

“A Comparative Study among High Profile and Low Profile Respondents Respect to Psychosocial Stress and Aggression”

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Abstract

The aim of this study is to find out the significant differences among high profile and low profile respondents, on the variable psychosocial stress and aggression. 90 high profile respondents and 90 low profile respondents aged between 20 to 40 years were purposively selected for this study. It was hypothesized that there may be significant differences with regard to psychosocial stress and aggression among 90 high profile respondents and 90 low profile respondents. Psychosocial stress scale used by Dr A K Srivastav. It was conclusion that 1. Low profile respondents have significantly high psychosocial stress than the high profile respondents. 2. Low profile respondents have significantly high aggression than the high profile respondents.

Introduction:

Psychosocial stress is the result of a cognitive appraisal of what is at stake and what can be done about it. More simply put, psychosocial stress results when we look at a perceived threat in our lives (real or even imagined), and discern that it may require resources we don't have. Examples of psychosocial stress include things like a threat to our social status, social esteem, respect, and/or acceptance within a group; threat to our self-worth; or a threat that we feel we have no control over. All of these threats can lead to a stress response in the body. When psychosocial stress triggers a stress response, the body releases a group of stress hormones including cortisol, epinephrine (or adrenalin) and dopamine, which lead to a burst of energy as well as other changes in the body (see this article on the fight-or-flight response for more.) The changes brought about by stress hormones can be helpful in the short term, but can be damaging in the long run. For example, cortisol can improve the body's functioning by increasing available energy (so that fighting or fleeing is more possible), but can lead to suppression of the immune system as well as a host of other effects. Epinephrine can also mobilize energy, but create negative psychological and physical outcomes with prolonged exposure. That's why it's important to manage psychosocial stress in our lives so that the stress response is only triggered when necessary. It's also important to learn stress relief techniques to effectively reverse the stress response so we don't experience prolonged states of stress, or chronic stress.

P.E. Honess, C.M. Marin (2006) Behavioral and physiological aspects of stress and aggression in nonhuman primates. There is considerable interest in the study of stress and aggression in primates as a model for their interpretation in

humans. Despite methodological and interpretational problems associated with behavioral and physiological measurement and definition, a considerable body of literature exists on these phenomena in primates. In the course of reviewing this literature we examine examples of many of the sources of variation in stress and aggression, including species identity, sex, age, breeding and social status, individual temperament, background, learning and resource distribution. This is followed by an examination of the interaction between stress and aggression before reviewing the most important areas in which changes in both stress and aggression are measured. In particular we examine those studies covering social aspects of an animal's life, specifically relating to social isolation, crowding as well as group formation, composition and instability. This review reveals the complex and often contradictory nature of relationships, not just between an animal's physiology and its behavior, but between its stress status and display or receipt of aggression. *Neuroscience & Biobehavioral Reviews, Volume 30, Issue 3, 2006, Pages 390-412*

Aim of the Study:

1. To find out the psychosocial stress and aggression of adolescences.

Hypothesis:

- 1) Low profile respondents will be significantly high psychosocial stress than the high profile respondents.
- 2) Low profile respondents will be significantly high aggression than the high profile respondents.

Sample:

For the present study 180 Sample were selected from Aurangabad city, Maharashtra State. The effective sample consisted of 180 subjects, 90 subjects were high profiles and 100 subjects were low profiles.

Tools

Psychosocial Stress Scale:

Locus of Control Scale constructed by Dr. D M Peston Ji and Dr. A K. Srivastav. 41 items are in the questionnaire and each of the items has four responses. For reliability measure to factor analysis methods was used. And Construct validity of the inventory is determined by finding coefficient used.

Aggression Scale (A scale):

This test is developed and standardized by Km Roma Pal and Mrs. Tasneem Naqvi. The test consisted of 30 Items and Five Alternatives. The reliability coefficient of the test was found 0.82.

Procedures of data collection

One instrument could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable:

Independent variable: Profile a) High b) Low

Dependent Variable: 1. Psychosocial Stress
2. Aggression

Statistical analysis and discussion

Table No. 01

‘t’ showing the significance of difference between the respondents of two groups in respect to psychosocial stress.

Profile	Mean	SD	S.E	N	df	‘t’
High	65.19	14.59	1.54	90	178	7.01**
Low	82.46	18.25	1.92	90		

The results related to the hypothesis have been recorded. Mean of psychosocial stress score of the high profile respondents Mean is 65.19 and that of the low profile respondents Mean is 82.46 The difference between the two mean is highly significant (‘t’= 7.01, df =178, P < 0.01) and graph it was found that the low profile respondents have significantly high psychosocial stress than the high profile respondents.

Table No. 02

‘t’ showing the significance of difference between the respondents of two groups in respect to aggression.

Profile	Mean	SD	S.E	N	df	‘t’
High	42.68	7.26	0.77	90	178	9.04**
Low	53.76	9.08	0.96	90		

The results related to the hypothesis have been recorded. Mean of aggression score of the high profile respondents Mean is 42.68 and that of the low profile respondents Mean is 53.76 The difference between the two mean is highly significant ($t = 9.04$, $df = 178$, $P < 0.01$) and graph it was found that the low profile respondents have significantly high aggression than the high profile respondents.

A similar finding was reported earlier by As Schultz and Schultz (2005) point out, significant gender differences in locus of control have not been found for adults in the U.S. population. However, these authors also note that there may be specific sex-based differences for specific categories of items to assess locus of control; for example, they cite evidence that men may have a greater internal locus for questions related to academic achievement.

Conclusion:

- 1) Low profile respondents have significantly high psychosocial stress than the high profile respondents.
- 2) Low profile respondents have significantly high aggression than the high profile respondents.

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