

Human Adjustment Process
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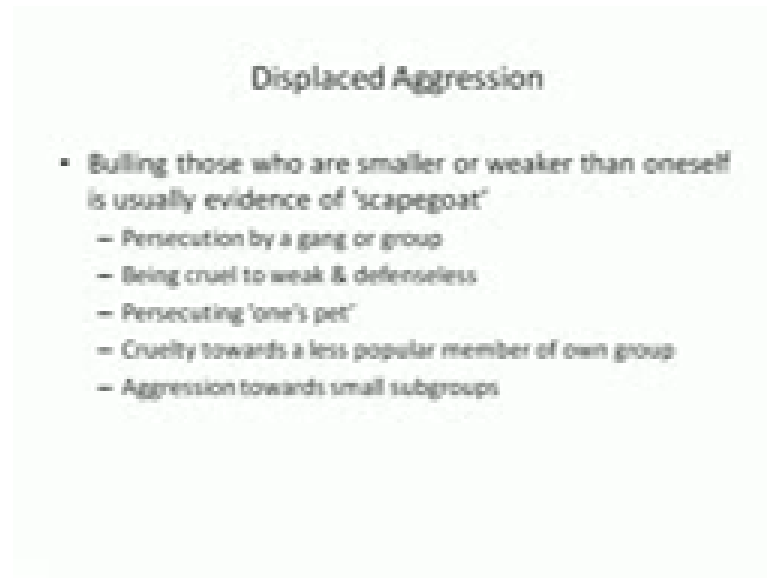
Module - 8
Lecture - 4
Lecture Name: Aggression

So, we were basically talking about displaced aggression when we met last. So, today we will know continue with that. Our focus now is to go towards that end of a aggressive behavior, which invites the intervention of the experts; which invites the individual who is actually displaying aggression in that form to get into touch with people who specializes in certain form of behavior handling.

So, that he or she can get some benefit out of their expertise. Basically what we had done was that we had been talking about how an individual becomes aggressive, what are what could be the strong correlates of aggression. What in fact, know triggers aggression, how it can become very brutal. We took a long spectrum and now we are going towards the end of the spectrum of aggression behavior, where the behavior is not considered to be normal. That form of aggression is not considered to be normal.

We'll debate at 2 points because, sudden form of aggressive behavior you would realize that although clinically it is considered to be a pathological form of aggressive behavior, but somehow culturally it is still accepted; culturally people do not consider that to be an act of pathological aggression. So, that also we will debate.

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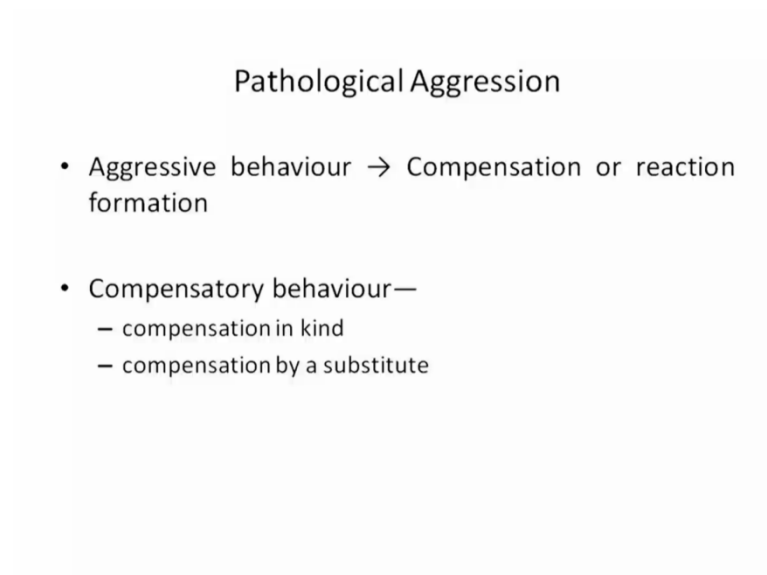


Displaced Aggression

- **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

So, last time we had talked about the displaced aggression. Just I thought, I will once again begin with it because here you find the reference of bullying behavior, finding escape, finding weaker member of your own community, whom you can thrash and in psychology you will find whole lot of literature on bullying behavior ok.

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Pathological Aggression

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

Today what we are trying to primarily do is to look at the pathological form of aggressive behavior and here also we will move gradually. You remember, our first module were we had know started with a normal set of behavior and then we had come

to border line defenses and from border line defenses we went to a pathological form of behavior. Here also we will exactly do the same till now, we have talked about a the normal form of aggressive behavior.

We would now be talking about the border line cases of a aggressive behavior and where it takes a turn, where it becomes pathological. Now, aggression is also considered to be an outcome of a compensatory behavior or reaction formation. You remember we had talked about compensation, we had talked about reaction formation; when we were talking about defense mechanism you remember task oriented reaction patterns, defense oriented reaction pattern.

There we had talked about it if you look at the compensatory behavior, it is usually of 2 types known: 1 is that there could be compensation in kind or there is another form of compensatory behavior what is called as compensation by substitute ok.

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Pathological Aggression

- **Compensation in kind:** Unusual drive helping achieve in the area of deficiency
 - It is intensification of an otherwise normal reaction

- **Compensation by a substitute:** Development of certain ability in order to make-up for something one lacks
 - Boosts ego
 - Positively affects one's self-esteem

Now, what happens in the case of a compensation in kind, 1 has an unusual drive which finally, makes him or her achieve in the area, where the short coming lies. So, I as an individual realize my deficiency and put excessive effort in order to overcome it. Now why it is called compensation is, it usually say it is something like you have a small pit in the ground and you are told to fill it.

The moment you realize that know your lawn has a small pit and say you dig out much more of mud to compensate for it, fill the gap; what you finally do is, far more compare to what was actually needed. So, compensation in kind refers to that type of thing usually what happens, in the normal situation you will be told that say you are deficient of certain score say for example, say you are in your school days and the report of one of the test comes we suggest, that you are weak at mathematics.

The moment you realize that, I am weaker in my numerical abilities all you do is that you will parents will look at it they will try to make you more make more effort in that area, maybe you are given private tutorship in order to fill that gap. But it's not that a say you start only and only working in the area of mathematics. Because, you want to fill the gap, that does not happen.

So, that is a normal way of handling deficiencies, but in compensatory behavior what happens you realize the gap the deficiency and you try to compensate for it and that compensation usually is very, very you know vigorous type of an attempt. So, it would be something like you know majority of your time that you devote for academic activities is the decanted only to numerical abilities. So, that is a know compensation in kind.

So it basically is, an nitrify intensification of something which is otherwise considered to be normal. So, when you try to know come forward with mechanism; which will help you overcome the problem the short coming that you are experiencing, it is a normal behavior. When you make it excessively intense, it becomes compensation in kind. Usually a people who are now trying to compensate for a deficiency that they have realized, he would realize that if you touch them on that issue suddenly become very aggressive ok.

Now, we come to compensation by substitute, this is a different mechanism here also you realize deficiency, but then you know that its beyond my purview know I cannot handle it. So, what you do is that you develop ability of some other kind to compensate for what you do not have. Now usually take the same example in your school days you get your test results and you realize that you are extremely a you have done extremely bad at mathematics.

The very realization that you have been under performer in your mathematics test, makes you recall that over last couple of years since class fifth or sixth you have been know terribly performing in your mathematics test. Or later on you realize that, I am even know bad at physics I have difficulty memorizing all those long long reactions like not do well in my chemistry tests.

But then you realize that a somehow you play hockey very well, you play football very well, you play cricket very well and then comes the know situation where you start realizing that i am excellent and at something, but I have been consistently poor at something, compensation by substitute would be that you use the skill that you have you maximize it. So, that it can compensate for the lost that is been in cut.

So, I know that I cannot do good at my numerical things and therefore, I compensate it by becoming the best player of my a school team I realize that my a school does not have a choice, but to keep me know holding with themselves. In most of the school you would realize that, you have a set of students, who are academically weak the school would have otherwise not entertained them in a in there school.

But still they take pride in doing that because, these are the students who are very good at track and field events, at sports and they bring all those laurels to their school and therefore, they are still retained. In jobs in most of the situations of higher education you find certain seats which are reserved for students, who have been exceptional players in their school days.

So, you realize that there is a possibility that if I do not have ability and my all my best effort still cannot make me compensate for it. Let me know, extra achieve in areas where I am very good, where I am excellent and this is compensation by substitute. Now this is common means of adjustment to failure and frustration; I have failed in something, there's something has been a great source of frustration for me and then I tried to compensate it.

And compensatory behavior usually, boost your ego and it positively effects yourself steam. So, if you are successful in terms of compensating the deficiency that you had realized further know adds to your ego strength, yourself steam increases and; that means, that over a you are far more stable for more happier. Compensation as a mechanism has nothing wrong in it.

The reason why we had discussing compensation in kind and compensation by substitute is that there is certain degree of frustration and aggression, which is attached to the compensatory behavior. So, as I told you sometime back that in compensation in kind because, you put much extra effort in know trying to plug in the deficiency that you have realized; what happens is, that the moment you are touched upon the softer issue the issue of deficiency or the extra effort that you are making it makes you aggressive.

Similarly if you are trying to compensate by substitute, you would ensure that nobody should point finger to the area of your original deficiency; everybody should point finger at the area where you have developed that strength and you have achieved. The moment somebody points finger towards the original area of deficiency it you it makes you very aggressive. And this is how this compensatory mechanism fuels aggressive behavior, but as such this behavior is not considered to be pathological.

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Pathological Aggression

- Reaction formation
- Over-aggressive behaviour → Reaction to fear
- Anticipation of fearful situation → Over-aggressive behaviour

- Such reactions are largely borderline cases
- Inability to control one's impulse is classified as a disorder

Unless you take certain attempts which does not makes you pathological, but can know make others realize that you are perhaps doing something which, otherwise you should not have done. Very resent last week when we had this there was a news of a women volleyball player from Lucknow she lost one of her foot... Sometime back she was a national level player of volleyball well known player. And some thing took place in the train and she was thrown out of the running train and finally, one of her foot was imputed.

This means, that she can no more play volleyball. There reason I am coating her example is, that last week there was news saying that she has taken training in mountaineering and this week perhaps she will be making an attempt to climb mount everest. You realize your deficiency one of your foot is imputed and you realize that, you can no more be seen in field of the court of volleyball.

So, you decide of going to another height, where usually people who are otherwise able who have too good working feet even they cannot a climb to decide to climb with a help of 1 artificial. This is a form of compensatory behavior.

I know of somebody who has the clubbed feet know you have seen the feet people instead of foot are like this know. But some people have feet like this known. So, he had this clubbed feet and that is and that too his toe was somehow like this. So this means, half of the feet will basically bear the whole body weight. And in certain months of the year when you have know reduced level of moisture in the year; when he would walk for long because of the dry skin and because the whole body weight was on that part of a the feet.

The skin of the feet will crack, I have seen it myself know. It use to crack and it would not be a profuse bleeding, but some amount of blood at time use to come, but otherwise it would hurt. Because the skin would crack even though it is not bleeding it uses to hurt him; because we do not have shoes for people like this. So, he was forced only and only to wear slipper. and I have seen him he was very active, he was the 1 who would go to the field very frequently, he meet the clients, do all type of stuffs very active.

And would ensure that know he walks, where all others walk; he was always given the choice that, why do not you know take a scooter somebody who is on a scooter or a bike, why do not you sit at the back. And he or she can make you reach that point and he will always ensure that, no no no I will walk. He will have cracks in the evening his wound with would hut like anything he would apply ointments in all those things, but he would ensure that, I would walk.

These are compensatory mechanisms. I know of another interesting person, very well known person who was at 1 though one of the famous institutes in our country he was a faculty their at some point in time during the process of negotiation for marriage. He was made to realize that, you do not have the wealth of my proportion and therefore, you

should not have even thought of coming to our house for a relationship. The reason was that, he was somebody in the teaching capacity and had gone to groom's place; probable groom's place who was from a very, very affluent family, very rich family all those into trades know, diamond trade and stuffs like this.

And after this episode within a very short span of time he decided to leave India, he went abroad again remained in the same profession, but went abroad. And I am told I have not heard from the primary source, I have heard from the secondary source that several years later; he came back went to the same person, whom he had initially gone to for negotiating marriage.

He went there with his passbook and he said that, now I have left this country, I am there and this is my passbook. I would not ask you how much you have in your bank account, but now you can see my bank account. These are different types of stories you'll hear know 100s and 100s of such stories, where you would realize that see, at the surface it looks simply like an action of compensation.

But imagine somebody who has a child of a marriageable age would have crossed certain age know and at that time, at that point in your life you decide to leave a country, go to a place where the exchange rate will suddenly be know much, much higher for compare to your own currency you go earn like anything. So, how much know acetated that person would have been within; that I have to achieve this target. And how and this entire know the boiling within would have continued.

That finally, made him know come back after certain number of years, go to the same house, meet the same person and say, this is my passbook know. You may like to have a look at it know and these are the know things, which makes compensatory reaction. Fuel aggressive behavior like anything knows you keep on, keep on, boiling within. In fact, last part of this very module today when we come at to the end last line would have something were you would see that finally, aggression is inflicted on the individual know.

So, I myself become the source of my own anger, I become a victim of my own anger, will come to that also. Now, over aggressive behavior might be a reaction to fear. It is quite possible that 1 is experiencing or the anticipation of fearful situation might also trigger over aggressive behavior. Usually you would realize that people who are caught

in certain type of situations you remember, the movie Titanic when the safety boats were suppose to be sent to the sea, there was security guard, who has initially opened fire you remember that sequence.

Now when you have situation like that where you realize that situation is of an exceptional nature, where life and death runs parallel and you do not know which step will lead you to what - when you realize that, things are beyond your control. And you anyhow you have to struggle your best to hold the situation. Those are the time when you would realize that many people become extremely aggressive in nature. This guard on the titanic in that episode shows that type of a behavior. You I am sure none of you have made people who have experienced communal violence.

If you get a chance if you talk to them, they will tell you what finally, made them do what they did. So, you realize that know when you experience the fear that your survival is at stake the survival of your near and dear once are at stake then you realize that most of us would turned extremely aggressive. Now this is basically, a situation of reaction formation ideally you are extremely scared and you should remain scared, but in you become aggressive.

You remember when we were talking about, defense mechanism we had talked about, reaction formation that inwardly you feel something else and outwardly you express it in a different form. Now such types of reaction basically are considered to be the border line cases, that now your aggression might anytime cross the limit of the clinical acceptance limit of aggressive behavior.

Inability to control ones impulse of course, we see this also in people and which is otherwise considered to be a disorder ate if you repeatedly realize that, you are unable to contain your anger then this inability might be actually a form of disorder we will come to that.

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Impulse-control Disorders

- Many psychiatric disorders involves certain degree of inability to control ones impulse
 - antisocial personality disorder
 - conduct disorder
 - substance-related disorders
 - mood disorders
- APA has put another category by the name 'Impulse-control disorders not elsewhere classified'
 - Intermittent explosive disorder
 - Kleptomania
 - Pyromania
 - Pathological gambling
 - Trichotillomania
 - Impulse-control disorder not otherwise specified

If you look at the whole description of a psychiatric disorders different type of behavioral problems given by the American psychiatric association, which is a considered to be the bible for clinical diagnosis know it is called diagnostic and statistical manual. DSM popularly it is called DSM. The version that is available right now which is being used worldwide is DSM-4 TR; TR is text revision.

So, fourth edition of DSM, the fifth edition of DSM will very shortly it will come. And there are interesting ways know how these committees are constituted you would be very amused to know you know that for small of a behavioral problem or psychiatric disorder there would be a very big team, of the experts who have been working in that area. And they choose experts from around the world.

So, say for example, say a panic anxiety for example. So, for panic anxiety there would be a whole board, those would work for years would know look at all types of behavioral symptoms. That has been reported to clinics across the world, they will compile them do all types of things. And finally, come with diagnostic criteria right now we will come to some other diagnostic criteria's ok.

Now, many psychiatric disorders such as anti social personality disorder for example, there is something called conduct disorder. Substance related disorder, where you go for abusing substances. Mood disorder they all include certain degree of inability to control

your impulse, those who have strong urges for abuse of substances this also reflects certain degree of inability to control your desire your impulse.

But then American psychiatric association has put another category named, impulse control disorders. And this includes many many types of problems such as: intermittent, explosive disorder, kleptomania, pyromania, pathological gambling, trichotillomania and impulse control disorder; which is not otherwise classified you know these are classified disorder. There could be impulse control situations, where it has not been classified into these categories. What we will do is, that we will know look at each of them and then the first 3 we will further go into the details of it looking at the diagnostic criteria for it.

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Impulse-control Disorders

- **Intermittent explosive disorder:** Inability to resist aggressive impulses resulting into serious assaults or damage to property
- **Kleptomania:** Inability to control the impulse of stealing objects that will neither be used by the person nor be used for other monetary benefit
- **Pyromania:** Uncontrollable tendency to set things on fire for pleasure
- **Maladaptive gambling**
- **Trichotillomania:** Pulling out of one's own hair

Intermittent explosive disorder basically reflects the inability of an individual to resist aggressive impulse that result into serious assaults or damage of property. So, you have that inner impulse which you realize that you are unable to control and finally, what it results into is a serious assault to somebody. Now you apply punches here and there at the softer part of the body, make the person profusely bleed or all types of a know deformity that can take place.

Or you commit extreme damage to the property of the individual and all this is guided by, basically or inability to not having the a your inability to control to control your impulse. You have that I am impulse and suddenly it gets converted into action. And

definitely from a social view point if you look at it, it is a disproportionate reflection of your anger.

Somebody say for example, who commits an error of a lower magnitude usually even in the court of law you would realize that the punishment the quantum of punishment is also lower. So, usually a more and more grave is, the more and more severe is, the nature of crime that you have committed know more and more intense becomes the quantum of punishment. But in the case of intermittent explosive disorder, irrespective of the severity of the problem the quantum of the punishment maximizes.

Then comes kleptomania this is, a very interesting type of a problem; where 1 shows inability to contain the desire that impulse of his stealing object I remember this is difference this is completely different from theft and robbery. Here what happens you steel objects which you are not going to use personally and you are not even going to use that object for monetary benefit.

Monitory benefit means, that you steel an object you do not use it yourself rather you sell it in the market and derive monitory benefit out of it. Kleptomania is, completely different know you steel things which you are not going to use, which you are not going to sell and make monitory benefit. But you have that inner urge to steel those objects and you take pride in doing that.

I do not know if you are aware of very famous actress of Hindi cinema, who had this kleptomania tendency of stealing spoons. So, whichever hotel wherever she would go around the world she had that tendency to take minimum of 1 spoon from the table. She had a huge collection and because, she was very well known cine actress. Therefore, her name was never brought to limelight no 1 would say that, why for just for a single spoon; why to know say that you have stolen 1 spoon so you allow doing that.

Somebody from one of the Royals family from Europe also had this tendency. And because, he was from the Royal family and the case would might be blown out of proportion in the media. Therefore, he always was scouted by a secretary, who would just keep following him. So, this man would know keep stealing things and that secretary will keep making a list of the object which was stolen by the prince. And once the price leaves out with his cavalcade, this man will know make the payment that fine.

So that the fact that the price is, kleptomaniac is not known to the rest of the world. So, this is kleptomaniac this is again, a problem here you have difficulty containing your own impulse. Then, we come to a very peculiar type of an impulse control disorder what is called as Pyromania. Pyromania is an uncontrolled desire in individual to put things on fire.

So, you just know out of nothing you simply tend to keep some put something on fire and when it burns it know, you are extremely amused to look at it. Usually, it very rare to find people who would show this type of a tendency, but it is not that exceptional also you will find people; who derive pleasure out of setting things on fire something and then immediately you set that object on fire and you derive pleasure out of it.

Maul adaptive gambling of course, is another interesting feature where know you go for gambling to the pathological extent some time back we had an invited lecture, where only 7 8 of you had come. There was a whole 1 hour long lecture on pathological gambling and then we come to another type of impulse control disorder what is called as Trichotillomania.

Here an individual will just know coil the figure around the hair and pull it out. So, you derive out of pulling out your own hairs know and this is an impulse know you cannot control. So, you just like this and you pluck 1 hair, another, third and keep on, keep on doing that. And usually if you look at the scalp of a people suffering from this; you will find that they have very minimal hairs know and there would be no wounds of plucking the hairs.

Because they keep on keep on doing that now onwards what we will do, primarily we have understood know the 5 different types of impulse control disorders. Now what we would do is, that we would take the first 3 and exactly look at the diagnostic criteria for that ok.

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| Diagnostic criteria for intermittent explosive disorder* | |
|--|--|
| A. | Several discrete episodes of failure to resist aggressive impulses that result in serious assaultive acts or destruction of property. |
| B. | The degree of aggressiveness expressed during the episodes is grossly out of proportion to any precipitating psychosocial stressors. |
| C. | The aggressive episodes are not better accounted for by another mental disorder and are not due to the direct physiological effects of a substance or a general medical condition. |

*DSM-IV TR criteria

Remember that these are the diagnostic criteria, which has exactly been taken from the DSM-4 TR. We first come to intermittent explosive disorder. A: several discrete episodes of failure to resist aggressive impulses that result in serious, assaultive, acts or destruction of property. So, basically you have discreet episodes means 1 today, another 1 tomorrow, after a week, 15 days, 20 days.

So, there are discreet episodes of the inability on by the individual to have control over the aggressive impulse. And it has always resulted into certain forms of stuff you just come to the room 20 minutes after the classes come in and then you come and you see somebody sitting on the chair, where you sat 1 week back and suddenly know you apply 1 punch know that this is the chair where I sat last week.

These are disproportionate type of actions or you cause excessive damage oh it is so much of a know heat and this room seems to be little stuffy, why this is AC is not working. And you will find such type of episodes also being reported in many of the boarding schools, how many of you have been to boarding schools? None then talk to your friends who have been into boarding schools.

They will tell you that, usually it is a know eighth, ninth, tenth, eleventh that is the usual stage when know students in the boarding setup they usually take pride in a know committing damage to the property of their own boarding set school. Now, such behavior

usually do not qualify to be intermittent explosive disorder. Because, there are not frequent episodes of it know, there are not too many episodes of it.

But even if you find somebody who has been doing it whenever he or she has got this opportunity then it invites the care of a specialized. Then the degree of aggressiveness expressed during the episodes is grossly out of proportion, to any precipitating psychosocial stressors. So, your reaction will be disproportionate know somebody's taking a chair and if you shout, if you hit the individual, all these are disproportionate reactions.

The aggressive episodes are not better accounted for any another mental disorder. Now there is, rider that you should not be actually suffering from any other type of mental disorder and are due to the direct physiological effects of a substance or a general medication condition. So, so say if you have been intoxicated, if you have been know given a drag; which makes you much more impulsive.

Then, in that know under the influence of that type of psychiatric disorder or substance in take if you commit such type of behavior then it is not considered to be intermittent explosive disorder. But if you are not a sufferer of a psychiatric disorder if you are know not suffering from substance abuse or induction of sudden type of chemicals in your body and still you have you have a tendency of repeatedly know showing your inability to control your anger.

Where your reactions are disproportionate and you commit damage to the property of the individual or to the physical well being of the individual then it is considered as intermittent explosive disorder. We need to think really know because, you would find many such cases, where the individual concern has not been actually put to scrutiny for diagnosis of what actually he or she is suffering from.

We have repeatedly been taking example of know that gang rape episode in Delhi last December, even today morning I was listening to the 7 o'clock news and there was a news of somebody being gang raped in Delhi last night. I guess perhaps this weekend there was Crime Bureau Reports suggesting that, I do not remember the exact figures, but it was more than 100 percent increase in the crime against women in Delhi.

Right from teasing to rape everything was more than 100 and 123 percent increase in something, 111 percent increases in something, but it was all was more than 100 percent increase. Now, when you catch hold of an individual of committing an act which violates the acceptable code of conduct from the legal view point from the social view point from both the view points.

Unfortunately, in our country such people are not to subjected to regress type of scrutiny, legal diagnosis; which will tell you that fine you actually belong to this category. And hence instead of getting punishment, you should get a treatment the reason. I am saying this is, that are conviction rate has been lower in our country, convection time has been very long 10 year 12 years and then somebody is convicted.

And after people have come out of the jail it has been realized that this most of them most of them not all, but most of them commit same type of crime again in their life. This somehow know should make us re think that is it that the whole system of giving punitive know measures to others, in terms of reframing from certain type of social acts. You realize that, it is actually not working all you have been able to do is to segregate that individual or those set of individuals from the society for certain period of time.

So, you put them behind the walls they are not into the regular interaction with the society, but then once this time frame is over of the say whatever quantum of punishment was say 3 years, 5 years, 7 years and you go back mingle with main stream of the society after a certain time you once again repeat that act. This means, that primitive measure are actually not worked.

In fact, I would not go into the details of it, but if you are interested about, know reward and punishment in psychology there is a whole lot of very rich literature on this. Which primarily suggest that, punishment as a module will never be effective in terms of reforming you. And that is the reason say, I do not know if you have seen the drivers here when they drive in the city they drive without the seatbelts.

Because, here in this part of the country there is no in enforcement of this role know. When these taxi drivers take you to Lucknow throughout their highway they would be without their seatbelts before of certain crossing in Lucknow, they all of them will suddenly you know put the seatbelt. And when you ask them, why have you done this

say this means, that the uses of shift seatbelt has nothing to do with your personal safety and security it has to do with the fear.

Psychological literatures suggest that, punishment works like this and therefore, if you have immediate presence of the deterrent the person will not commit that act, but in the absence the person will certainly commit that act, because he is guided by the force that you are putting them. In term, if you convert it into know a certain forms of positive reinforcement then you realize that it works like anything.

You would still find people driving in places where the seatbelt is not at all followed. Somebody even for a shorter distance from his main gate to the parking area, again he will know use the seatbelt and then only go. And therefore, know it makes sense for everybody at right from the smallest level say for example, here where I have seen some of you coming late by 10 minutes, 20 minutes, throughout the semester.

But I have never ever thought of saying that know, see your watch what time are you coming to the class know 50 percent of the class time is over and then , are making an entry. There is no point saying that according to me following this reward punishment module. If you find it interesting people who find it interesting say right now we had a know this Kumbh Mela in Allahabad know you would find people who are 70 80 years old in this chilled December winter know for the Magh Mela.

They will know go for a which is basically, a staying for the 1 full month on the banks of the river 4 o'clock in the morning before the sunrises you take off your cloths you go and take a holy dip; you are guided by certain things which you find very rewarding. Now getting rid of this scene is so rewarding for you that you are able to pay any price that you know have to pay for it. Coming late to class you do not find it rewarding and therefore, you come late by 20 minutes or you decide only to come for mid SEM and end SEM which is fantastic.

So, in terms of containing such type of intermittent explosive disorder also there is a need, where you need to actually filter out that was this a single episode. Because, laws will not look at whether it was a single episode or repeated episode; 1 single episode if you are caught then there is a defined quantum of punishment you will have to suffer the brunt of it. But then is there a way of know going for a long term handling of such problems as of now we do not have that.

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| Diagnostic criteria for kleptomania* | |
|--------------------------------------|---|
| A. | Recurrent failure to resist impulses to steal objects that are not needed for personal use or for their monetary value. |
| B. | Increasing sense of tension immediately before committing the theft. |
| C. | Pleasure, gratification, or relief at the time of committing the theft. |
| D. | The stealing is not committed to express anger or vengeance and is not in response to a delusion or a hallucination. |
| E. | The stealing is not better accounted for by conduct disorder, a manic episode, or antisocial personality disorder. |

*DSM-IV TR criteria

We go to kleptomania here there is a: recurrent failure to resist impulses to steal objects that are not needed for personal use or for monetary value. So, you are not going to use that spoon, you are not going to sell it off. Increasing sense of tension immediately before committing the theft, so you have extreme degree of tension within you. And once you are a know doing that act, you have a sense of pleasure and gratification great degree of relief when not after, but at the time of committing.

The stealing is not committed to express, anger or vengeance and is not in response to any delusion or hallucination. So, in your full sane state of mind you have a tension which arises within you. You commit the act and commitment of the act is pleasurable. Remember usually for most of the things, for most of us post act is more gratifying say PERIACT there is a tension; which is true for most of the things.

PERIACT: PERI means, during the commitment of the act the tension is still there, but actual gratification comes after the act is completed. In case of kleptomania you realize that gratification pleasure comes while you are committing the act and therefore, you feel more and more come repeating the same act ok. And of course, this is stealing the raider is that this stealing is not better accounted for by conduct disorder manic episode or antisocial personality disorder.

So, if you are an antisocial, a psychopath if you have conduct disorder conduct disorder basically inability to comply norms. And if you have been the sufferer of manic episode

if you are suffering from any of these things then you cannot be classified as kleptomaniac.

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| Diagnostic criteria for pyromania* | |
|------------------------------------|---|
| A. | Deliberate and purposeful fire setting on more than one occasion. |
| B. | Tension or affective arousal before the act. |
| C. | Fascination with, interest in, curiosity about, or attraction to fire and its situational contexts. |
| D. | Pleasure, gratification, or relief when setting fires, or when witnessing or participating in their aftermath. |
| E. | The fire setting is not done for monetary gain, as an expression of sociopolitical ideology, to conceal criminal activity, to express anger or vengeance, to improve one's living circumstances, in response to a delusion or hallucination, or as a result of impaired judgment. |
| F. | The fire setting is not better accounted for by conduct disorder, a manic episode, or antisocial personality disorder. |

*DSM-IV TR criteria

And then we come to the last 1 that is pyromania. There is, a deliberate and purposeful fire setting on more than 1 occasion. Tension or affective arousal before that tension is there before you put the thing on fire. Fascination with, interest in, curiosity about or attraction to fire and it is situational context. So, in what type of situation are you putting things on fire? Repeated episode you will find some type of unrest people shouting slogans and 1 very, very small subset of that crowd, which we deliberately try to put the police vehicle on fire ok.

So, that situational context in which you know perform your act gives you extreme degree of pleasure. Pleasure, gratification or relief when setting fire or when witnessing or participating in it is aftermath; so while you commit that act you derive certification out of it, you derive pleasure out of it. Once the act is over when you look at the aftermath of it oh great these buildings know how beautiful it has burnt know everything is collapsed, rubbles, fuel, hashes.

All those things you still find it ratify for normal people you feel very sorry about it. The fire setting is not done for monetary gain, the rider here as an expression of sociopolitical ideology or to conceal criminal activity, to express anger or vengeance improve one's

living circumstances. So, basically you have the full set of riders here that you should not actually be under the influence of these conditions the E and F ok.

These a rider should not be there then only your act qualifies to be consider as an act of pyromania. Again I would say that most of the valance that you would see because people are not tested for, whether they are pyromaniac or not and therefore, they are all clustered as knob behavior.

So, when you face the court of law it say, no no these thing happened and then this group of know students were caught by the police force when they were putting certain things on fire. But I am sure if you really make all of them under go clinical investigation, a small set will still be qualifying for pyromania ok.

(Refer Slide Time: 48:27)

- Aggressive behaviour could also be inner directed
- Inward aggression is the destructive aggressive behaviour that is inflicted on oneself



And we when we come to one of the slide which we had seen earlier when we were we initially started our discussion on aggressive behavior. That there could be a situations where aggression is inwardly directed know and therefore, the entire destructive aggressive behavior that you usually see, which is usually know inflicted on others there could be a possibility when that aggressive behavior the whole destructive tendency in that aggressive act is inflicted on the self ok.

The image that you see here is of a Tibetan student in New Delhi. When Chinese delegate was suppose to come to India, there was a massive protest by the Tibetan

community here in Delhi and all out of sudden this boy suddenly had put himself on fire if I remember correctly he was brought to the hospital with 84 percent burnt most probably and in next 3 days he finally, circum to injuriously light.

But imagine, a situation when somebody would decide to show that manifest that entire aggression on 1 own self. The common one's that you can see at it is not very common, but usually in a larger population you will find a small number doing that I am repeating that example now, you smoke cigarette and then you hurt yourself with the cigarette burnt. This once again a self destructive behavior when you finally, decide to self emulate yourself you know the consequence ok.

Once the consequence is known, now pyromania is fine you are at least putting something else on fire. But you know finally, what this fire will lead to the consequences known to you, the aftermath is known to you. Here you know the consequence and still that act of aggression the extremeness of destructiveness is inflicted on 1 own self. So, this was all about the aggressive behavior.