
AGGRESSION AND LIFE SATISFACTION AMONG JOB HOLDER STUDENTS (An Explorative Study in Faisalabad, Pakistan)

Anbreen Sardar
(M. Phil Scholar)
University of Sargodha Women Campus, Faisalabad

Mobeen Fatima
(M. Phil Scholar)
University of Sargodha Women Campus, Faisalabad

Sehrish Fatima
Lecturer, Department of Psychology
University of Sargodha Women Campus, Faisalabad

ABSTRACT

The existing study was conceded out to know the aggression's level and satisfaction of life among job holder students. The life satisfaction questionnaire developed by Ed.Diener in (1985) and Buss-Perry scale of aggression developed by Buss-Perry (1992) were used. The sample of 120 job holder student (60 male & 60 female) from Faisalabad was taken. The alpha coefficient reliability was checked and found adequate (0.75 for life satisfaction scale and 0.89 for Buss-Perry scale of aggression). The findings show the inverse relation between satisfaction of life scale and Buss-Perry scale of aggression but it is not significant. On aggression scale there is significant differences among the scores of male and female job holder students but on life satisfaction scale there is also major difference between job holder male and female students.

Keywords – Life Satisfaction, Aggression, Job holder student, Faisalabad, Pakistan.

1. Introduction

Frustration is one of the major causes of aggression. The theory of Frustration aggression says that there is an increase in aggression when an individual strongly feels that he or she is not getting his/her goals and being blocked to achieve them. A study says that closeness to the goal creates a difference. This research inspected the different individuals standing in queue and suggested that the second individual was more aggressive as compared to the twelfth one at the time of interruption, when someone tries to cut in line and in this scenario the increase in aggression is may be due to the factor of “unexpected frustration”.

When aggression incited, some people tend to react with strong annoyance and instant revenge. According to (Buss & Perry, 1992) these types of people are at peak in trait direct aggression. According to (Denson et al., 2006; Denson, in press) these people are at peak in attribute “displaced aggression”. According to (Baron & Neuman, 1996; Neuman & Baron, 1997) aggression at workplace as efforts by people to harm others with whom they are working, or have worked, or the organizations in which they are presently working, or were previously employed.

Satisfaction of life is an overall valuation of boldness and spirits about life of any individual at some specific point of negative to positive times. Diener (1984) says that it is one of three main indicators of well-being: satisfaction of life, positive effect and negative effect. Previously in studies satisfaction of life with current life situations is often assessed and includes the following under line satisfaction: desire to change the individuals life, satisfaction with past and future and momentous other’s views of any individuals life. Satisfaction of life measures that how as a whole people assess their life instead of their current feelings about life.

2. Review of Literature

Leonard and Sloboda (1996) reviewed a literature on “aggression at workplace” and supported the result with suggestion that there is a need for greater caution in interpreting workplace homicide data. They identified about ninety articles published between 1987 and 1995 on the subject of workplace aggression and twenty six percent of these reports focused on aggression at workplace which involves colleague’s former colleagues but in discussion about such incidents, actually reported general homicide data including crimes and robberies. Leonard and Sloboda correctly suggested "could lead to drawing erroneous conclusions" (1996, p. 7).

Previous studies on human aggression suggests that effort by anyone to barn other individuals adopt an amazing diverse forms (e.g. Baron & Richardson, 1994). These authors says that aggression took place at different three levels: (1) belligerency, the withholding of cooperation, spreading rumors or gossip, consistent arguing, and the use of offensive language, (2) sabotage, intense arguments with supervisors, coworkers, and customers, verbal threats and feelings of persecution, and (3) frequent displays of intense anger resulting in recurrent suicidal threats, physical fights, destruction of property, and the commission of murder, rape, and/or arson, use of weapons.

One research examined that whether very high satisfaction about life was related with adaptive functioning or maladaptive functioning. In this study three groups of students were created based on their life satisfaction reports (1) very high (top 10%), (2) average (middle 25%), and (3) very low (lowest 10%). As compared to students with average life satisfaction, high life satisfaction students had higher levels on all

indicators of adaptive psychosocial functioning, except extraversion. Moreover, students with very high satisfaction had the lowest scores on all measures of emotional and behavioral problems. On the other hand rates of clinical levels of behavior problems did not differ pointedly between the very high and average groups. Finally, several necessary, but not sufficient factors for very high life satisfaction were identified. Taken together, the findings support the notion that very high life satisfaction is associated with positive psychosocial functioning. (Suldo& Huebner, 2006).

Another study by Neuman& Baron (1998) shows that the contrary to the impression which is generated due to increase in number of news reports in the recent previous years, the happening of violence at workplace, extreme acts of aggression which involves direct physical assault, signifies a relatively occasional event in working environment. However, aggression at workplace are efforts by people to harm other colleagues with whom they are working work or have worked earlier are much more predominant and may prove extremely damaging to different individuals and institutions. The present study is empirical sign on the diverse forms of aggression at workplace and their relative frequency of happening in working environment.

3. Research Methodology

This was a correlation study because we were trying to search out the relation among two variables (aggression and life satisfaction) so we used correlation and explorative research design for this study. Purposive sampling were selected to gather data and size of sample was involved of 120 (60 male and 60 female). Data was collected by job holder students specifically instead of only students. The questionnaires were administered on the sample. The participants were given the short-lived explanation about the current study and were guaranteed that the information will be kept private then instruments were given to the participants and taken back after filling its items.

3.1 . Hypotheses

- Aggression and life satisfaction will be inversely related.
- Aggression will be higher among job holder male students.
- Aggression will be higher among job holder female students.
- Life satisfaction will be low among job holder male students.
- Life satisfaction will be low among job holder female students.

4. Results

The result is comprises on the different analysis applied on the data which was carried out to test the hypotheses. The alpha reliability was (0.75 for life satisfaction scale and 0.89 for Buss-Perry scale of aggression). Correlation analysis between life satisfaction scale and aggression scale was (-0.032). On aggression scale result was .0065p+and .347p+that shows momentous difference among male and female aggression. And on life satisfaction scale the result was .007p+ and .154p+ that also shows significant difference among male and female job holder students.

The findings support the hypothesis No.1 (-0.032) that there is reverse association between aggression and satisfaction of life among job holder students. Hypothesis No. 2 (.0065p+) is also supported by the findings that was the aggression will be higher among male job holder students but the findings do not support the hypothesis aggression No.3 (.347p+), that was the aggression will be higher among female job holder students. Results also support the hypothesis No. 4 (.007) that the life satisfaction will be higher among male job holder students and findings do not support the hypothesis No. 5 (.154) that was life satisfaction will be higher among female job holder students.

5. Conclusion

Although we have discussed the findings or results but further studies are needed to confirm the findings which we have about this study at indigenous level and to work out for the probability of the same findings. There may be the cultural differences that affect the result of the studies. Job nature and student's age is also another factor that may involve in the result's findings. The level of study also matter a lot in this regard. So whenever next time this relationship going to be checked by the other person or researcher, these points should be in notice.

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