

## **CHAPTER – 5**

### **FINDINGS, CONCLUSIONS, DISCUSSION & SUGGESTIONS**

In earlier chapter, “Data analysis” and interpretation have been presented. In this chapter, attempt has been made to present findings, conclusions, discussion, implications, suggestions and action plan for social work interventions.

#### **FINDINGS**

- 49% respondents are of the age 31-40 years.
- Percentage of primary, secondary and graduate respondents are nearly equal i.e. 24.3.%, 24.%, 23.7% respectively.
- 35% respondents have private services, 14% government service, 14% have own business and 32% are housewives. Only 3.3% respondents are consultants.
- 50% respondents are from low income i.e. less than Rs.5000/- per month & 50% have income Rs.15,000/- + per month.
- 53.3% respondents belong to forward caste, 24.3% SC and 9% are ST.
- 58.7% respondents are married, 29.3% single while there is not much difference between the percentage of separated (5.7%) and widow (6.3%).

- Majority i.e. 60.7% respondents have family size of 4 to 6 family members and are from nuclear family (67.7%). Only 2.7% respondents were staying alone.
- 76.3% respondents have no chronic health problems while amongst remaining 23.7% having chronic health problems i.e. 3.3% have skin problems, 4% have high B.P., 2.7% anemia, 5% have gynec problem, 2.3% have sleep problem and rest have low B.P., acidity, headache, diarrhoea, etc.
- 24.3% respondents' concept of aggression is "shout & scream", 16.7% respondents' concept of aggression is "throws the things", 11.3% respondents feel "restlessness" as concept of aggression. 13% perceive it as 'dominating'. Almost equal percentage of respondents feel "bangs head" (10.7%) and beats others (10.3%). 1.6% perceive it as "get irritated soon".
- 15.3% respondents feel social disapproval causes aggression always. While 31.7% feel it never causes aggression.
- 26.7% respondents feel struggle for competition never causes aggression. While 16% feel it always causes aggression.
- 49.7% respondents feel guilt material may cause aggression.
- 33% respondents feel aggression is never caused to get rid of ugly and harmful situations.
- 20% respondents feel that over crowding always causes aggression. While 33.3% feel it never causes aggression.

- 28% respondents are of the opinion that verbal provocation always cause aggression, and 56.7% feel it may cause aggression.
- 35.3% respondents feel that noise/ heat always cause aggression and 28.7% feel it never cause aggression.
- 38% respondents feel the fear of reward/ punishment may cause aggression, while 24.7% feel it always cause aggression.
- 37.3% respondents feel that feeling of insecurity never cause aggression, while 17.3% feel it always causes aggression.
- 35.3% respondents said “feeling of low self-esteem” never cause aggression while 45.3% felt it may cause aggression.
- 23% respondents feel that unfulfillment of sex desire always cause aggression, while 41.7% respondents are of the opinion that it may cause aggression.
- 24.3% respondents feel aggression is caused due to children's education, 16.7% said “it never cause aggression in them”.
- 18% respondents said concern regarding children's discipline causes aggression, while 18.3% said it never.
- In terms of children's health as causing factor of aggression, 19% respondents said it always, while 17.7% said it never.
- 26.3% respondents sometimes make children understand the situation to manage it, while 16.7% always use this method and 14.7% never use this method.

- To cope-up with children's issues, resocialising them is never done by 43% respondents, only 4.7% use this method.
- When it is children's issue, only 1.3% respondents said they leave them to themselves to cope up with aggression but 47% said they never do so, and 9% said sometimes they do this.
- 8.3% respondents punish children to cope with the aggression caused by children's issues. 27% respondents use this method sometimes.
- 21.7% respondents said they do not meet the school teachers to handle children's issues, only 3.3% said they meet the teacher to handle the situation.
- 29.3% respondents never take out anger on other/self to cope-up, 24.3% said "they sometimes do it" and 4% said "they always do this to cope-up with children's issues".
- 41.7% respondents never refer the child to an expert to manage with childrens' issue, only 2.3% respondents do so and 13.7% do it sometimes.
- 47.7% respondents said they never try to understand the problem to solve it. 6.3% said they always do so to manage children's issues.
- 16.7% respondents said "sometimes" and 2.3% said they "always" try to cope-up with the aggression caused by children's issues by crying.
- 48.7% never curse the fate to cope-up with children's issues created aggression, but 1.7% do so. 7.3% do this sometimes.

- 6% respondents try to cope-up with aggression created by children's issues through “stop talking” and try to disown.
- 21.3% respondents have aggression due to issues on economic conditions with spouse, 20.7% said sometimes they do feel so, 18.3% said they never feel so.
- 13.3% respondents said “domestic issues” always cause aggression with spouse 35.7% feel it happens sometimes, 11% said “it never happens”.
- 4% respondents said “sex life always causes aggression” with spouse and 23% respondents said it happens sometimes. 32.3% said it never happens.
- 11.3% respondents always use discussion as method to cope-up with aggression with the spouse, 34.7% use this method sometimes and 11.3% never use this method.
- 24.3% respondents sometimes cry to cope-up with the aggression with the spouse, 30.3% respondents never do so, and 3% respondents always do so.
- 37.7% respondents never prefer to express pains to cope-up with aggression with the spouse. 2.7% always do so.
- 5.3% respondents always take out anger on other or on self as coping mechanism for aggression caused by spouse, 28.7% do it sometimes and 23.3% never do so.
- 4.7% respondents occupy themselves in some activity but 29% respondents never do this to cope-up with aggression.

- 9.7% respondents always try to understand and solve problems with spouse, but 42.7% never do so.
- 2.3% respondents always “stop talking” and try to “disown” to cope-up aggression. 44.3% never use this coping mechanism.
- 37.7% respondents never curse their faith, 4.7% respondents always do so to cope-up aggression caused by spouse.
- 1.3% respondents always feel that through non-cooperation they can cope-up aggression but 48.3% never use non-cooperation as coping mechanism.
- 58% respondents sometimes get aggressive with co-workers, 2.3% respondents always lose their temper with their colleagues and higher-ups.
- 44% respondents never stop interaction and 3.7% always do so to cope-up aggression caused by co-workers.
- 7% respondents always discuss out problem in aggressive manner, while 38.3% do not believe in aggressive discussion.
- 1.7% respondents always feel that by harassing or harming others can help in coping aggression. 51.7% never believe in harassing others.
- 11.7% respondents feel that avoiding situation causing aggression is always better to cope-up, while 20.3% respondents never feel this, 29.3% respondents sometimes cope-up in this manner.
- 30.3% respondents feel that sometimes being indifferent can help in coping-up with aggression while 7.3% respondents always feel so.

- 83% respondents believe that sometimes friends can cause aggression, 1.3% respondents always get aggressive due to friends.
- 38% respondents never cope-up aggression by understanding friends better, while 38% “sometimes” use this technique. 10.3% respondents always try to understand their friends better.
- 9.3% respondents explain their point of view always to cope-up aggression. 44.3% do so sometimes and 33.3% respondents never use this technique.
- 47.3% respondents do not stop interaction with friends, 5.7% respondents always stop interaction to cope-up aggression caused by friends.
- 59% respondents never believe that taking out anger on others or self, can help to cope-up aggression, 3.7% respondents use this mechanism.
- 7.3% respondents always feel that “world is like this only” and cope-up aggression; 41.3% do not believe in such coping mechanism.
- 49.7% respondents feel that becoming upset and crying can never be used to cope-up aggression. 2.3% respondents do believe in getting upset and crying.
- 72.3% respondents sometimes get aggression due to close relatives, 15.3% always feel and 11% never feel so.
- 50.7% respondents are of opinion that sometimes avoiding relatives can help in coping-up aggression.
- 51% respondents never curse their fate to cope-up aggression. 10.7% always do it and 27% do it sometimes.

- 49.3% respondents never believe in creating insight in to problem situation with relatives to cope-up aggression but 8.3% respondents always use this mechanism.
- 11.7% always discuss out matter with relatives, 50.75 respondents never do this to cope up with aggression by relatives.
- 73.3% respondents never try to harass relatives, 3.7% respondents always harass relatives to cope-up aggression caused by them.
- 7% respondents stop interaction with relatives, 47.3% respondents never do this with close relatives.
- 29.7% respondents express their aggression always by murmuring, 51.3% sometimes and 15.7% respondents never murmur to express aggression.
- 18.7% respondents always beat themselves or others when aggressive, 44% respondents sometimes express this way, 36.3% respondents never beat others or themselves.
- 62% respondents never abuse others to express aggression while it is always done by 11% respondents.
- 12.7% respondents always curse their fate, 46% respondents never express their aggression this way.
- 62.7% respondents never damage objects, 7.7% respondents always do this to express aggression.
- 7.3% respondents always express their aggression by over eating.



- 2% respondents always believe that drinking alcohol is an expression of aggression. 8.7% sometimes do it, 86% respondents never believe in expressing aggression by drinking alcohol.
- 48.3% respondents sometimes feel that economic condition of family causes frustration, 25% respondents always feel frustrated due to family's economic condition.
- 6% of the respondents always feel frustrated due to health status of the family.
- Parent-child relationship always causes frustration among 3.7% respondents.
- 19.7% respondents feel that frustration is always caused due to poor resources and aspiration for high social status.
- 50.3% respondents' role and responsibilities never cause frustration, while it does always in 10% respondents.
- 29% respondents never get frustrated because of job, 2.3% always and 36.3% sometimes get frustrated.
- 60.3% respondents never feel that crying can help coping frustration, 3.7% respondents always cope-up with frustration by crying.
- 7.3% respondents always curse themselves and 43% never cause themselves to cope-up with frustration.
- 57.3% respondents never curse others, 7.3% respondents always cope-up frustration by cursing others.

- 20% respondents sometimes withdraw from different activities, 6.3% respondents always withdraw to cope-up frustration.
- 16.3% respondents always cope-up frustration by over involving self in different activities. 41% do it sometimes & 42.7% never use this mechanism.
- 59% respondents never try to correct their ways of functioning, while 18.3% always correct functioning to cope-up frustration.
- 34.7% of the respondents in the age group 18-30 years have low aggression.
- 53.7% of the respondents in the age group of 41-50 years have high aggression.
- Within the age group of 18-30 years, 42.9% possess moderate regression (frustration mode - 1).
- Respondents with 31 to 40 years of age - 39.5% of the respondents have high regression.
- 31-40 years age group, 51.3% of the respondents have high fixation (frustration mode - 2).
- 48.1% of the respondents in the age group 41-50 years have high fixation.
- 42.9% of the respondents with 18-30 years of age have moderate resignation (frustration mode - 3).
- 51.3% of the respondents having high score in resignation are in the age group of 31-40 years.

- 42.9% of the respondents in the age group of 18 to 30 years have moderate score in aggression (frustration mode - 4).
- 48.1% of the respondents from 41 to 50 years of age group have high aggression (frustration mode - 4).
- 51.2% of the respondents with high aggression belongs to forward caste.
- 59% of the respondents with low aggression belongs to forward caste.
- 47.8% of the respondents with high regression (frustration mode - 1) are from forward caste.
- 10.6% of the respondents with high regression are S.T.
- 47.8% of the respondents have high fixation (frustration mode - 2).
- 59.2% of the respondents with low fixation are from forward caste.
- 33.8% of forward caste respondents have high resignation (frustration mode - 3).
- 19.2% SC, 40.7% ST and 28.1% forward caste respondents have low resignation.
- 40.7% from ST group have low aggression (frustration mode - 4).
- 34.2% SC and 33.8% forward caste respondents have high aggression (frustration mode - 4).
- 76.5% within high aggression group is represented by separated marital status group of respondents.
- 11.8% with low aggression shown by separated marital status group of respondents.

- 76.5% of the separated and 68.4% widows have high regression (frustration mode - 1).
- In low aggression group, separated and widows have low percentage of contribution - 5.9% and 10.5% respectively.
- Separated and widows are equally distributed (11.5% each) in high fixation (frustration mode - 2).
- 2.7% with moderate fixation belongs to separated marital status group.
- 76.5% of the respondents with separated marital status have high resignation (frustration mode - 3).
- 68.4% of the widow respondents have high resignation (frustration mode-3).
- 43.2% married and 37.5% single respondents have moderate resignation.
- Single marital status group have 27.35 low, 43.2% moderate and 29.5% have high aggression (frustration mode - 4).
- 23% single, 54% married, 11.5% widow and 11.5% separated have high aggression (frustration mode - 4).
- 46.3% of the respondents with no education have high aggression.
- 56.7% of the respondents with post-graduation/ professionals have high aggression.
- 28% of secondary educated respondents have low aggression.
- 53.7% of the respondents with no education have high regression (frustration mode - 1).
- 24.3% primary educated and 23.4% post-graduates/ professionals have moderate regression (frustration mode - 1).

- 25.7% illiterate and 26.5% primary educated respondents have high regression (frustration mode - 1).
- 26.5% of the respondents with high fixation are primary educated.
- 30.3% with low fixation are from graduate respondents.
- 22.2% illiterate and 21.9% primary educated respondents have low fixation (frustration mode - 2).
- Out of 54 no education respondents - 29 have high, 13 - moderate and 12 have low resignation (frustration mode - 3).
- Out of 30 post-graduated/ professional respondents, 13 have high resignation and 11 and 6 have moderate and low resignation respectively.
- Respondents with low and high aggression (frustration mode - 4) with secondary educated respondents are 26.4% in each.
- 53.7% with no education and 41.1% primary educated respondents have high aggression (frustration mode - 4).
- 70% of the consultant respondents have high aggression and 30% have low aggression.
- Out of total 96 housewives, 39 have high aggression and 24 and 33 have moderate and low aggression.
- 23.8% of govt. service respondents have moderate aggression.
- 23.8% of govt. service respondents have low aggression.
- 60% of the consultants have moderate regression (frustration mode - 1) while 10% have low and 30% have high regression (frustration mode - 1).
- 42.7% housewives and 42.9% govt. servants have moderate regression.

- 40.7% of the respondents with private service have high regression.
- Out of total 105 respondents with private service, 31 have moderate and 28 have low regression.
- 38.6% of the respondents having own business have high fixation (frustration mode - 2).
- 40.7% of the respondents having high fixation have private service.
- 42.9% of the respondents with government service have moderate fixation (frustration mode - 2).
- 10% of the consultants have low fixation while 60% have moderate and 30% have high fixation (frustration mode - 2).
- 40.7% respondents with high resignation (frustration mode - 3) have private service.
- 36.8% with private service respondents have low resignation (frustration mode - 3)
- 36.9% housewives respondents have moderate resignation (frustration mode - 3).
- 43.8% of the respondents with private service have high aggression (frustration mode - 4) while 26.7% and 29.5% have low and moderate aggression (frustration mode - 4) respectively.
- 36.5% housewives, 43.8% private service and 38.6% own business respondents have high aggression (frustration mode - 4).
- Out of total 123 respondents with high aggression, 59 belongs to low income group and 64 belongs to higher income group.

- 49% of the low aggression respondents have higher income.
- 58.4% of the respondents with high regression (frustration mode - 1) have low income.
- 59.2% of the respondents with low regression (frustration mode - 1) have higher income.
- In the low income group, 40.8% have low and 47.7% moderate and 58.4% have high fixation (frustration mode - 2).
- Respondents with low and moderate resignation 59.2% and 52.3% have high income.
- In high resignation 58.4% have low income.
- Percentage of low, moderate and high aggression with high income group is 59.2%, 52.3% and 41.6% respectively.
- 58.4% have high aggression (frustration mode - 4) with low income.
- 100% of the respondents belonging to single person family have high aggression.
- 52.8% and 33.5% of the respondents having joint and nuclear family have high aggression.
- 55.3% of the respondents with high aggression have nuclear family.
- 100% of the respondents from single person family have high regression (frustration mode - 1).
- 100% of the respondents from single person family have high fixation (frustration mode - 2).

- 75% of total respondents from nuclear family have moderate fixation while 74% respondents with nuclear family have high fixation (frustration mode - 2).
- 100% of the respondents with single person family have high resignation (frustration mode - 3).
- 65% of the respondents with high resignation (frustration mode - 3) have nuclear family.
- 71% of the respondents with low resignation (frustration mode - 3) have nuclear family.
- Single person family with 100% have high aggression (frustration mode - 4).
- 67.6% of the respondents with moderate aggression (frustration mode - 4) are from nuclear family.
- 60.3% of the total respondents fall in the moderate self-concept regarding physical self.
- 12.7% of the respondents were not satisfied with their physical self.
- 58.5% of the respondents with high score in aggression fall under moderate physical self-concept group.
- 33.3% of the respondents who were satisfied with their physical self have low aggression.
- 58.7% of the total respondents were moderately satisfied with their intellectual self, 18% are not satisfied and 23.3% are satisfied.



- 54.5% of the respondents having high score in aggression are moderately satisfied with their intellectual self.
- 45.7% of the respondents who are satisfied with their intellectual self are having high aggression.
- 25.7% have moderate and 28.6% have low aggression.
- 54% of the total respondents are moderately satisfied with their socio-emotional self, while 19% are satisfied.
- 50.6% of the respondents who are not satisfied with their socio-emotional self have high aggression.
- 35.8% of the respondents with moderate satisfaction regarding socio-emotional self have low score in aggression.
- 52.2% of the respondents with high score in regression (frustration mode - 1) shows moderate satisfaction regarding physical self.
- 43.2% of the respondents who are satisfied with their physical self have high regression (frustration mode - 1).
- 58.7% of the total respondents have moderate satisfaction for their intellectual self, while 23.3% are satisfied and 18% are not satisfied.
- 57.5% of the respondents with high regression are moderately satisfied with their intellectual self, while 19.5% have no satisfaction.
- 40% of the respondents who are satisfied with the intellectual self have moderate regression (frustration mode - 1).
- Out of total 300 respondents, 81 are not satisfied, 162 are moderately satisfied and 57 are satisfied with their socio-emotional self.

- 46.9% with high regression (frustration mode - 1) are moderately satisfied with their socio-emotional self.
- 49.4% of the respondents having no satisfaction with the socio-emotional self have high regression (frustration mode - 1).
- 36.8% of the respondents who are satisfied with their socio-emotional self have moderate regression (frustration mode - 1).
- 68.4% of the respondents having low fixation (frustration mode -3) are moderately satisfied with the physical self.
- 43.2% of the respondents who are satisfied with the physical self, have high fixation (frustration mode - 2).
- 40% satisfied, 36.45 moderately satisfied and 35.2% not satisfied with the intellectual self have moderate fixation (frustration mode - 3).
- Respondents with low fixation are equally distributed between not satisfied and moderately satisfied with socio-emotional self i.e. 24.7% in each.
- 35.4% of the respondents with no satisfaction with the socio-emotional self, have high fixation (frustration mode - 2).
- 50% of the respondents who are not satisfied with their physical self possess high resignation.
- 68.4% low, 63.1% moderate and 52.2% high resignation (frustration mode - 3) have moderate physical self satisfaction.
- 57.5% of the respondents have moderate intellectual self satisfaction.

- 40% of the respondents who are satisfied with their intellectual self have moderate resignation.
- 19% of the total respondents are satisfied with the socio-emotional self.
- 52.2% of the respondents have high aggression (frustration mode - 4) have moderate satisfaction as far as physical self is concerned.
- 68.4% of the respondents with low aggression (frustration mode - 4) possesses moderate physical self concept, while 5.35 and 26.3% are not satisfied and satisfied respectively.
- Percentage of the respondents with moderate intellectual self satisfaction are almost equally distributed in moderate and high aggression (frustration mode - 4) 36.4% and 36.9% respectively.
- 46.9% of the respondents with high score in aggression (frustration mode - 4) are moderately satisfied with the socio-emotional self.
- 49.4% of the respondents who have no socio-emotional self satisfaction have aggression (frustration mode - 4).
- Out of 300 respondents, 140 have low & 160 have high score in love and affection (quality of life).
- 52.8% of the respondents with high aggression, have low score in love and affection.
- 59% of the respondents with low aggression have high love and affection score.
- 44% of the respondents have low score in friendship and 56% have high score.

- 56.9% of the respondents with high aggression, have high score in friendship.
- 55%, 55.8% and 56.9% with low, moderate and high aggression score high in friendship.
- Ratio of the number of total respondents with low and high score in faith is 5:7.
- 62.3% of the respondents having moderate aggression have high faith score.
- 60% of the respondents with low aggression have high score in faith.
- 58.7% have high and 41.3% have low score in freedom and independence.
- 59.3% of the respondents with high aggression have high score in freedom and independence.
- 64.2% of the respondents with high aggression have high score in power.
- 50.6% respondents with moderate aggression score low in power.
- 20.7% of the respondents with high score in power have moderate aggression.
- 52.8% of the respondents with high aggression have low peace of mind.
- 22.8% of the respondents with low score in peace of mind have moderate aggression.
- 47.2% of the respondents with high aggression, have high peace of mind.
- 23.1% of the respondents with high score in love and affection have low regression.

- 56% of the respondents score high in friendship and 44% score low.
- 53.1% of the respondents with high regression have high score in friendship.
- 58.3% of the total respondents score high in faith.
- 64.5% of the respondents with low regression have high score in faith.
- Respondents with low (25%) and high (25.6%) score in freedom and independence have low regression.
- 61.9% of the respondents with high regression score high in power.
- 58.4% of the respondents with high regression, have low peace of mind.
- 43.2% of the respondents with high score in peace of mind have moderate regression.
- 53.1% of the respondents with high fixation, have high love and affection score.
- 39.4% respondents with high love and affection have moderate fixation.
- 56% of the total respondents have high score in friendship.
- 53.1% of the respondents with high fixation have low score in faith.
- 58.7% of the total respondents have high score in freedom and independence.
- 67.6% of the respondents with moderate fixation have high score in freedom and independence.
- 61.9% of the respondents with high fixation score high in power.
- 58.4% of the respondents with high fixation have low peace of mind.

- 60.4% of the respondents with moderate fixation have high peace of mind.
- 53.1% of the respondents with high resignation have high score in love and affection.
- 51.3% of the respondents with low resignation have low score in love and affection.
- 39.3% of the respondents with high score in friendship have moderate resignation.
- 41.7% of the respondents with high score in faith have moderate resignation
- 64.5% of the respondents with low resignation score have high score in faith.
- 46% of the respondents with low freedom and independence have high resignation.
- 61.9% of the respondents with high score in power, have high resignation.
- Respondents with low and high score in power with low resignation are 25% and 25.5% respectively.
- 53.1% of the respondents with high aggression (frustration mode - 4) have high love and affection score.
- 56.8% of the respondents with moderate aggression (frustration mode - 4) have high love and affection score

- 39.4% of the respondents with high love and affection, have moderate aggression (frustration mode - 4).
- 59.5% of the respondents with moderate aggression (frustration mode - 4) have high friendship score.
- 64.5% of the respondents with low aggression (frustration mode - 4) have high score in faith.
- 53.1% of the respondents with high aggression (frustration mode - 4) have low faith.
- 50.4% of the respondents with high aggression (frustration mode - 4) have low freedom and independence.
- 67.6% of the respondents with moderate aggression (frustration mode - 4) have high freedom and independence.
- 59.2% of the respondents with low aggression (frustration mode - 4) have high freedom and independence.
- 61.8% & 61.9% with low and high aggression (frustration mode - 4) respondents have high power.
- 60.4% of the respondents with moderate aggression (frustration mode - 4) have high power score.
- 53.9% of the respondents with low aggression (frustration mode - 4) have high peace of mind.
- 58.4% of the respondents with high aggression (frustration mode - 4) have low peace of mind.

- 70.1% of the respondents with moderate aggression have low purpose in life
- 53.7% of the respondents with high aggression have high score in life goals and aims.
- 63.4% respondents with high aggression, have high score in purpose and meaning in life.
- 68% of total respondents have low score in joy and satisfaction in life.
- 74.8% respondents with high aggression have low score in joy and satisfaction in life.
- 53.7% respondents with high aggression score low in mission fulfillment in life.
- 36.6% respondents with low score in mission fulfillment in life have low aggression.
- 48.7% respondents with high score in mission fulfillment in life have high aggression.
- 69.9% respondents with high aggression, score low in clarity of relationships.
- 39.1% respondents with high score in clarity of relationships have low aggression.
- 72.3% of the total respondents have low control of internal/ external life factors.
- 69% of the respondents having low aggression have low score in control of internal/ external life factors.



- 21.1% of the respondents with high aggression have high score in control of internal/ external life factors.
- 57.5% respondents with high regression score low in life goals and aims.
- 40.4% respondents with high score in purpose and meaning in life have high regression.
- 55.3% respondents with low score regression score high in purpose and meaning in life.
- 74.3% respondents with high regression have low score in joy and satisfaction in life.
- 35.1% respondents with moderate regression score high in joy and satisfaction in life.
- 61% of total respondents have low score in mission fulfillment in life.
- 65.8% respondents with moderate regression have low score in mission fulfillment in life.
- 63.3% respondents have low clarity of relationships.
- 63.5% respondents with high regression have low clarity of relationships.
- 76.3% respondents with low regression score low in control of internal/ external life factors.
- 39.2% respondents with low control of internal/ external life factors
- 48.7% respondents with high score in life goals and aims have low fixation.
- 57.5% respondents with high fixation have low score in life goals and aims.

- 63.7% respondents with high fixation have high score in purpose and meaning in life.
- 68% respondents have low score in joy and satisfaction in life.
- 44.7% respondents with low fixation score high in mission fulfillment in life.
- 39.9% respondents with low score in mission fulfillment in life have moderate fixation.
- 65.5% respondents with high fixation score low in clarity of relationships.
- 24.7% respondents with low score in clarity of relationships have low fixation.
- 76.3% respondents with low fixation have low control of internal/ external life factors.
- 44.6% respondents with high score in control of internal/ external life factors have moderate fixation.
- 63.1% respondents with moderate resignation perceived low life goals and aims.
- 37 respondents with low resignation have high life goals and aims.
- 39 respondents with low resignation have low life goals and aims.
- 63.7% respondents with high purpose and meaning in life have high resignation.
- Moderate and low resignation groups could not indicate much variation with reference to purpose and meaning in life factors.

- 74.3% respondents with high resignation have low joy and satisfaction in life.
- 61% respondents have low resignation and 39% have high resignation.
- 65.8% respondents with moderate resignation have low mission fulfillment in life.
- 65.5% respondents with high resignation have low clarity of relationships.
- 75.2% respondents with high resignation have low control of internal/ external life factors.
- 34.1% respondents with low control of internal/ external life factors have high resignation.
- 38.1% respondents with high score in life goals and aims have high aggression (frustration mode – 4).
- 39% respondents with low aggression (frustration mode – 4) have low score in aggression (frustration mode – 4) have low score in life goals and aims.
- 63.7% respondents with high aggression (frustration mode – 4) score high in purpose and meaning in life.
- 74.3% respondents with high aggression (frustration mode – 4) have low score in joy and satisfaction in life.
- 40.6% respondents with high score in joy and satisfaction have moderate aggression (frustration mode – 4).

- 44.7% respondents with low aggression (frustration mode – 4) score high in mission fulfillment in life.
- 65% respondents with high aggression (frustration mode – 4) have low score in clarity of relationships.
- 36.35% respondents with low clarity of relationships have moderate aggression (frustration mode – 4).
- 38.2% respondents with high score in clarity of relationships have moderate aggression (frustration mode – 4).
- 27.7% respondents score high in control of internal/ external life factors.
- 66.7% respondents with low control of internal/ external factors have moderate aggression (frustration mode – 4).
- 76.3% respondents with low aggression (frustration mode – 4) have low control of internal/ external life factors.
- 56.9% respondents with high aggression have low score in individualistic life style.
- 44% of respondents with score low in exploitive life style while 56% score high.
- 52% respondents with high aggression have low score in exploitive life style.
- 59% respondents with low aggression have high score in exploitive life style.
- 63% respondents have low score in pampered-spoiled life style, while 37% score high.

- 67.5% respondents with high aggression have low score in pampered-spoiled life style.
- 50.6% respondents with moderate aggression have low score in pampered-spoiled life style.
- 67% of the respondents with low aggression have low score in pampered-spoiled life style.
- 61% respondents have low score in resistive life style.
- 61.8% respondents with high aggression have low score in resistive life style.
- 66% respondents with low aggression score low in resistive life style.
- 71% respondents have low score in domineering life style.
- 69.9% respondents with high aggression score low in domineering life style.
- 76.6% respondents with moderate aggression have low score in domineering life style.
- 54.3% respondents have low score in confirming life style.
- 58% respondents with low aggression score low in confirming life style.
- 42% respondents with low aggression score high in confirming life style.
- 64.7% respondents have low score in escapist life style.
- 64.2% respondents with high aggression have low score in escapist life style.
- 41.5% respondents with high score in escapist life style have high aggression.

- 57.7% respondents have low score in evasive life style.
- 62.6% respondents with high aggression have low score in evasive life style.
- 57.1% respondents with moderate aggression score high in evasive life style.
- 55.3% respondents have low score in individualistic life style.
- 62.8% respondents with high regression have low score in individualistic life style.
- 42.8% respondents with low score in individualistic life style have high regression.
- 54% respondents with high regression have high score in exploitive life style.
- 25.8% respondents with low score in exploitive life style have low regression.
- 43.2% respondents with high score in pampered-spoiled life style have moderate regression
- 40.2% respondents with low score in pampered-spoiled life style have high regression.
- 65.5% respondents with high score in regression have low score in resistive life style.
- 40.4% respondents with low score in resistive life style have high regression

- 61.8% respondents with low regression have low score in resistive life style.
- 73.5% respondents with high regression have low domineering life style.
- 73.7% respondents with low regression have low score in domineering life style.
- 66.7% respondents with moderate regression have low score in domineering life style.
- 54% respondents with high regression have low score in confirming life style.
- 53.9% respondents with low regression have low confirming life style.
- 36.5% respondents with high score in confirming life style have moderate regression.
- 75.2% respondents with high regression have low score in escapist life style.
- 63.2% respondents with low regression have low score in escapist life style.
- 61.1% respondents with high regression have low evasive life style score.
- 26% respondents with low regression have high score in evasive life style.
- 42.8% respondents with low score in individualistic life style have high fixation.
- 48.7% respondents with low score in individualistic lie style have low fixation.

- 39.6% respondents with high score in individualistic life style have moderate fixation.
- 54% respondents with high fixation have high score in exploitive life style.
- 39.4% respondents with low score in exploitive life style have high fixation.
- 55.3% respondents with low fixation have high score in exploitive life style.
- 67.3% respondents with high fixation have low score in pampered-spoiled life style.
- 43.2% respondents with high score in pampered-spoiled life style have moderate fixation.
- 43.2% respondents with moderate fixation have high score in pampered-spoiled life style.
- 65.5% respondents with high fixation have low resistive life style.
- 41.9% respondents with high resistive life style score have moderate fixation.
- 61.8% respondents with low fixation have low score in resistive life style.
- 73.5% respondents with high fixation have low score in domineering life style.
- 73.7% respondents with low fixation have low score in domineering life style.



- 54% respondents with high fixation have low score in confirming life style.
- 46.1%, 45% and 46% respondents with low, moderate and high fixation score have high score in confirming life style.
- 25.2% with low and 25.5% with high confirming life style have low fixation.
- 75.2% respondents with high fixation have low escapist life style score.
- 61.1% respondents with high fixation have low score in evasive life style.
- 43.4% respondents with high evasive life style score have low fixation.
- 62.8% respondents with high resignation score have low score in individualistic life style.
- 42.8% respondents with low individualistic life style score have high resignation.
- 39.6% respondents with high score in individualistic life style have moderate resignation.
- 54% respondents with high resignation score have high score in exploitive life style.
- 67.3% respondents with high resignation score have low pampered-spoiled life style score.
- 65.5% respondents with high resignation score, have low score in resistive life style.
- 73.5% respondents with high resignation have low domineering life style score.

- 73.7% respondents with low resignation have low score in domineering life style.
- 54% respondents with high resignation have low score in confirming life style.
- 75.2% respondents with high resignation have low score in escapist life style.
- 26.4% respondents with high escapist life style have high resignation.
- 85 respondents with low score in escapist life style have high resignation.
- 61.1% respondents with high resignation have low score in evasive life style.
- 39.9% respondents with low score in evasive life style have high resignation.
- 62.8% respondents with high aggression (frustration mode – 4) have low score in individualistic life style
- 39.6% respondents with high score in individualistic life style have moderate aggression (frustration mode – 4).
- 39.4% respondents with low score in exploitive life style have high aggression (frustration mode – 4).
- 38.7% respondents with high score in exploitive life style have moderate aggression (frustration mode – 4).
- 67.3% respondents with high aggression (frustration mode – 4) have low score in pampered-spoiled life style.

- 65.8% respondents with low aggression (frustration mode – 4) have low score in pampered-spoiled life style.
- 40.2% respondents with low score in pampered-spoiled life style have high aggression (frustration mode – 4).
- 65.5% respondents with high aggression (frustration mode – 4) have low score in resistive life style.
- 61.8% respondents with low aggression (frustration mode – 4) have low score in resistive life style.
- 73.5% respondents with high aggression (frustration mode – 4) have low score in domineering life style.
- 73.7% respondents with low aggression (frustration mode – 4) have low score in domineering life style.
- 54% respondents with high aggression (frustration mode – 4) have low score in confirming life style.
- 75.2% respondents with high aggression (frustration mode – 4) have low score in escapist life style.
- 26.4% respondents with low score in escapist life style have low score in aggression (frustration mode – 4).
- 61.1% respondents with high aggression have low evasive life style.
- 59.7% respondents show low life satisfaction.
- 60.2% respondents with high aggression have low life satisfaction.
- 36.4% respondents with low aggression have high life satisfaction.
- 64.6% respondents with high regression have low life satisfaction.

- 38.8% respondents with high life satisfaction have moderate regression.
- 55.3% of the respondents with low score in fixation.
- 38.8% respondents with high life satisfaction have moderate fixation.
- 40.8% respondents with high resignation have low life satisfaction.
- 33.1% respondents with high life satisfaction have high aggression (frustration mode – 4).
- 40.8% respondents with low life satisfaction have high aggression (frustration mode – 4).
- 56.3% respondents with feminine sex type, 30.7% masculine and 13% undifferentiated sex type.
- 58.5% respondents with high aggression have feminine sex-type
- 63% respondents with low aggression belong to feminine sex-type.
- 54.9% respondents with high regression have feminine sex-type.
- 27.4% respondents with high regression have masculine sex-type.
- 27.4% respondents with high fixation have masculine sex-type.
- 54.9% respondents with high fixation have feminine sex-type.
- 31.4% respondents with feminine sex-type have low resignation.
- 47.8% respondents with masculine sex-type have moderate resignation.
- 51.3% respondents with high aggression (frustration mode – 4) have undifferentiated sex-type.
- 15.4% respondents with low aggression (frustration mode – 4) have undifferentiated sex-type.
- Correlation between aggression and frustration is significant.

## **CONCLUSIONS**

- Almost 86% of respondents consider shouting and screaming, banging head, beating others, dominating, restlessness, throwing the things, as indicators of aggression.
- Out of 11 causative factors of aggression all factors have been perceived at moderate level for causing aggressive behaviour by almost less than 50% of respondents, 15 to 20% of respondents have perceived them at have high level.
- Almost 46% to 48% respondents consider children's education, discipline and health issues as causative factor of the aggression.
- To cope-up aggression caused by children's issues almost average 18% respondents used various coping mechanisms viz. making them understand the situation, resocializing them, meeting school teachers, refer to an expert, understand real problem and solve them. While almost average 23% respondents used various coping mechanisms like leaving them (children) to themselves, punishing them, take out anger on other/self, crying, curse the fate for having such a child and stop talking and try to disown.
- Almost 42% respondents issues on economic condition cause aggression with spouse, 49% respondents have aggression with the spouse on domestic issues and 27% respondents are caused aggression with spouse due to issues on sex life.

- Almost on an average 19% respondents used non-cooperation, curse the fate, stop talking and try to disown, take out anger on others/ self, expressing pains, and crying, to cope-up aggression with spouse while almost on an average 29% respondents used discussion, occupying self in some activity and try to understand and solve the problem to cope with aggression.
- Almost 60% respondents get aggressive because of co-workers.
- Almost average 39% respondents be indifferent or avoid such situations with co-workers. While almost 16% average respondents stop interaction, harass or harm others and discuss it out in an aggressive manner, to cope-up with the aggression caused by co-workers.
- 84% respondents believe friends can cause aggression.
- Average 51% respondents explain their point of view or try to understand friends while average about 35% respondents stop interaction, take out anger on others/ self, explain self world is like this only or become upset and cry when friends cause them aggression.
- Almost 88% respondents get aggression due to close relatives.
- On an average 38% respondents discuss out the matter with relatives or try to create insight in to problem situation to cope aggression caused by close relatives while average 39% respondents try to avoid relatives, curse the fate, try to harass, or stop interaction with relatives to cope-up aggression caused by close relatives.

- 51% average respondents express the aggression by beating own self/ others, abusing others or curse the fate. While 56% average respondents express aggression by damaging objects, eating, drinking alcohol or murmuring.
- Almost 73% respondents get frustration because of economic condition, 59% because of health status of family member, 32% because of parent-child relationship, 57% because of poor resources and aspiration for high social status, 49% because of role and responsibilities, and 38% because of job related issues get frustration.
- Average 56% respondents pray God, over involve self in different activities or try to correct ways of functioning to cope frustration, while 40% respondents cope-up by crying, curse self, curse others, or withdraw from different activities to cope frustration.
- Age, education, occupation and caste do not show significant association with aggression and also with all the four modes of frustration.
- Marital status shows significant association with aggression as well as all the four modes of frustration.
- Aggression is not significantly associated with income, but frustration (all the four modes - i.e. regression, fixation, resignation and aggression) and income shows significant association.
- Family type and aggression have high association, at the same time, frustration and family type also have significant association.

- None of the types of self-concept (physical self, intellectual self and socio-emotional self) have significant association with aggression and frustration.
- Quality of life parameters i.e. love and affection, friendship, faith, freedom and independence and peace of mind are not significantly associated with aggression, but power has significant association with aggression.
- Quality of life parameters i.e. love and affection, friendship, power have no significant association with regression (frustration mode - 1) but power, faith and peace of mind have significant association with regression (frustration mode - 1).
- Love and affection, friendship, power, parameters of quality of life have no significant association with fixation (frustration mode - 2).
- Faith, freedom and independence, peace of mind have significant association with fixation (frustration mode - 2).
- Three parameters of quality of life i.e. love and affection, friendship, power, are not significantly associated with frustration mode - 3 (resignation) while - faith, freedom and independence, peace of mind parameters of quality of life have significant association with resignation mode of frustration.
- Faith, freedom and independence, peace of mind, parameters of quality of life have significant association with aggression (frustration mode - 4)



but love and affection, friendship, power have no significant association with aggression (frustration mode - 4).

- Life goals and aims parameter of purpose in life have significant association with aggression.
- While purpose and meaning in life, joy and satisfaction in life, mission fulfillment in life, clarity of relationships, control of internal/ external life factors (purpose in life) have no significant association with aggression.
- All four modes of frustration have no significant association with purpose in life.
- Individualistic, exploitive, pampered-spoiled, resistive, domineering, confirming and escapist life style have no significant association with aggression. But evasive life style has significant association with aggression.
- Escapist life style has significant association with frustration (all the four modes) while rest i.e. individualistic, exploitive, pampered-spoiled, resistive, domineering, confirming and evasive life styles have no significant association with frustration (all the four modes).
- Aggression and frustration are not significantly correlated with life satisfaction.
- Aggression and frustration are significantly associated with sex-type.
- Aggression and frustration are negatively correlated.

## **HYPOTHESIS AND RESULTS**

- “Lower the income, higher the frustration among women” – hypothesis has been proved.
- Age and aggression do not have significant association – hypothesis is not proved.
- Aggression and frustration have negative correlation – hypothesis is not proved
- Family type and aggression/ frustration have high association – hypothesis is proved.
- Aggression/ frustration have significant association with sex-type – hypothesis is proved
- Aggression/ frustration do not have significant association with life satisfaction – hypothesis is rejected.
- Age and frustration will have no significant association – hypothesis is proved
- Working women will have lower frustration than non-working women – hypothesis is rejected.

## **DISCUSSION AND IMPLICATIONS**

Literature on aggression and frustration in general does give some ideas about social work interventions. But culture-specific empirical data are of prime importance. Sears (1959) very aptly said "theories on aggression are not the be-all and end-all of science". Marry Hass, Locotus and other social

thinkers also have emphasized about the importance of paradigms. The present research is an account of empirical study of magnitude and nature of aggression and frustration among women and their association with SES, life style, life satisfaction, purpose in life, self-concept, etc. In addition, it attempts to map out the appropriate intervention strategies to control or prevent aggression and frustration among women.

Conceptual framework that has been used has base on variety of theories on aggression and frustration with multi-disciplinary perspectives. Aggression and frustrations are essentially psycho-social concepts. They refer to variety of acts/ behaviour ranging from hidden, passive to active violence and physical attacks. Attempt has been made to establish casual correlates among different variables. Hence holistic intervention plans are possible.

Literature discusses the nature of aggression and frustration and indicates that aggression is a learned response to frustrating situations. Data reflected significant relation between aggression and frustration. Needs satisfaction or life satisfaction in general can help in overcoming frustration.

Interventions should take care of two aspects:

- (1) How much frustration can account for displaying aggression among women and;

- (2) Extent to which family members facilitate to display aggression or support women to handle or control aggression and frustrating material and also in channelizing them in a constructive way.

Aggressive behaviour with their family members, at work place and friends also be taken into consideration to make the interventions more effective. Implications of aggressive behaviour should be used to create awareness on adverse effects of it.

Frustration is the occurrence of conditions that prevent or delay attainment of goals. Realistic expectations and correspondingly matching resources can help a lot preventing such problems. Social, economic and biological needs' satisfaction should be taken into account while planning social work interventions.

Conflict, guilt, anxiety or tensions may be the outcome of faulty, self-concept/ life-style. Aggression may become a learned response to conditions of tensions and keep occurring whenever tension or stress-producing situations are not addressed through coping mechanisms.

Resocialization to handle aggression/ frustration can go a long way in controlling/ preventing the same. The process of resocialization/

reeducation can include systematic training to understand the dynamics of aggression/ frustration and mechanism to control them.

The external fear-control techniques may not bring long-term results. The development of internal control mechanisms are of prime importance. Love and acceptance and affection needs (quality of life parameter) or affectional nurturance could be used in resocializing clients suffering from aggression/ frustration. Attitudes towards life and purpose-in-life inputs can also help a lot bringing desired results.

Regulation of anger and insight into frustrating situation can be of use to clients. Suppressed anger may lead to many psycho-somatic illness. In everyday life, provocation to anger or irritation may affect wellbeing of clients. Socially acceptable ways to express accumulated anger can be included in counselling the clients (Life-style and quality of life indicators of the present study). The problem of anger should be accepted by clients and they should learn to express in nondestructive ways.

Charny (1971) regards marriage and family life, not as heaven of happiness though it can be that rather he sees relationship between husband and wife and parent and child as a place to learn ways to reconcile differences and to deal with anger. Bach (1983) has actually provided instruction to married couples to fight fairly and nondestructively with one another. Sidney (1983)

said "the most constructive way of dealing with anger or rage is to "work through" the emotion, to understand why one feels that way, and through proper understanding one should try to reduce it". This can be done by social workers.

### **THE SELF-CONCEPT**

According to Sidney (1983), person's self concept comprise all their beliefs about their own nature. They include their strengths, weaknesses and patterns of behaviour and growth/ devotion opportunities. In short it is one's image about oneself. Self-concepts have powerful influence on our behaviour and actions (self-concept of the present study - physical, cognitive and psycho-social).

The public self is the image that we give to the general society often involves hiding of certain aspects and human life. The real self is a bit of a mystery. The larger the gap between actual self and ideal self, higher would be the protective masks or hypocrisy. Evaluation of self through counsellor can help in bringing out suppressed emotional material which indirectly can help reduce frustration and guilt. Similarly counselling can help in bridging the gap between real & actual self. Sidney (1983) commenting on "Healthy personality" said "needs' satisfaction, sense of identity, meaning and proper direction to human life can help have healthy personality (purpose of life and life satisfaction of present study).

Combs and Snygg (1983) suggested that all human behaviour is determined by the need for the individual to maintain and enhance the self-concept. The research literature has grown so rapidly that the review of self-concept literature by Ruth Wylie is in two volumes. Healthy personality includes high self-esteem followed by psycho-social functions.

## **LOVE**

Freud remarked that *lieben* and *arbelten*, loving and working, are the crucial signs of healthy personality. Present study has taken into consideration love and affection as the important parameters of quality of life. Loving behaviour refers to all actions that promote happiness and growth. Aggression and frustration can be treated with love and affection. Jourard (1983) defines love as follows:

Love is

- (1) A feeling and behaviour toward an entity;
- (2) Includes the intense desire and acts intended for that entity's well being or higher level of existence;
- (3) It includes the intension and desire to be present with that entity in almost all conditions.
- (4) In its fullest realization, it is experience - the be loved carries out similar feelings for the lover.

Some of the specific data are discussed following ways:

Present study has been addressing the magnitude of aggression, frustration with reference to respondents' age, education, occupation, income, marital status, type of family, chronic health problems, life style, life satisfaction, purpose-in-life, self-concept, etc.

### **AGE**

As presented in earlier chapter most of the respondents fall in middle age category. Life cycle has been quite important variable for any behavioural or social research. The nature and magnitude of stress, tensions, frustration, roles/ responsibilities vary in different stages of life. Present researcher so indicates some association of aggression and frustration with the age of respondents. Same way other SES variables are also taken into consideration to establish linkages among them.

### **RESPONDENTS' CONCEPT OF AGGRESSION**

Ultimate goal of social work is either "correctional", "developmental" or "preventive". KAP takes into consideration the awareness level of clients. Literature on aggression indicates that aggressive act varies from passive verbal to violent behaviour causing serious injury to others. In present research also there is a range of behaviour perceived by women respondents, shouting and screaming, restless, random actions, etc. verbal or non-verbal, active or passive, expressed or suppressed, directed at right or wrong



persons, at the right time or wrong time aftermath of actions, guilt ridden behaviour, reactions from victims and other significant persons, readiness to change the behaviour patterns are some of the important issues to be considered by a counsellor to plan action strategies.

### **CAUSATIVE FACTORS AS PERCEIVED BY THE RESPONDENTS**

Social disapproval, struggle for competition, guilt material, ugly and abnoxious situations, overcrowding, provocation, noise/ heat, fear, insecurity, low self-esteem, sexual starvation, issues related to childrens' problems, economic condition, domestic issues, problems at work place etc. are discussed in earlier chapter.

Probing the causes to aggressive behaviour can help establishing linkages between the cause and cure. Insight into causes relieves the tension associated with the problem behaviour. Present data can be used to counsel women clients suffering from aggression. Serious implications of aggressive behaviour can also be used to help clients overcome aggression. The present study has also taken into consideration the coping mechanisms used by respondents. No coping, or inadequate or wrong coping, mechanisms are the crucial factors for a professional social workers to be considered for planning interventions.

## **FRUSTRATION**

Causes of frustration probed are income, health, children's issues, paucity of resources and aspiration, roles/ responsibilities issues, job related aspects conflicts between motives. 25% of women respondents feel that economic conditions of the family cause frustrations. Larger size family in the low income group can be the target group for social work interventions. Life style, higher expectations for physical comforts, poor social support, unemployment and such other factors should be considered for social work action plan. Quite a few respondents suffer from variety of ailments viz. high B.P. acidity, gynec problem, anemia, frequent diarrhoea, and sleepless nights. Data also indicated some association of frustration with health status. Feminist perspective of social work does bother about women's health care being the last priority of family. Sometimes women themselves neglect their health needs/ problems.

Awareness about various diseases "common and gender-specific should be brought out. Periodical check-ups at the government and trust-run hospitals should be the answer to women's health problems and frustrations associated with that. In extreme cases there are examples of suicide. Hence this delicate aspect of human life should not go unaddressed. Parent-child relationship has been probed in the present research causing/ frustration. Majority of the respondents do not consider it as cause of frustration. Almost 32% of them do suffer from this aspect. Effective parenthood,

cordial parent-child relations, socialization, family enrichment programs are some of the answers to address this problem.

Quite a few respondents suffer from frustration due to paucity of resources as blocks realizing their aspirations. When aspirations or life-goals are not realistic or goals and correspondingly matching resources are not considered, frustration occurs.

### **AGE, AGGRESSION AND FRUSTRATION**

It is found that higher the age, higher the aggression. In case of regression (mode of frustration) middle age group respondents have suffered more at higher level. In fixation-mode of frustration, higher age group women have suffered more. In other modes of frustration also middle and higher age group respondents have suffered more. Thus age has been an important factor. Earlier age group, support system may be the intervening variable diluting the magnitude of aggression and frustration.

S.C. and S.Ts percentage on high aggression are relatively higher than forward caste women respondents. Rural to urban migration can be one of the factors to be probed for interventions. Education level, poverty, large size families, early marriages, etc. should be taken into consideration. Only reservation of their seats in education may not help. S.C. S.T. cell for the women's social development (economy, polity, health, education,

constructive leisure) should be taken into account for their welfare, development and empowerment.

### **MARITAL STATUS**

Widows, separated and single women on high and moderate aggression requires special attention. Among these group of women also the low income nuclear family and low education sub-group of women are most vulnerable to many psycho-social problems. Family-centred interventions, pre-marital counselling and supplementary income schemes can be of great help to dilute their aggression and frustration.

### **EDUCATION**

Illiterates and primary on one hand and graduates on other have higher magnitude of aggression than moderate educated group of women.

Unemployment and struggle in occupation adjustment should be considered for career guidance. Education employment and income are directly or indirectly interrelated factors causing economic problems. Life satisfaction and quality of life indicators also have their own share in addressing aggression, and frustration of this group of women.

## **OCCUPATION**

Govt. employed women's percentage on high aggression and frustration are relatively lower than self-employed and privately serving women. Occupational stress has been higher in private sector. In self-employment, struggle for existence and tensions are high.

## **TYPE OF FAMILY**

In Indian society, this variable counts a lot for all types of psycho-social problems. Strong association of type of family and some modes of frustration is indicative of family centered interventions' scope. High frustrated women's group in 'single' and nuclear category can be the focal point of attention. Awareness about F.C.C's (family counselling centers) women helpline services and effective services by them to such vulnerable group can be used controlling/ managing their problems.

## **SELF-ESTEEM (PHYSICAL, INTELLECTUAL AND PSYCHO-SOCIAL)**

Self-esteem is the correlation between ideal self and actual self. Higher the gap between two, lower would be self-esteem. Examination of S.E. of high and moderate aggression/ frustration women can give specific plan of interventions i.e. high aggression and frustration and low S.E. This subgroup of high aggression/ frustration women can be the vulnerable ones. It requires special interventions, sometimes, crisis interventions, too.

## **QUALITY OF LIFE**

High aggression and high frustration women can be further sub-divided into high aggression, low aggression and low in quality of life (total score), low in purpose-in-life, low in life satisfaction. These sub-groups are also quite vulnerable and require special attention of professional helpers. Yoga classes, meditation (e.g. art of living centers), constructive leisure are some of the examples of interventions.

Common sharing sessions by women groups under the facilitator' guidance can be planned.

NGO's contribution in addressing women's problems of emotions with holistic approach should be considered for interventions.

Some parameters of purpose in life have significant association with aggression/ frustration. Higher the aggression lower the purpose in life score. Purpose-in-life with higher score may be helpful to decide life goals better than the lower score group, clarity of thoughts facilitates 'out of box', thinking, proactive attitudes, higher tolerance for frustration, healthy coping mechanisms which may ultimately lead to higher/ sound psycho-social functioning. SWOT analysis would be used by helping professionals to help women clients have better insight into problem situations and ways to

overcome with them. EoQor emotional enrichment programme could be worked out to help women clients have high aggression/ frustration.

Clarity of relationship has been probed as one of the indicators of purpose-in-life. Hindu literature suggests five major types of relationship viz. relation between parents and child, relation between two opposite sex persons, master-servant relation, relation between two well-wishers and relationship with God respectively (वात्सल्य, मधुर, दास्य, शूभ, शान्त).

Emotionally rich person will have an edge over others to conceptualize, form and maintain healthier interpersonal relationship. Poor control on aggression/ frustration can act as barriers in maintaining cordial relation with significant others.

Chi-square analysis indicated significant association between pampered-spoiled life style and aggression. Most of the problems can be attributed to life-style of the client. Modern medical science also believes that life style has bearing on quite-a few ailments. Resocialization, reeducation; guided group interactions, reality therapy (William Glaser) and awareness on serious implications of faulty life-style can be of some use to overcome psycho-social problems caused by faulty life style.

Significant association has been proved between aggression and escapist life style. Indian philosophy describes this style as शून्यवृत्ति. Bird hides itself in heap of sand to avoid enemies. Fear of certain situations, poor faith in oneself and support system, inadequate abilities, poor affect domain, no sense of responsibility, etc. etc. could be some of the reasons to be examined by a social worker to help such clients. Constructive channelization of their energy, sublimation can help address such problems.

Sex-type has significant association with aggression. Masculine traits have nothing much to do with aggressions high magnitude. Feminine and undifferentiated types have indicated relatively higher level of aggression.

Suppression's and flowering life should be probed by a social worker to know their implications and social group work practice can be planned accordingly.

## **SUGGESTIONS**

Based on discussion and implications, following are some of the suggestions for social work interventions.

### **EMOTIONAL EXPERIENCE AND LOVING BEHAVIOUR**

Healthy personality is fostered by both giving and receiving love. The capacity for loving is fostered by basic need gratification, affirmation of the



value of love, frustration, tolerance, a healthy self-concept, reality contact, ideals, and loving wider varieties, viz, work, nature, etc. etc.

Frustration's adverse effects can be handled by a professional helper in variety of ways. In present study association between frustration and other variables have been computed. Inputs of sharing clients' experiences with their closed relatives can be taken into consideration.

One of the techniques to deal with clients is role play/ drama. Following design can bring desired results. Present research has given three types of target groups viz.

- |                             |   |                             |
|-----------------------------|---|-----------------------------|
| 1) High frustration         | } | groups of women respondents |
| 2) Moderate frustration and |   |                             |
| 3) Low frustration          |   |                             |

Each of these groups will have further two subgroups i.e. high and low income.

Each of them can be treated with two techniques i.e. role play and drama and three phases of treatment. Hence it becomes  $3 \times 2 \times 2 \times 3$  experimental groups. Following figure may give better idea to implement the design by a trained social worker.

Income	Frustration		
	High	Medium	Low
High			
Low			

Techniques of interventions	High frustration group	
	High income	Low income
Role play		
Drama		
Role play x drama (interaction effects)		

Following cells can be designed for interventions:

### Target Groups

- 1) High frustration, high income
- 2) High frustration, low income
- 3) Medium frustration, high income
- 4) Medium frustration, low income
- 5) Low frustration, high income
- 6) Low frustration, low income

Three phases of treatment can be the another variable.

### Phase I : Treatment

	High frustration High income group	High frustration Low income
Role play		
Drama		
Role plays & drama		

The final outcome of this action plan could be:

- (1) Magnitude of frustration and their response to treatment.
- (2) Interaction effects (i.e. frustration x income) of frustration and effects on treatment.
- (3) Interaction effects of two techniques – role play x drama as magnitude of frustration.
- (4) Interaction effects of three phases of treatment with reference to types of treatments (role, play and drama) and magnitude of frustration.

ANOVA analysis can help bring the input-output results.

### **Family Enrichment Programme and Aggression/Frustration**

Natural network of interventions are the best, result-producing and self-reliance. Social worker's role can be reduced only to a facilitator. Smith (1975) has identified different functions of group. Some of them are:

- Emotional and social support
- Needs' satisfaction of different types
- Protection and safety, etc.
- Coping strategies

Present study has taken into consideration type of family and its association with aggression and frustration.

Patterson (1983) described certain family coping strategies to handle stress/ crisis. Aggression and frustration, if not handled properly and timely may lead to crisis. Hence, especially in Indian society, family has a great deal of role to play to help its members deal with stress/ crisis effectively. Resistance coping, adaptive coping, social support, mobilization of resources, conflict resolution, enrichment of interpersonal relationships, value inculcation, etc. are some examples of family – centered interventions.

### **Effective Living Therapy – Khasgiwala (1973)**

It helps to uncover the basic processes of effective living. It helps to achieve maximum emotional, economic and social development. It focuses on the following aspects:

- (1) Awareness of physical, mental, emotional and social needs/problems.
  - (2) Deep experience of self in the realm of feelings.
  - (3) Love and acceptance of family members by each other.
  - (4) Harmony between individual needs, family goals and resources for effective living.
  - (5) Flexibility, cohesion, adaptability and readiness for changes.
- Social worker, medical expert and a thinker (namely – Gary West, Carol L., and Hendrick) worked effectively on the same (1977).

**Psychotheatrics (Pt) (Allen, 1978).**- Pt. Helps clients to have insight into problem behaviour. Clients with high aggression and frustration can be asked to describe their emotional experiences of life through various roles/characters, insight can be increased into problem situations.

**SAT – Selective Awareness Therapy (Herink, 1980)** - also can be used to bring out unresolved emotional problems.

**ABT – Assertive Behaviour Therapy (Alberti, 1977)** - has been quite useful technique to reduce anxiety, guilt, self-expression of feelings, attitudes, desires and frustration.

**Bio-Scream Therapy** - has been advocated by Nolah (1960) to address emotional crisis, scream and love are used to express emotional *needs* and antidotes of the same respectively.

Emotional common sense can be developed by improving self-understanding of anger, loneliness, depression, anxiety, etc. 'How' of appropriate emotional feelings, expression, realistic desires and life goals and goal-directed life style.

**DET – Dynamic Empathy Training** – has been suggested by Robert (1987) to address emotional problems through broadening one's "Acceptance threshold" with respect to experiences of others.

**Yoga, Meditation & other Indigenous Practices** – some of the indigenous practices like yoga, meditation, reiki, breathing exercises also help reduction & control of aggression & frustration. They bring calmness & peace to the individual and also help in controlling drive arousal. The art of living and positive thinking exercises are some of the recent developments which take care of overall well being of the individual. These indigenous practices have a spiritual orientation, but it certainly go a long way in enabling individuals to think positively and evolve a living style which is free from negative emotions.

Many counselors & mental health professionals have been incorporating these approaches in their intervention strategies.

Dynamic Empathy Training attempts to :

1. Train accurate perceiving of what another person feels and means in his personal experiences.
2. Train accurate observing and recalling of one's own feelings and experiences.
3. Expand one's emotional experiences.

4. Broaden one's "acceptance threshold" with respect to the experiences of others.
5. Train effective reflecting of one's understanding and acceptance toward another.
6. Help block identification with another's feelings and experiences.

Dynamic Empathy Training has its most extensive application as part of comprehensive training program in helping skills or human relations training for therapists, counselors and social workers. Variations of Dynamic Empathy Training can be useful (1) in such areas as cross-cultural training, role conflict and consciousness raising, (2) in individual and group therapy, where clients are having difficulty in appreciating, accepting or reflecting the feelings of others as in conflicting situations.

### **Therapy based on Adlerian Model of Personality (Adler 1870-1937)**

Adlerian theory is at once a model of personality, a theory of psychopathology, and the foundation of a treatment method. His theory of Individual Psychology is based on humanistic model of man. Among the basic principles are :

1. **Holism:** The Adlerian views man as a unit, not as a collection of drives or instincts, divided against themselves.
2. **Field-Theory:** The individual can be studied only by his movement within his social field. Therefore, the Adlerian therapist

is extremely sensitive to the client's inter-personal transactions. Especially examined are the "tasks" of work, sexuality and the individuals' feelings of belonging to the social group.

3. **Teleology** (inferiority feelings and the striving for significance). While Adler's name is linked most often with the term "inferiority complex" toward the end of his career he became more concerned with observing the individual's struggle for significance or competence (later discussed by others as self-realization, self actualization, etc.). He believed that, standing before the unknown, each person strives to become more perfect and is motivated by one dynamic force-the upward striving for completion-and all else (traits, drives, etc.) is subordinated to this one master motive. Thus, all behaviour can be observed as purposeful movement toward a final end point of significance. Behaviour is understood as goal-directed movement (the teleological point of view), though the person may not be fully aware of this motivation.
4. **The Creative Self:** It is the creative self that determines the nature of behaviour. Adler postulated that it is neither the individual's genetic endowment nor his social environment that determines his behaviour, but that each person responds in an adaptive, creative way to the social field in which he finds himself.



5. **Life-Style:** Adler believed that each individual's striving toward a guiding ideal of significance and social belonging could be observed as a pattern that manifests itself early in life and runs as a theme throughout one's lifetime. This life-style pattern is seen in all aspects of a person's behaviour it is his perceptual style. If one understands an individual's life-style, his behaviour makes sense.

George Bach outlines the following ways of controlling aggression:

- Acknowledge your anger. Tell your partner, "I feel angry at you," just as you would say, "I feel tired," or "I feel frightened".
- Renounce your anger as inappropriate. Even though your mate has treated you badly or unfairly, face the fact that you create your anger, that you need not do so, and that this usually harms our relationship by feeling it and by expressing it against your partner.
- Ask your partner for help. Show him or her that you have a problem in dealing with your anger, and see if she or he can suggest some plans to get rid of it and to make your relationship better.
- Acknowledge your anger to yourself. Don't merely inform your mate about your angry feelings, but frankly tell yourself".
- Assume full responsibility for your anger. Do not hesitate to admit that you created it, that you angered yourself.
- Accept yourself with your anger. As soon as you condemn or damn yourself for having neurotic symptoms – anger, anxiety, depression,

feelings of worthlessness, or anything else you tend to stop all progress in ridding yourself of such symptoms.

- Stop making yourself anxious, depressed, and self downing. As you learn to accept yourself, no matter how angry you feel or how foolishly you can act when angry, you can also learn to accept yourself with any of your other “wrong” or “bad” behaviour, and if you do this, you will give up most of your vulnerability – the feelings of hurt and self-pity which often help you feel very angry.
- Look for the philosophic source of your anger. After fully acknowledging your feelings of anger, seeing that you do not down yourself for having these feelings and eliminating some of the self-depreciating elements in your creating these feelings, you can look for the philosophic sources of your anger. Assume that just about every time you feel enraged in your gut, you have a profound philosophic assumption behind this feeling and that this assumption includes some should, ought, or must. Consequently, cherchez le should, cherchez le must! Look for the should, look for the must! In anger at your mate, you frequently hold the must of resentment – “You must treat me kindly, considerably, lovingly, and approvingly!” – and the must of low frustration tolerance – “The conditions under which I live must turn out nicely and nonfrustratingly so that I easily get practically everything I want without too much effort.
- Discriminate your wishes from your demands and commands.

- Dispute and debate your absolutistic musts.
- Employ behavioural and emotive means of undermining your feelings of anger. Emotively you can deliberately act lovingly rather than angrily. One can train self to empathize more effectively with others' point of view and feelings. Practice unconditional positive regard. Use no blaming I-statements instead of condemning you-statements. Express your hostile feelings to other people (e.g. friends) rather than directly to him/ her. One can role play some of your angry reactions. Deliberately stay in anger-inciting situations or court them if they do not exist, to give yourself practice in coping with such conditions and in changing hostility-creating philosophies as one deal with them. Practice assertiveness instead of passivity.
- Use operant conditioning or self-management methods and reward yourself when you react unangrily to. One can employ behaviour rehearsal methods and train yourself (by working with a model or role playing) to react more appropriately when presumably "upsetting" act.
- One can use relaxation, meditation, thought stopping, or other desensitizing and diverting methods, at least temporarily to be out of anger-arousing situations and to give yourself extra time to work against your commanding philosophies.

## **Control and Management of Aggression/ Frustration**

Culture specific aspects of controlling and managing aggression/ frustration can be of great help to social workers.

Activities of Swaminarayan Cult, Swadhyaya Parivar, Garaba during Navratri, etc. have lots of sublimation value. Literature also helps reducing aggression. "Hasya Kavi Sammelan", Chanting, Prabhati<sup>h</sup>ya, Chabakha, etc. guides us for life, help us finding solutions to everyday problems.

Listening to certain types of music brings down the increased pulse and body rhythm and help one feel relaxed and reduce aggression. Watching to comedy serials or movie also can help one reducing anger. Art therapy can sublimate aggression.

NANDI talks on control of aggression: Psychologists, social workers, humanists and persons from different walks of life suggest many ways for the control and prevention of aggression.

It is thought that punishment is quite useful step in preventing aggressive behaviour. But recent studies (Dollesstein et al, 1972) show that it has very limited value in deterring aggression. The punishment is often understood as counter aggressive attack and the receipient may tend to respond with higher intensity of aggression. It has only a temporary effect till the victim remains

under the impression that the punishment giving authority is stronger than he. The victim waits for the opportunity to make a counter attack with more vigour.

Punishment, to the children, represents an aggressive model of behaviour. As a result they learn to behave aggressively with the weaker objects.

From the facts of history of man it is evident that punishment may induce the idea of revenge in the mind of the punished individual or group and therefore may generate reverse effect. The subdued Germany in the first World War attempted for a bloody vengeance on the allied nations in the second World War.

In the past it was believed that if an angry person is given an opportunity to express his anger in harmless behaviour than the anger is reduced and the chance of future aggression is lessened. However, the experimental evidences are not in agreement with the view. In the earlier writing Freud (1916) suggested the usefulness of catharsis, in releasing emotional tension, but later on he stated that its effect is very limited and does not last long. Dollard stressed on the efficacy of catharsis in the reduction of aggression. But others observed inconsistent effect of catharsis.

Goodwill based on reasoning may also prevent aggression. After the holocaust of World War 1, in reply to Einstein's letter Freud wrote : "wars will only be prevented with certainty if mankind unites in setting up a central authority to which the right of giving judgement upon all conflicts of interest shall be handed over". With same aim in view the league of nations was evolved. But we know from subsequent history that reasoning did not prevent. Following the thought of Plato in his Republic – that a philosopher king Freud also suggested that "a community of men who had subordinated their instinctual life to the dictatorship of reason should remain at the helm of the state administration who would guide the masses. But this is not to be fulfilled in foreseeable future".

Throughout the ages it has been observed that by inducing incompatible or discordant responses to anger or violence, it is possible to control or withhold aggression in human being. Some of the important discordant responses are empathy, humour, mild erotic stimuli, guilt feeling, absorbing cognitive task etc. It has been observed that the imagination of or the actual visualization of the distressed state of the victim brings a change in the mind of the aggressor. At the sight of horror or blood shed and suffering in the Kalinga war, pity was roused in the mind of the Emperor Ashoka through an empathetic feeling. It is said that then Chand Asoka was transformed into Asoka the Great. Similarly, the ruffians Jagai and Madhai became ardent followers of Shri Chaitanya when they were embraced with compassion by

Shri Chaitanya in response to their sanguinary physical assault to him. The discordant behaviour of Lord Chaitanya to the ruffians created wonder and new suggestions in the latter's mind. This novel demeanour had new values and imponderable source which attracted them to the Great Master. Simultaneously sense of guilt was roused in them as a result a complex mental activity was generated. The childhood fantasy of the desire to be loved by a benevolent powerful father, to whom security was assured, started to get unleashed and a profound urge to surrender to this fantasized father came into action. Thus the Eros activity was set against the activity of the Thanatos – the destructive force.

Similarly Lord Buddha asked us to return good for evil. He said : “not by hate is hate destroyed, by love alone is hate destroyed.” “Ye monks, if robbers and murderers should sever your joints and ribs with a saw, he who fell into anger threat would not be fulfilling my commands”(Radhakrishnan, 1949). Only love can conquer aggression. But how much love, what kind of love this should be ? Lord Buddha analysed this : “even as a mother watcheth o’er her child / Her only child, as long life doth last, / so let us, for all creatures, great or small / develop such boundless heart and mind, let us practice love for all the world / above below, around and everywhere/ uncramped, free from ill-will and enmity” (Radhakrishnan, 1949). Therefore Buddha preached Ahinsa – total non-violence, which can be attained by man through the 8 noble paths described by them.

Gandhiji, in agreement with the ancient tradition, discovered the weapon of non-violent resistance or Satyagrah, which urges for a change of heart of the aggressor. It was to his credit that he used it in present day world-politics where the deafening glamour of aggression has been disturbing our peace. In South Africa – Satyagrah and Salt – Satyagrah of Dandi, which were conducted by Gandhiji himself, Gandhiji urged the volunteers to bear all sorts of violence by the police and not to show any sign of aggression. We know that on the face of this incompatible response of the Satyagrah the military action in the then North West Frontier Province came to a thaw (Nehru autobiography, 1939). The effect of non-violent resistance begins to take place in the unconscious but violent opponent in the form of conversion. There is a shifting of emotional tone and energy. As the satyagrahis bear the onslaught with utmost love and meekness, the attacker has no other alternative but to pause and think; because the most powerful forces find it impossible to cope with the transparency of love, the love which suffers most (Bose, 1947, Gregg, 1949). This is evident in the acknowledgement of J.C. Smuts (1939); the opponent of Gandhiji in South Africa. “It was my fate to be the antagonist of a man for whom even then I had the highest respect. That clash on the small stage of South Africa brought out certain qualities of Gandhiji’s character which have become more prominently displayed in his later large scale operation in India. His manner and spirit even then, as well as later contrasted markedly with the



ruthless and brutal forcefulness which is the vogue in our day. I must frankly admit that his activities at that time were very trying to me” (Smuts, 1939).

In the Mahabharata, Vana Prabha, it is said “By meekness one can conquer the cruel and meek the both; there is nothing impossible to meekness; hence meekness is sharper than cruelty” – mirdunam darunam hanti mriduna hantyardarunim nasadhyam mriduna kineittasmatt bratram mridu. (Mahabharata V P. 28.31).

On the part of the non-violent soldier Satyagraha opens up new vista as it makes possible the displacement of aggression by elevating the conflict to a higher level. “Satyagraha is not a substitute of war, it is war itself shorn of many of its ugly features and guided by a purpose nobler than we associate with destruction. It is intensely heroic and chivalrous form of war” (Bose, 1947). Thus through Satyagraha both the non-violent soldier and his violent opponents are unified on the plane of love and in this way it paves the way to sublimation for both. Hence Satyagraha can be taken as “a normal equivalent of war”.

Experimental (Baron & Bell, 1974; Leat, 1974) as well as common observation show that exposure to humorous materials - cartoon pictures, jokes, caricature and spoken or written stories of laughter and ludicrousness,

may reduce aggressive tendencies in persons. But sometimes reverse effect has also been noticed, as politicians get angry at the sight of their cartoon pictures. Mild erotic stimuli have been found very effective in abating aggression in many situations. Patting, rubbing gently on the body, soft music, words of solace from very close relations, spraying cold water on face and head are some examples of such stimuli. In this matter it is very important that the stimuli should come from dear ones, e.g. from parents to children, from one spouse to the other, from friend to friend.

Arousal of guilt feeling in the mind of the aggressor lessens or fully hinders the outbreak of anger. Feeling of guilt is the result of human social evolution. Through this evolution man attained his faculty of conscience and moral values. This was necessary for his survival. Sense of guilt acts as an automatic check to the expression of aggression. This guilt may appear in the mind of the aggressor if the aggressed remains subdued and suffers humiliation to a great extent. In the War of Kalinga this sense might have influenced the mind of Asoka.

At the outbreak of aggression if a person can concentrate on some intellectual work his anger may diminish. Someone recommends to count, mentally, upto hundred and repeat it again and again till the emotion is subdued (Datta, 1951). It is like the religious practice of Jap and Nam. Dacoit Ratnakar by repeating the holy name of Rama was transformed into a

sage. Almost all the religions recommend the practice of uttering mentally or concentrating upon the holy words or symbols to counteract evil emotions.

In the aforesaid letter to Einstein, Freud (1931) suggested to set Eros against Thanatos in order to counteract violence “..... the most obvious plan will be to bring Eros, its antagonist, into play against it. Anything that encourages the growth of emotional ties between men must operate against war”. In this respect Freud (1932) urged to inculcate love and identification in men. There must be interaction among nations on cultural plane as that can foster and enhance universal fraternity. In the Vedantic thought of India the concept of identification with the whole universe has been given much emphasis. The inner idea of the Gayatri Mantra urges a Hindu devotee to get identified with the universe (Tagore, 1974; Woodrofe, 1913). “Om bhur-bhuvah-svah tat savitur varenyam bhargo devasya dhimahi dhiyo yo nah prachodayat – Let us contemplate the wondrous spirit if the Divine creator of the earthly, atmospheric and celestial spheres. May He direct our minds, (t(that is towards the attainment of dharma, artha, kama, and moksa, om); (Woodrofe, 1913).

But according to Freud (1923) complete transformation of aggression into a higher emotion is possible only through sublimation. Creative work is one of the best known channels through which aggression may get an up-lift on the way of sublimation. Literary work, scientific investigation, fight against

natural calamities, work for human welfare, sports, fine arts etc. can be employed in this regard. In this connection the story of Ratnakar may be referred to. Ratnakar the unruly dacoit and the image of violence, was changed into a compassionate sage. In the event of pathos of one of the herons of the pair hit his heart. The verse – Sloka – was created : ma nisada pratistham twamagamh asavati samah / yat krauncamithunadekamabadhih kamamohitam” – “O Flower you would never be esteemed as you have killed one of the herons of the brace who were infatuated with lust”. The warth in the form of curse was sublimated in the spontaneous expression having the beauty of poetry. Then the Ramayana was created. The aggression of Valmiki was sublimated through the artistic work of the Ramayana in which there were innumerable manifestations of violence and aggression; but those were uplifted to the realm of creativity – And for thousands of years men have been channalising their inherent aggression to the realm of art through the great work of Valmiki. Every work of art and culture paves the way for sublimation. Freud (1932) rightly says : “whatever fosters the growth of culture works at the same time against war”. Almost all the religions of the world profess love and universal brotherhood. Non-injury or Ahinsa is a fundamental tenet of many religions. Save and expect the inculcation of the spirit of Ahinsa Indian seers developed a practical approach through some contemplative and physical excercises, which is called Yoga, for the upliftment of the individual mind. Practice of yoga helps one to control his emotions.

Again some popular religious cults, such as Vaishnava, Baul, Alvara, Sufi, Nath etc. gave the general mass of India a way of life which eschewed violence altogether. Therefore, spread of true religious spirit and way of life may help to minimize the quantum of aggression upon the surface of the earth.

Cultural activities in the form of games and sports, social gatherings, dance and drama may deplete aggression and foster love-tie. The glaring examples are Olympics and Ping Pong Diplomacy. In the villages of West Bengal the cultural activities of 'Kabir Larai', 'Leto', 'Tarza', etc. (where two poets or groups of poets fight through verse), serve the same purpose. 'Saila', a form of ceremonious social gathering at a particular time of the year, gives opportunity to the villagers irrespective of religion, cast and creed, for making and renewing friendship. This system used to help foster love among people in the villages of Bengal, which is no longer held at present. It can be revived

For the control of anger some prescribe to avoid particular items of food (Datta, 1951). For the same purpose almost all the religions recommended fasting for the purification of mind.

The method of self-torture for the propitiation of God is also practiced in every religion. The rituals of invoke Lord Shiva ('Gajan rituals in Bengal) are of this kind. They include fasting, to lie in prostate while fasting before the place of worship (i.e. Dharna), to pierce the tongue with nail, to walk on the thorns or fire, to traverse a specific distance by repeatedly prostrating the body on the ground ('Danda Pranam'), etc. These methods are being used in other fields (for example, Dharna and hunger strike in politics) also to combat powerful authority.

### **RATIONAL-EMOTIVE THERAPY**

It emphasizes the rational component of correctional social work. Social worker intervenes the irrational aspects of client's behaviour through rational discussion, and creating insight into problem situation.

### **GESTALT THEORY**

Therapist is more active in exposing problems and seeking solutions. Clients' can be helped to understand the serious implications of aggressive behaviour. Past should not be proved. Higher level motivation to correct one's behaviour can help bring better results. Therapists inspire faith and hope in clients.

## **SPIRITUAL DEVELOPMENT**

The theory of trinity traits – सात्वीक, रजस and तमस, moral values, enlightened citizenship, enlargement of thinking faculties, रवसुधैव कुटुम्बकम् disciplined thinking, character building, active constructive leisure, trust worthiness, meaning and value of human life as blessed by God, etc. etc. can help increase S.Q. (Spiritual Quotient). Higher S.Q. and E.Q. (Emotional Quotient) may help reduce the effects of aggression/ frustration.

Reading and discussions on “autobiographies” of world’s most successful personalities can also help clients’ overcome aggression/ frustration. Discussion on “Positive mental health” help addressing emotional problems.

## **VIPASSANA HEALTH - ACCORDING TO CHOKHANI (2001)**

The word “health’ is derived from the Anglo-Saxon word “hal”, meaning the whole, and thus implies the integral existence of a person. It is usually depicted by the bio-psycho-social model, where the biological, psychological and social factors operate together in a dynamic, interactive system. Of these, the psyche or mind matters the most as it is the central directing force of one’s entire life and activity. Accordingly, psychosomatics, which studies the relationship between mind and body, is considered to be the kingpin of Health Sciences; it has numerous variants like psycho-neuro-immunology, psycho-endocrinology, psycho-cardiology, psycho-dermatology, etc. Positive health, a concept developed to

encompass the total quality of life, is the utopia that mankind is ever striving to realize.

Vipassana meditation is a scientific method of self-observation, within the framework of one's own mind and body; a healing by observation of and participation in the universal laws of Nature (Dhamma), that operate upon one's thoughts, feelings, judgements and sensations. It aims at the total eradication of mental negativities and conditionings to achieve real peace of mind and lead a happy and healthy life. Vipassana courses are open to students of any faith, nationality, colour or background; even those afflicted with sickness can participate, provided the person is able to comply with the code of discipline, follow the meditation instructions and practise accordingly and thus the appropriate facilities and support are available at the center to cater for the individual's needs.

A wealth of data exists about the beneficial effects of Vipassana in a variety of health disorders, both physical and mental. Such health benefits are considered to be just its by-products and it is advised that one should not pursue them as the main objective lest such efforts turn counter-productive. Healing – not disease cure, but the essential healing of human suffering (dukkha) – is the purpose of Vipassana. With joy and equanimity; one's approach to life is totally transformed, enabling one to face all the vicissitudes including disease, and even death, with serenity and fortitude.



Approach to life is totally transformed, enabling one to face all the vicissitudes including disease, and even death, with serenity and fortitude.

**PREVENTION OF AGGRESSION:** Baron (1982) suggests the following:

Punishment and Catharsis: Recent studies, however, suggest that neither of these procedures is quite as effective in this respect as once believed.

Punishment, it now appears that threats of such aversive treatment are effective in reducing aggression only under conditions in which

- (1) The aggressors are not very angry;
- (2) The magnitude of punishment they anticipate is great;
- (3) The probability that such treatment will actually be delivered is high;  
and
- (4) They have little to gain from such actions.

When such conditions do not prevail, it often "backfires" and actually enhances the occurrence of aggressive behaviour.

Providing angry individuals with an opportunity to "blow off steam" in some safe manner will

- (1) Cause them to feel better and
- (2) Weaken their tendencies to engage in more dangerous forms of behaviour from the basis of the famous catharsis hypothesis.

Existing evidences lends support to the first of these proposals: participation in various forms of aggression may indeed cause angry individuals to experience sharp reductions in emotional arousal. However, there does not appear to be a unique connection between aggression and such effects, and participation in almost any activity that lessens aversive treatment from others may produce similar effects.

Present aggression reduces the likelihood of future assaults - is less consistent. Only direct attacks against the source of one's anger or annoyance can produce such effects - a fact that reduces the usefulness of catharsis as a means of controlling overt aggression. Further, the duration of such effects, once produced, is as yet unknown. Thus, it seems reasonable to conclude that the benefits of catharsis as a technique for preventing human violence have been somewhat overstated in the past.

Introduction into tense and threatening situations of nonaggressive models. By both urging and demonstrating restraint, such individuals seem capable of reducing the likelihood of overt aggression.

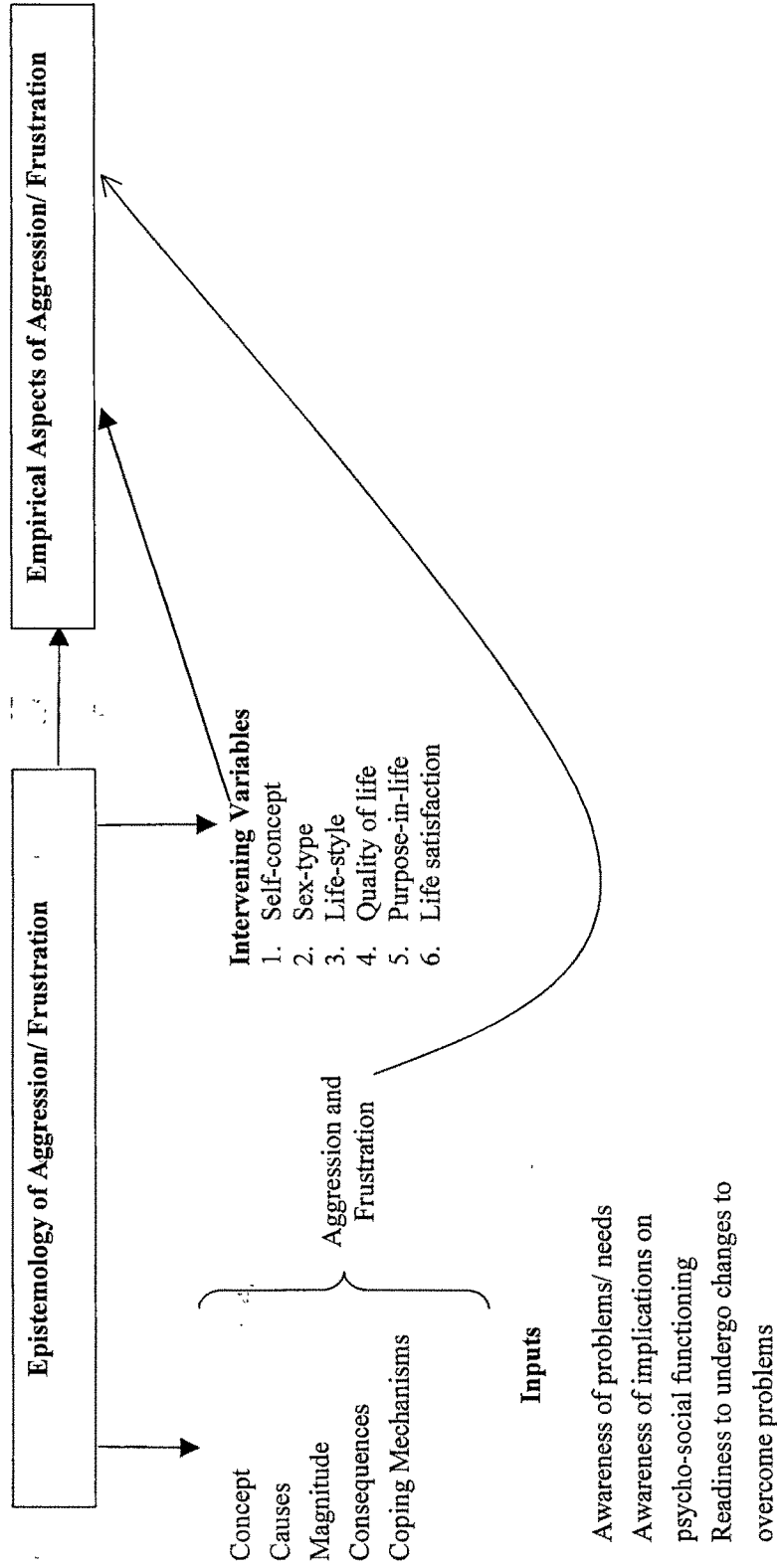
Control of various cognitive factors. One that may prove highly effective in preventing such behaviour is information regarding the reasons behind provocation from another person.

If such information is provided, prior to annoyance or provocation, the degree of anger induced by this aversive treatment may be held to relatively low levels.

Induction among aggressors of responses incompatible with anger or overt aggression will be highly effective in inhibiting overt assaults against others.

Empathy toward the victim, induced through, signs of discomfort on the part of this person; feelings of amusement, induced through exposure to various types of humorous materials; and mild sexual arousal, induced through exposure to mildly erotic stimuli.

# SOCIAL WORK INTERVENTION MODEL



Nature of Intervention	Levels/Methods	Phases of Treatment	Skills/ Techniques	Immediate goals Outcome I	Intermediate goals Outcome II	Ultimate goals Outcome II
<ul style="list-style-type: none"> <li>• Curative</li> <li>• Preventive</li> <li>• Developmental</li> </ul>	<ul style="list-style-type: none"> <li>• Micro</li> <li>• Mezzo</li> <li>• Macro</li> <li>• Social case work</li> <li>• Social group work</li> </ul>	<ul style="list-style-type: none"> <li>• One</li> <li>• Two</li> <li>• Three</li> </ul>	<ul style="list-style-type: none"> <li>• Rapport</li> <li>• Interviewing</li> <li>• Communication</li> <li>• Interpersonal relationship</li> <li>• Resource mobilization</li> <li>• Counselling</li> <li>• Crisis intervention</li> <li>• Psychotherapies</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive awareness of aggression/ frustration</li> <li>• Affect domains' involvement addressing problems</li> <li>• Insight into problem</li> <li>• Self motivation to undergo correctional changes</li> <li>• Action tendency</li> <li>• Action for overall growth/ development</li> </ul>	<ul style="list-style-type: none"> <li>• Insight into positive emotions</li> <li>• Ability to appreciate positive emotions</li> <li>• Ability to cherish positive emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional enrichment [Realistic, orientation, Self-Assertion, Impulse Control, Empathy, Harmony, Cooperation, Effective communication, Optimism, Involvement, Creativity, Analytical, Effective Relation, Self-motivation, Responsibility]</li> </ul>

#### Roles

- Director
- Actor
- Negotiator
- Reinforcer
- Leader
- Rule-settler
- Healer
- Therapist

#### Disciplines (Holistic)

- Humanities
- Social Sciences
- Behavioural Sciences
- Metaphysics/Spiritual aspects