

Aggressive Behavior in Adolescent School Students

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Abstract—Adolescence, is a transitional phase of growth and development between childhood and adulthood. WHO Defines adolescent as any person between ages 10 and 19. According to O'Brien et al (2003) , Problem Behavior is an act of a person who either forms significant risk to the health and/or safety to one self or others, or who exerts momentous negative impact on his or her quality of life or the quality of life of others it also , often disrupts normal social development.

In this review we will be looking at externalizing behavioral problems in adolescence. Such as aggression. Aggression is one component of conduct disorder which consists of physical or verbal behavior that harms or threatens others. In all likelihood, both environmental and generic or biological facts contribute towards aggressive behavior. There are 2 kinds of aggression instrumental aggression and hostile aggression. Instrumental aggression has been identified as controlled, purposeful aggression, lacking in emotion that is used to attain a desired goal, comprising also a domination and control of others. Hostile aggression is generally viewed as response to physical or verbal aggression initiated by others with violence which is uncontrolled and emotionally charged and leads to injury to the victim no advantage to the aggressor.

Factors which trigger aggression are, Family Violence, Social Learning, Functional and Structural Brain Abnormalities. The Behavior problem of aggression can be prevented and / or treated by using a few therapies. First and foremost parents must create a set of house rules to be followed, whether they like it or not, define the consequences in case rules are broken. Another common and affective therapy is Meditation, which should be initiated both at home and at school. Counseling is another way of fighting against aggression.