

**Human Adjustment Processes**  
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**Module - 8**  
**Lecture - 3**  
**Aggression**

(Refer Slide Time: 00:14)

**Frustration-Aggression Hypothesis**

Dollard, Doob, Miller, Mower, & Sears (1939)

- Explains frustration as “the state that emerges when circumstances interfere with a goal response” that lead to an aggressive outcome
- Frustration-aggression— contingent upon goal proximity

Yesterday we had talked about this frustration aggression hypothesis.

(Refer Slide Time: 00:19)

## Anderson & Bushman's Model

Anderson & Bushman (2002)

- Social-cognitive information processing model of aggression
- Bank on the basic premise of information processing

Today we are going to talk about model Anderson and Bushmans model, which basically tries to explain. This whole process of aggressive retaliation aggressive reactions in the light of the information processing model, if you look at different schools of thoughts in psychology.

The whole theory is in psychology the whole know, nature of research in psychology they were influents at times in the history by different, different schools of thoughts. For at one point in time behaviorism was very strong, the fred in thought is very strong. So, similarly at time came when the information processing model became extremely important and worked Anderson and bushmans did was that they tried to look at the social cognitive information processing of aggression ok.

So, now, you have social dimension to it, you have cognitive dimension to it and then it is with respect to how the information is processed. If you look at the whole the basic premise of the information processing model all its says is that you have an input you have an output and then some processes take place in between. And therefore, how the input will lead to certain type of an outcome that primarily depends on how it is processed.

So, Anderson and Bushman what they did was that they were also trying to implement the same model trying to suggest at when you have source of anger in your environment. There would be some social factors and there would be certain know things that you already have experienced. Study you remember towards the end we were talking that even with more and more of experienced the site of the sound of frustration can also trigger the same amount of anger. So, it is not that every time the real thread has to been present in front of you.

(Refer Slide Time: 02:41)

### Anderson & Bushman's Model

- Memory → Network of nodes characterizing cognitive notions and emotions
- Life experiences → Linkages among nodes
- Strongly interconnected set of concepts → Knowledge structure
- Knowledge structures → Interpretation and behaviour
- Person and situation related variables affect the present internal state of the individual
- In turn, this state influences appraisal and decision processes
- Aggression is an outcome of this

So, what this model suggested was that by that time it was established that memory is complex associative network of nodes characterizing cognitive notions and emotions. So, you have certain now memory of what let to what in the past. And therefore you have good network of certain nodes, the primary factors that had triggered, aggression within the environment that was the source of frustration, that were the source of aggression, that you already have.

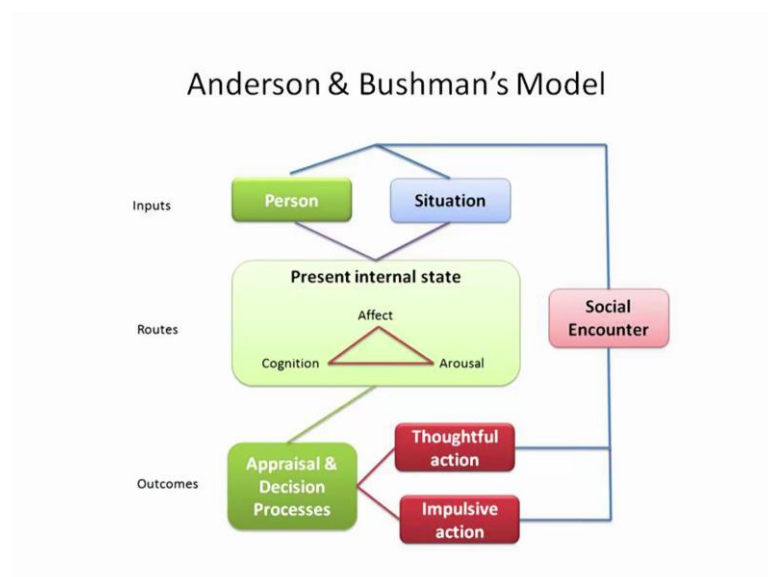
So, life experiences what it does that it will facilitate the linkage among those nodes. So, you have different, different episodes and then based on your earlier experiences, you stars establishing the relationship and this is how you star saying that this is troublesome group, x is troublesome boy. So, that is how the networks are formed and then this say

that strongly inter connected set of concepts make our knowledge structure. So, what leads to anger, you have that type of understanding depending on the connectivity between these types of notes, which is again dependent on the life experiences.

Now, these knowledge structures guide are interpretation. So, are you ready have a past experience, when a new situation comes to be, I am guided by my earlier experience and that helps me no analyze whether this situation can invokes similar types of anger or not. Personal situation related variables affect the present internal state of the individual and interned this state influences the appraisal and the decision making. Once again we have come to appraisal, if you recollect for long we had been taking about the goal congruent and incongruent emotions and how if appraisal of emotion is important.

So, here also you realized that this state where you have person, where you have situations you have earlier experiences, which helps you judge the new situation, all of this they influence your appraisal mechanism. And then once you go for an appraisal then you turn angry ok. And this is infect the model at they had suggested ok.

(Refer Slide Time: 05:17)



So, according to them you have your present internal state, in the present internal state you have your cognitive things the memory would be the part of the cognitive structure,

this boy was the source of you know problem in earlier taktiry also. This group was not for troublesome in that episode also. So, you have that memory you have that affect the emotional component as to it and then you have the arousal factor how much it puts you under unrest and these three things gets know you have certain inputs. So, these three things the present internal state gets influenced by the incoming inputs, which could be person dependent, which could be situation dependent. So, usually what happens? People whom you do not like, people who always trigger certain degree of anger in you, will continue to trigger that anger.

Because your present internal state interacts with that individual in that format, certain type of situations you do not appreciate, it triggers anger in you. Imagining a situation when you are not allowed to do what you love to do, it creates certain degree of aggression within you. Every day you come late by five minutes, ten minutes and then one day suddenly you are five or ten minute delay has know, not given you are deprive you of the opportunity of responding to all the ten questions in that quiz. The situation could be source of anger for you, if the same is repeated twice the person who had misses the quiz becomes the source of aggression for you.

So, this is how person and situation will interact and there will influence your present internal state. That if my delay by five or ten minutes have not deprived me of the opportunity of certain greats, for remaining forty two lectures in the course why I should be punished only for the three sessions. You have different ways of know appraisal of this experience, but then this is what happens? Then this encounters social reality. Now, you evaluate and you say that see if I argue this way that I have always been late by ten minutes, look at my records this is consistent phenomenal, and because I have been consistent in my approach in terms of coming late by ten minutes. Therefore, I should not be deprived of the ten questions of the second quiz, because could have also I am consistence I am late by ten minutes. Your social interpretation says (FL) this is not appropriate. There are multiple loopholes if I argue this way.

And therefore, you know once you have the person in the situation in front of you, that invokes certain degree of aggression, that puts your arousal mechanism go up your internal state does not remain what it was, you first look at it also from the social

appropriateness point of view. And then there could be two possibilities; one you have thoughtful actions. So, thoughtful actions would be that once everybody goes out, I will quietly come and say that you know I was infact, on time, but I happened to fall down from the bicycle, while I was entering the gate and that was the reason I was late today. Or you could come and say that I was know not talking about anything, I was not asking about any question or any answer or I was not even trying to take out the mobile phone out of my pocket to send s m s message to my friend that quiz has begin do come. So, why did you ask me to in circle my roll number, these are thoughtful actions. There could be an impulsive reaction, keep your quiz with you and you work out of the room that listen the thoughtful action that is an impulsive reaction. And then these two things we will have appraisal at the decision making process. So, you evaluate, you come forward with the decision and this intern will give feedback to your input. So, if you are angry you keep while in for some type. This is Anderson and Bushman model of aggression, how right from the normal state internal sit of saturation.

You have a person, you have a situation, you have a social interpretation, you have a thoughtful action, you have a impulsive reaction then you have the appraisal mechanism, you have the decision making. And many a times it might happen that you turn angry to realized that this is into appropriate, because the quantum of anger that you receive from the recipient is much more than you. And then you decide not to sure your anger, imagine situation say child shouts at the mother or the father that it is a state of anger and then suddenly the father or the mother shouts more louder and the child decides no no no no no no perhaps I should not have tried this option, because return the time getting is far intense and you will decide not to shout. You shout and immediately one of the parent are home your shouted slaps you and you decide the quantum of anger shown from the other end is much more intense and there for you withdraw.

Even in social exchange is especially in busses, trains, we are people fight for getting seats, finding space for themselves. So, would realized that you may shout and if the other portion also shouts you would realized that gradually the situation very quickly comes down, because both of them realizes that the opposition is might here. And therefore appraisal mechanism always tells you that what is that? Is it appropriate for you to continue with your aggressive reaction or should you try to time would your behavior

ok.

(Refer Slide Time: 12:34)

## Aggression

Indirect aggression:

- Telling stories about the target of aggression in their absence
- Such narrations could have elements of lie or exaggeration in order to put the target in trouble
- Mostly seen in women

Direct aggression:

- When aggression is manifested in the presence of the target
- Mostly seen in men

Now, this is now the type of anger, which usually would be considered to be normal pattern of reaction. One thing that will left there in the thread was the impulsive behavior, impulsive behavior you would come little later again, but with respect to not the usual impulsive reaction, but cases where individuals experiences inability in terms of containing their impulses. Usually what happens most of us are like know you would boiled within and you would say I feel going and hitting him, but then you only say this you do not do it. So, you have your ability to contain your impulse there are few who do not have this control mechanism and that is consider to be disorder that we would we talking about the fagen.

Now, we come to two interesting type of aggression; indirect aggression and direct aggression. Indirect aggression like telling stories about the target of aggression in their absence so, say the instructor who has not allowed you to respond to all ten questions in both the quizzes, because you are late is the source of anger for you. Now, you are sitting somewhere, where the source of anger is absent and then you construct new stories about your source of anger. So, now the target in his or her absence, you start know fabricating new new stories and you share it with that group, the basic idea is to tarnish the image of

the individual.

Now, such narrations could be element of lie or exaggeration in order to put the target in trouble, because I do not like the source, I do not like the target, because I have my own know, process of interpreting the target, I have tagtimage source of aggregation. Therefore, I would cook all type of stories that would be full of lies that will be know, extra exaggeration of know, very small episode that had happen, but then this is how you reflect your emotion, this is form of indirect aggregation.

Once again this, such is show that this is know the form of aggressive reaction mostly used by women, that does not mean that women do not show direct aggression, but largely indirect aggressions are shown by women. Direct aggression basically is the state, where the aggression is manifested in the presence of the target. And once again this would like say, I know the target, I know who is the source of my anger and I go and I have head on experience with him or her. And intern there could be calculation errors and myself could become a victim of it, again this is something shown mostly by men.

And that is the reason you would find that the most of the situations, where some degree of brutality is involved in the aggressive phenomena, where somebody becomes victim fracture, cuts, wounds, blood shirt, he will always find men being involved in the action not the women. You could have multiple ways of looking at it, one way could be that fine know the way women are brought up in the society, basically teachers then not to getting is in such type of brutal acts compare to males. This another interpretation could be know, that the twister on is basically responsible for instigating impulsive reaction in you, men have know, extra amount of twister on usually in their body compare to be women.

And therefore they will always be more aggressive and impulsive compare to women; this is an indocornalogical interpretation of this aggressive retaliation. And third very beautiful interpretation comes from the neuropsychological research is which say that women have little refined brain compare to males. And therefore their ability to calculates know, the outcome of the situation is superior to compare to males and therefore they can comprehend what is the point in getting and hitting you twice, when I



know that I might also get something in return.

So, intern why not to cut you very in quietly and nicely, very sharply. So, that you do not even realize at your being murdered and done, my work is done. I do not get even scratch and you have been completely behaved it. I should not say this, I am not saying that males are better are females are better, I am just trying to know look at it intellectually from multiple viewpoints. Even in the history of the mankind, if you look at how one ruler dominated the other kingdom you would realized very interesting phenomena that the men rulers was those to use to be killed in the war. And in many cases you would realized that the queen of the diseased king would marry the new king who has taken the thrown, it is very common type of know in the history, it is very common anywhere in the world history, earlier days, if you look at this phenomena you will find that, this is wow the process existed ok.

Now, you can interpret your way that ok, it is the act of bravery go and get behaved and someone decide what is the beauty in getting behaved it, that retain your head and live a decent life. So, these are interesting phenomenas. I will just touch up on that issue, we had once shade here in this class that the earlier phenomena of what was called as fight flite reaction, there is new set of research indicating that there is something called tend different reaction, remember this? And they are also we had it distinction fight flite common to both men and women, but tend different is new part and which is seen only in women not in men ok. So, interms of indirect and direct aggressive reactions also it has been observed that indirect reactions mostly seen by women and direct reactions mostly seen in men.

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## Correlates of Aggression

- Parental rejection
- Familial discord
- Use/ threat of physically painful punishment
- Inconsistency of treatment
- Parental permissiveness of aggression
- Low parental expectations
- Lack of parental supervision
- Parental examples of social deviance
- Parental dissatisfaction with child's role in life
- Use of physical punishment
- Frequent use of threat
- Parental rejection of the child

Now, we come to an interesting thing, where we would be primarily talking about the correlates of aggression. What are the factors that basically precipitates greater degree of anger you know, that makes you much more aggressive compare to others. Common once parental rejection, you somehow realized that you are an unwanted child your parents do not love you and this can right from the earlier days of childhood can you know make you keep boiling with him such individuals are likely to be much more aggressive in their approach compare to others. Familiar discords you know you have all type of push and pull in the family and there was great degree of disharmony that existed between the members of the family, specially the two parents.

If one has experienced painful punishments in life or did not experience it, but always had the looming danger of physical punishment. So, if you have been repeatedly physically abused, for minor of the errors you were punished by the parents, for slightest of the error in the class room the teacher punishes you, for some type of reactions that shown in your group, some members of your own play group also beats you. If you have been know the one who has repeatedly received painful physical punishment in life that can make you extremely angry with in ok.

If you have not received it personally, but if there was always danger. Imagine situation

when the mother gives you glass of milk and says [fl] now mother lovingly telling you that please my son or please my daughter have it have it have it tasty, I have added Bournvita, I have added Horlicks, I have done these, I have done that, the mother allows you. For most of the kids you would see you know that, kids will take longer time to eat small quantity food half an hour, forty five minutes, it could be irritating for the care taker, but then if you start using thread is module have this milk you have just two minutes, two minutes, two two two and then you do not applied, but there is always danger you know. So, the concentration is never on the milk, but it is always on where is the palm right now. Such type of situation can really know precipitate you know extreme degree of anger in you. If one has received inconsistency in that treatment means; you have set something, you have done something and today one of the parents appreciates you, the other day the same parents dose not appreciate you.

Say you have passed from one class to the other class ok, your friends told you, your teacher told you very good, your reports says no you where metricular student, you have done your work with presis and your hard work is words appreciating, you receive all this in your report card, you show it your parent to says, you need to study more. And then you never get an idea that how much should I score. So, that those who really know very close to me those who bladder they would appreciate it, you must have come across parents know, especial of tenth and twelfth exams. Parent so, whose kids would know achieve very high percentage, but they would not be very happy. So, how much has your son or daughter secured and you say ninety five percent know and why are you not happy? See Varmas son ninety eight percent.

So, such comparisons never allow you to be happy. The worst is when you start no showing inconsistencies, say the child has use the slank for the first time, the child does not know the meaning, you listen to that word, but you ignore for whatever reason. Second time the child uses the word and you scored, third time the child uses the word you slap, four time the child uses the word, again you ignore. And child would never understand where there it is the appropriate to use the word are not appropriate to use the word so, if you have that type of inconsistency. Even inconsistency in terms of treatment by the two parents, one parents scolds you for the same thing other parent appreciates you for the same thing, if you do not know what to do?

Evening when you know go for playing in the ground, if other looks at you that you are playing is scolds you, mother says no no go and play and you are at only confused weather playing is good or not. So, once comes which some type of a logical deduction which might not be accurately playing in the absence of other is good. In many families you would see know, the child is still playing with video game, online games, watching movies. All of this will continue till the father comes and the movement the father comes there is absolute discipline and silent in the family. It is reminds me my own childhood experience, I had friend in my neighborhood, least to play cricket in the evening, their kids of my age know approximately all the house there.

So, we would all assemble there would play and we had one friend who would always come and request that please allow to me to do the batting first and as you know in the childhood is you take more pride in batting other than doing anything else in the game. And therefore, all of us would say no to him, he would everyday come and know then that no no please please please no I would be the first one to bat. And the whole reason was that his father would come sometime midway when the game was on, from the office and he would stand in his corridor shout at the loudest of his voice, I still remember his name, because of that sound when I am spending it I could my memory tells you know how the father use to pronouns his name in the state of anger. So, you would just shout the name of the child and this child wherever he was just droop even if you doing like this, you will drop the bat and run every day it happened and this was know, whenever in somewhere in class six, seven that stage, when studies are not that important, but his father was very particular know. So, no games he you have to study.

When he came to class tenth that level his house was located at the place where know if I get out of my house take turn and go for getting something from shop, his house would fall him between. Right from morning seven o clock, I do not know, if you use to set the before that, you would find even sitting in the varanda on the table with books, whatever time you goes right from seven o clock, afternoon, evening, consistently x would be sitting in varanda, but what was very interesting was that whose over will cross the road which one or the other guy always cross he will we his hand know come close whisper.

So, he would sit know falling the dig tact of his father, he would sit on the chair, but

would never read the book, he would keep the book open and then this story continues know. I am not going to that, but this shows great degree of inconsistency, when the father is not he love you to play and mother was house wife, who would always allow him, but go and play with your friends this is the evening time all of them you have gathered in the play ground. So, such inconsistency will again you know make you are early confuse and can again trigger anger in you. Parents permissiveness of aggression as a small child you show certain degree of aggressive behavior and parents allow you to do that, the worst can happen when the parents ad mad you for show in that. You remember we have been talking at if you are brought up in society, where the male member of the family takes liberty of shouting at the female members the growing male child also starts doing that.

Now, imagine the situation when the father sorry, the mother says is just like you father when the grandparent says [fl] and then you realized there is a beauty in imitating the aggression of my father. So, keep shouting. So, the way parents allow the kids to know show their aggression can make them further continued with this act in most much more insolidated manner. If the parental expectation is low, parent do not expect too much from you, if the parents they do not supervise you well, if you have your parents who themselves are social deviance, if parents have consistently be in showing their dissatisfaction with respect to whatever you have achieved in life, whatever you have shown in life, if you have been continuously receiving punishment we have discuss this, if thread has constantly will used and if you realized that after doing this much also in life you would parents did not except you. Now, if you look right from top to bottom it is all parents, parents some parents. And therefore it is always said that the first formative face that you experience place the most important role interms of know deciding the base line for you aggressive behavior.

(Refer Slide Time: 30:55)

### Displaced Aggression

- The person responsible for the thwarting is always the primary target of aggression
- Possessions, reputation, ideals, & friends are attacked

Now, we come to another form of aggression, where you do not exhibit your aggressive reaction to the actual source rather you displace your anger. The person responsible for the thwarting act is always the primary target. So, if whose favor is responsible, if you able to identify your aggression will always an always be directed to him or her.

The good part is he had discuss you yesterday also know cultural and hastily aggression that you realized that person is important, but then he is or her positions are also important, he is or her reputation is also important, he is or her ideals are also important, he is or her friends also important. So, if I cannot target you, I can target your positions, I can target your reputations, I can target your ideals, I can target your friends. So, if not you, your friends there have been constant know disturbance in our family sorry, in our society atleast in the past few years we have not heard it so much. But I would say that five years before this time line repeatedly every in everyday their happened to be news that the statue of one of the well known freedom fighters of India who is also give in the credit of being instrumental in getting our constitution form he is ideals where pull down.

So, you have say if x is the person, his starched where maid throughout the country and because the small group of people identify with him consider him to be the ideal. So, know people will know pull down the statue, they will turn the statue into rubbles, apply

something and the face of the statue, show throw some dart on the statue this was very common five years ago and uniformly throughout the country. And I must tell you that, that was a time when people who belongs to this set of cast, they are gradually also becoming more and more politically powerful. And this knows tag of war continue for very long very long more than two three years it continued and then gradually established to certain extent.

Now, this is like say targeting your ideals. So, you have been enjoining prevails, because the government has passed this ordinance, you identify yourself you consider him to be your ideal; you are put is his statue there and pull it down. So, you are by pulling one statue, you are hurting the sentiments of large number of people. Killing the reputation, cutting the reputation of an individual interpieces I have, I have known this man for last five years, indirect aggression, very nicely you make slice of the character of this individual, what do you popularly called as character assassination. You have seen only this site of this man; see the other side and you fabricate stories. So, you cut shot and the reputation or you know target the positions of the individual.

So, specially those who of you who have been to boarding schools, I am sure you must have experience to many such things, where the lead, the lead boss from the student group his positions are made the target, when hostel wardens positions are made the target, this seemly usually in the adolescence age know eighth, ninth, tenth, eleventh then it goes down, when you take pride in doing.

(Refer Slide Time: 35:34)

## Displaced Aggression

- Bullying those who are smaller or weaker than oneself is usually evidence of 'scapegoat'
  - Persecution by a gang or group
  - Being cruel to weak & defenseless
  - Persecuting 'one's pet'
  - Cruelty towards a less popular member of own group
  - Aggression towards small subgroups

Bullying is no again very big area of research in psychology, specially, if you look at the content of adolescence related stuffs in physiology you would find great amount of research in bullying also. Here we are discussing bullying in a very small fashion with respect to displays anger. Bullying basically is mechanism where you find the escapee good, somebody on whom you can express your anger and usually that person is supposed to be weaker than yourself the one who will not retaliate, who will not give you the reciprocal responses.

Take situations like persecutions by gang or a group. So, group of people decide to persecute you, being cruel to weak and defenseless, it could be done at smaller level; it could be done at very larger level also. Remember long time back there was some problem in Orissa, when very taciturn act to place a group of people had put vehicle on fire jeep where know somebody was sitting inside and that somebody happened to be foreign national, who was walking as Christian missionary in the state of Orissa. And this story know Grahame sternly was the man know and this was in the line light for very long and the person who had really who was caught by the police that he is the one who should be held responsible for the act kept on you know negating that he is repentless and he had his own way of looking at it.



Now, a group of people can go to this substance, where you decide to persecute an individual, when you become extremely cruel to somebody who cannot defend yourself. So, you find at you can shout at your servant, you can slap your servant, you can punish your servant, it is very common know in the urban areas you would repeatedly find reports of physical abuses of maids, beating maids, shend maids.

If you look at the are kinds of the newspaper, I will say that every fifteen, twenty days once such news appears I am sure that these are under reported cases, but certainly there are many more substance. At larger level look at the present political know this harmony that has taken place know, one political party with in country asking the government to vote for any show that is going to be debated in the united nation. Whole of know the youngsters, Tamil youngsters, who are defenseless and you kill them, you shoot them saying that find ever killed in the battle field. And now after these many months the new report shows that find they where parts somewhere else, there where without far arms, there were brought to somewhere and then there were short from very close range ok.

I do not know, if you are seen this video, there is a documentary film know, I think what is the name of the documentary, do you remember? Srilankan battlefield or battlefield in Srilanka something like this, which basically shows the atrocity of the Shrilankan arm forces on the Tamil rebels. The whole argument is that from those who have made the documentary the channel, which is telecasting it, it was even screen in the un showing to our rest of the nation that is he this is actually what happened. So, the justification is that say if you are killing somebody who had arms in the hand who war fighting you and therefore, they were killed in the operation fined, but somebody even though he is are rebel, but then was without of far weapon should not have been prosecuted.

Prosecuting once pet so, I cannot you know confront you, but you your dog always goes for walk know. So, I will hit the dog right something on the dog, cruelty towards less member of your own group four, five members usually this is what the gang formation is in the adolescent age. So, with in your group itself you find somebody who is the source of aggression for the remaining, have you seen this movie shootout at lokhandwala, remember in that gang, there was somebody know who everybody would come in town that is basically know weaker identifying a weaker member in within your own group,

who otherwise enjoys the prevailed of being your in inward inside member, but then is also the source of frustration for others. And then aggression towards other small subgroups so, you are dominant and you are takes smaller subgroups you show anger towards them. So, this was all about displaced anger.

(Refer Slide Time: 41:39)

### Pathological Aggression

- Aggressive behaviour → Compensation or reaction formation
- Compensatory behaviour—
  - compensation in kind
  - compensation by a substitute

Now, when we meet next we would be talking about pathological side of anger when anger does not remain normal talk.