strategy whereas not even a single mother was interested to use 'varied behaviour' strategy for boys. In rural areas, 46.67 per cent mothers for boys and more than half (60%) per cent mothers for girls used 'power assertion strategy while only 11.11 per cent mothers for boys and 6.67 per cent mothers for girls used 'no reaction strategy. Only 6.67 per cent mothers for boys and 6.67 per cent mothers for girls used 'supportive strategy while 6.67 per cent mothers for boys and 13.33 per cent mothers for girls used

'psychological controlling strategy. A total of 13.33 per cent mothers for boys and 6.67 per cent mothers for girls used 'structuring strategy whereas 15.56 per cent mothers for boys and 6.67 per cent mothers for girls used 'varied behaviour' strategy. In urban and rural areas respectively, 35 per cent and half (50 per cent) mothers used 'power assertion strategy while 10 per cent mothers in rural areas used 'no reaction strategy. No mother in urban areas used 'no reaction strategy. Only 13.33 per cent and 6.67 per cent mothers in urban and rural areas respectively used 'supportive strategy whereas 8.33 per cent mothers from rural areas used psychological controlling strategy. Not even a single mother used psychological controlling strategy from urban areas. A total of 33.33 per cent and 11.67 per cent mothers from urban and rural areas respectively used 'structuring strategy whereas 18.33 per cent and 13.33 per cent mothers used 'varied behaviour strategy respectively.

Table 2: Strategies used by mothers to cope with verbal aggression in children

Variables	Power Assertion	No Reaction	Supportive	Psychological controlling	Structuring	Varied Behaviour	Total 60
Urban							
Boys	9 (25)	2 (5.56)	7 (19.44)	17 (19.44)	3 (8.33)	8 (22.22)	36 (60.00)
Girls	2(8.33)	0 (0.00)	0 (0.00)	6 (25.00)	12 (50.00)	4 (16.67)	24 (40.00)
Total	11(18.33)	2 (3.33)	7 (11.67)	13 (21.67)	15 (25.00)	12 (20.00)	60 (100.00)
Rural							
Boys	14(31.11)	3 (6.67)	5 (11.11)	10 (22.22)	6 (13.33)	7 (15.56)	45 (75.00)
Girls	4(26.67)	1 (6.67)	0 (0.00)	6 (40.00)	4(26.67)	0 (0.00)	15 (25.00)
Total	18(30.00)	4 (6.67)	5(8.33)	16 (26.67)	10 (16.67)	7 (11.67)	60 (100.00)

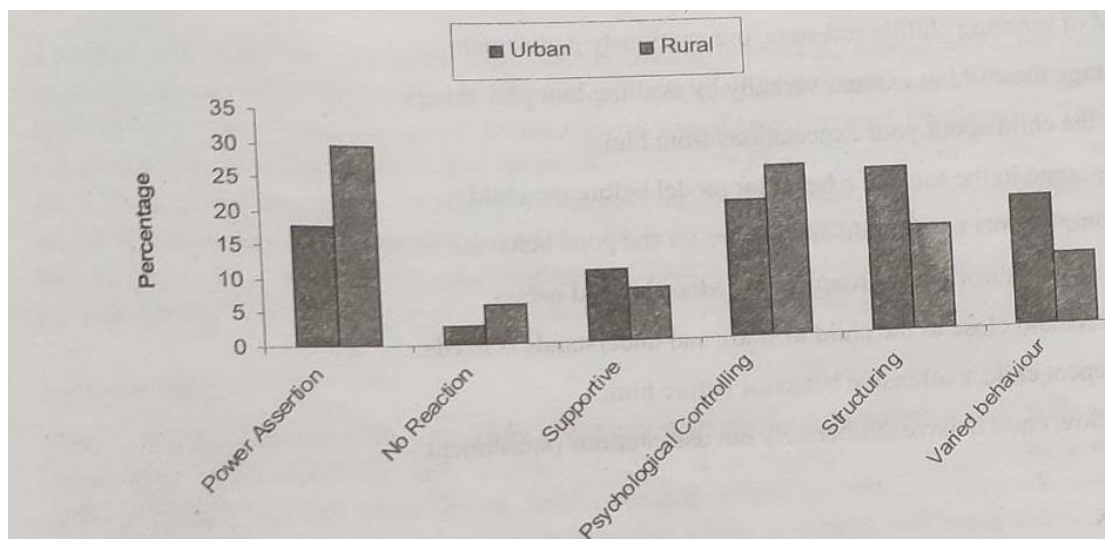


Fig 2: Strategies used by mothers to cope with verbal aggression in children

It is clear from Table 2 and Figure 2 that in urban areas, 25 per cent mothers for boys and 8.33 per cent mothers for girls used 'power assertion strategy whereas only 5.56 per cent mothers for boys used no reaction strategy. No mother for girls was interested in 'no reaction strategy. Only 19.44 per cent mothers for boys used 'supportive strategy. Not even a single mother for girls used 'supportive strategy. Only 19.44 mothers for boys and 25 per cent mothers for girls used psychological controlling strategy whereas 8.33 per cent mothers for boys and 50 per cent mothers for girls used 'structuring strategy. Only 22.22 per cent mothers for boys and 16.67 per cent mothers for girls used 'varied behaviour' strategy.

A total of 18.33 per cent and 30 per cent mothers from urban and rural areas respectively used 'power assertion strategy whereas 3.33 per cent and 6.67 per cent mothers used 'no reaction strategy respectively. Only 11.67 per cent and 8.33 per cent mothers from urban and rural areas respectively used 'supportive strategy while 21.67 per cent and 26.67 per cent mothers used 'psychological controlling strategy respectively. Twenty five per cent and 16.67 per cent of mothers from urban and rural areas respectively used 'structuring strategy while 20 per cent and 11.67 per cent mothers used 'varied behaviour strategy respectively.

A number of suggestions were given to the mothers of aggressive children:

- Study the behavior of child and try to amend him.
- Motivate the child to be emotionally strong to the surroundings.
- Provide physical outlets or other alternatives to channelize his/her energy derivatives.
- Teach the child how to behave by taking him in

confidence by emotional touches.

- Redirects the child's energy towards creative activity.
- Do not tolerate child's inappropriate behavior.
- Show interest in child's activity and compliment him.
- Satisfy the child's curiosity for his questions.
- Instead of ignoring child's rudeness, use cautiously punishment.
- Encourage the child to express verbally by availing him play things.
- Aware the child about your expectations from him.
- Always come in the form of a behavior model before the child.
- Give compliments to the child and inspire for the good behavior.
- Provide him controlled environment to reduce his bad habits.
- Always remain close to the child to study and understands is needs.
- Never repeat child's offensive behavior before him.
- Never allow child behave deliberately but use cautious punishment.

Conclusion

The overall conclusion showed that in urban areas, most of the mothers of boys used 'power assertion and 'structuring strategies to cope with physical aggression of the children whereas most of the mothers of girls used 'varied behavior strategy to cope with physical aggression of their children. In rural areas, maximum of mothers of boys and girls used 'power assertion strategy to cope with physical aggression of their children.

References

1. Crick NR, Grotpreter J. Relational Aggression, Gender and Social Psychological Adjustment. *Child Development*. 1995;66:710-722.
2. Hay DF, Castle J, Davies L. Toddler's use of force against familiar peers: A precursor of serious aggression? *Child Development*. 2000;71(2):457-467.
3. Mc Fadyen-Ketchum, SA Bates, JE Dodge, KA, Patit GS. Patterns of change in early childhood aggressive disruptive behaviour: Gender differences in Predications from carly coercive and affectionate Mother-child Interactions. *Child Development*. 1996;67:2417-2433.
4. Mills RSL, Rubin KH. Parental Beliefs about problematic social behaviours in early childhood. *Child Development*. 1990;61:138-151.
5. Rubin KH, Hastings P, Chen X, Stewart S, McNichol K. Interpersonal and mutual correlation of aggression, conflict and externalizing problems in toddlers. *Child Development*. 1998;69(6):1614-1629.
6. Waldman ID. Aggressive boy's Hostile perceptonal and response basis: The role of attention and impulsively. *Child Development*. 1996;67:1015-1033.