

## Relationship Between Mindfulness And Aggression Among Students: A Critical Study

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**Citation:** Jyoti, et al, (2024) Relationship Between Mindfulness And Aggression Among Students: A Critical Study, *Educational Administration: Theory and Practice*, 30(5), 6907-6911

Doi 10.53555/kuey.v30i5.4059

### ARTICLE INFO

### ABSTRACT

Aggression as a part of human behaviour is increasing among youngsters especially students which includes temperament issues, rage, high risk behaviours. To find out the relationship among mindfulness and aggression a study was conducted to find out the relation between aggression and mindfulness in which 100 students were included studying in Senior Secondary. Research was descriptive in nature; Aggression scale by G.P. Mathur and Raj Kumar Bhatnagar and Mindful attention awareness scale for data collection and analysis were used. Results revealed that Mindfulness shown promising effects to lessen the aggression. It is a high possibility that more the mindfulness is, more regulated the emotions are.

**Keywords:** Adolescents, Aggression, Mindfulness, Students, Attention.

### Introduction:

**Mindfulness-** To understand mindfulness is a state of clarity, clear comprehension so can human being take better decisions (Shapiro, 2020). It is a state of awareness where we observe the thoughts with curiosity, kindness, and gentleness (Loucks, 2016). Mindfulness is to be understood as a multidimensional, two-way process which includes relation of cognition and reinforcement (Christopher et al. 2009).

**Aggression-** It is referring to variety of behaviours that can result in physical and psychological harm. It focuses on hurting other people. Aggression is commonly seen and feel by people, but in extreme pervasive conditions it can be a medical issue. (Cherry, 2022). Any behaviour which can cause or intended to be harmed (Baron & Richardson, 1994). It is always intentional, unintentional harm can't be counted as aggression (Chester, 2020).

**Rumination-** Some researches shows that rumination mediate the negative connotation among trait aggression and mindfulness like anger, hostility and verbal aggression (Borders et al., 2010). Research by Liang et, al. showed that self-reported state mindfulness negatively correlated with state rumination; rumination had no or less impact on the relationship between hostility and aggression (Liang et al., 2018).

Mindfulness meditation has garnered increasing popularity as a means to foster improved interpersonal relations and reduced reactivity (Davis & Hayes, 2011). Various studies have demonstrated the transformative effects of mindfulness training on emotional, cognitive, and behavioral domains (Chiesa et al., 2011; Ruffault et al., 2017). Recent research suggests a significant relationship between mindfulness and aggression, which is mediated by factors such as expressive suppression and rumination (Kim et al., 2022). Primary school students engaged in mindfulness interventions have reported lower levels of aggression (Suárez-García et al., 2020), contrasting with findings by Franco et al., 2016 where participants exhibited increased aggression and impulsiveness following similar interventions.

In a study conducted by DeSteno et al. (2017), undergraduate participants were randomly assigned to either practice mindfulness or complete cognitive training over a three-week period. Subsequently, those in the mindfulness intervention group displayed reduced aggressiveness compared to those engaged in cognitive training, highlighting the potential efficacy of mindfulness in mitigating aggressive behavior.

Individuals who engage in mindfulness practices tend to exhibit decreased susceptibility to provocation from others due to heightened awareness (Carson & Langer, 2006). Furthermore, research suggests that greater self-awareness and cognitive flexibility are associated with higher levels of dispositional mindfulness (Jimenez et al., 2010).

This study seeks to investigate the intricate relationship between mindfulness and aggression, exploring potential contributing factors that influence this dynamic. Specifically, it aims to examine the association between mindfulness and aggressiveness among teenagers aged 14 to 17 enrolled in Senior Secondary schools. By delving into this relationship, the study endeavors to shed light on the mechanisms underlying mindfulness and its potential implications for aggression management and intervention strategies.

**Review of Literature-** Literature related to aggression and mindfulness ranges from 2010 to 2022. Many studies related to mindfulness, rumination and aggression were taken into consideration before writing this paper.

A Research done by *El-Lim Kim, Douglas A. Gentile, Craig A. Anderson, Christopher P. Barlett* in 2022 found that hostility is more closely related with mindfulness than aggression. Reactive versus a proactive form of aggression are both related to a lower level of two sides of mindfulness (e.g., nonjudging and nonreactivity). Another study done by *Carlo Garofalo, Craig S. Neumann & Patrizia Velloti* in 2020 showed that the relation between emotion regulation and psychopathy is significant, which can further prove the association between aggression and psychopathy. Researchers highlighted that different type of aggression and psychopathy have a mediated relation by dysregulated emotions. This paper conclude that the intervention can be proved useful for regulating emotions.

A paper by *Rebecca L. Fix, Spencer T. Fix* in 2013 concludes that mindfulness intervention technique is significant and helpful for the people with aggressive behavior. *Ashley Borders, Mitch Earleywine, and Archana Jajodia* done research on similar topic in 2010, which suggested that rumination stimulate the anger and aggression. Sense of awareness or mindfulness, helps to reduce rumination. Researchers found a pattern of correlations consistent with rumination which were not consistent; partially mediating between mindfulness and hostility, anger, and verbal aggression.

*Carlo Garofalo and Patrizia Velloti* done many researches on the same topic over the period of 10 years. Their study in 2015 stated that emotions regulation is a connection between aggression and self-esteem. In 2017, their study on *Negative emotionality and aggression in violent offenders* suggested that treatments for violent offenders should target emotion regulation skills to reduce aggressive tendencies in the presence of negative emotionality. After further research in 2019, their study on aggression and various dimensions of mindfulness showed that mindfulness and emotion regulation have clear relations with lower levels of aggression.

All these study over the time has proved the association between mindfulness and aggression but this study is especially design to show the result on teenager students which varies according to gender.

### Objectives:

1. To examine the relationship between mindfulness and aggression among adolescents.
2. To find out the difference between aggression levels of males and females.
3. To examine the difference between mindfulness level of males and females.

### Hypothesis

1. H1: There would be a significant relationship between mindfulness and aggression among adolescents.
2. H2: There would be a significant difference between aggression levels male and female adolescents.
3. H3: There would be a significant difference between mindfulness of male and female adolescents.

### Research Methodology

The study was descriptive in nature and consisted of 100 adolescent students (50 females and 50 males). To assess the level of aggression, Aggression scale by G.P. Mathur and Raj Kumar Bhatnagar was used. This scale contains 55 items and it is a Likert type 5-point scale.

### Scales:

**Aggression Questionnaire:** Aggression Scale by G.P. Mathur and Raj Kumar Bhatnagar was employed. This scale consists of 55 items. Reliability of the scale was .88 in males and .81 in females. Validity is .80 in males and .78 in males.

### Mindful Attention Awareness Scale

(MAAS-A), quality rendition attributes of the scale: The MAAS-A will be a 14-thing scale intended to survey a centre trait of mindfulness, specifically, a responsive perspective wherein consideration, educated by a delicate mindfulness regarding what is happening in the present, essentially sees what is occurring. This is as opposed to the thoughtfully determined method of handling, where occasions and encounters are separated through mental examinations, assessments, recollections, convictions, and different types of mental control. The MAAS-A has shown brilliant psychometric properties in beginning examination studies. Exploratory and corroborative element investigations with local area examined adolescents matured 14-18 years have affirmed a solitary variable scale structure. Inner consistency levels (Cronbach's alphas) have been over .80 in the two solid and mental examples. The MAAS has shown high inward consistency, test-retest dependability, and both simultaneous and gradual legitimacy. The underlying Brown et al. (2011) studies

showed that the MAAS-A relates to an assortment of feeling guideline, conduct guideline, psychological wellness, and prosperity peculiarities. The action requires 5 minutes or less to finish.

**Data Presentation & Discussion:** Data analysis was done by using various statistical parameters, i.e., Pearson correlation, to demonstrate the relationship between mindfulness and aggression, while a t-test was used to find the difference between aggression and mindfulness levels of both male and female adolescents. Results have shown that a negative correlation exist between mindfulness and aggression. While there also exists a significant difference between aggression levels of males and females. Males tend to possess higher aggression than females. On the other hand, girls demonstrate higher mindfulness levels than males.

**Table 1: Showing Coefficient of Correlation between Aggression and Mindfulness among adolescents**

Respondent	N	R
Total Sample	100	-0.365

**\*Significant at 0.01 level of confidence**

Table 1 represents coefficient of correlation between Aggression and Mindfulness among adolescents. The value of coefficient of correlation came out to be -0.365 which is significant at 0.01 level of confidence. Likewise, study emphasized on aggression and trait mindfulness, which highlighted a consistent negative relation between dispositional mindfulness and trait aggression, as measured by verbal aggression, hostility and physical anger (Borders et al., 2010; Brown & Ryan, 2003; Fresnics & Borders, 2016; Heppner et al., 2008; Wright et al., 2009). Thus, we can say that there exists low negative correlation between Aggression and Mindfulness among of the total sample. Hence, the hypothesis H1 stating that "there would be significant relationship between Aggression and Mindfulness among adolescents " is accepted.

**Table 2: Showing t-ratio between Aggression levels of male and female of the Total sample**

	Mean	SD	N	T
Male	195.74	25.50	50	3.68*
Female	178.18	22.10	50	

**\*Significant at 0.01 level of confidence**

Table 2 reveals that the t-ratio for the difference in mean scores on Aggression of male and female of the total sample came out to be 3.68 which is significant at 0.01 level of confidence. It leads to the conclusion that male and female did not have equal mean scores on Aggression. Hence the hypothesis H2 stating that "there would be a significant difference between Aggression of male and female is accepted." A study done by Kim et, al. 2022 showed that the relationship among rumination and physical aggression is rather stronger in case of males than in females. Finally, females had a stronger association between awareness dimension of mindfulness and trait anger rumination.

**Table 3: Showing t-ratio between mindfulness of male and female of the Total sample**

	Mean	SD	N	T
Male	45.08	13.98	50	6.63*
Female	60.72	9.07	50	

**\*Significant at 0.01 level of confidence**

Table 3 reveals that the t-ratio for the difference in mean scores on mindfulness of male and female of the total sample came out to be 6.63 which is significant at 0.01 level of confidence. It leads to the conclusion that male and female did not have equal mean scores on mindfulness. Hence the hypothesis H3 stating that "there would be a significant difference between mindfulness of male and female is accepted."

As it showed in study by Kim, et.al 2022 it showed that gender has variation on facet of mindfulness. Mindfulness is weakly related to expressive suppression for males than for males.

## Conclusion

Mindfulness and aggression have a -0.365-association value. A negative correlation indicates that while one variable (mindfulness) rises, the other variable (aggression) falls. In other words, increased mindfulness relates to less aggressiveness. Results are consistent with previous research findings. A condition of present-moment awareness characterised by non-judgmental attention to one's thoughts, feelings, and sensations is referred to as mindfulness. It entails consciously focusing on the current moment without becoming distracted by previous or future problems. Aggression, on the other hand, refers to a set of aggressive, violent, or malicious behaviours directed towards others. Given the implications of the negative relationship between mindfulness and aggressiveness, implementing mindfulness-based therapies or practises may be effective in reducing violent behaviours [Christopher et al., 2018; Felver et al., 2013; Ribeiro et al., 2019].

Mindfulness training programmes, such as mindfulness-based stress reduction (MBSR) or mindfulness-based cognitive therapy (MBCT), can help people develop healthier coping mechanisms, emotional regulation skills, and nonviolent conflict resolution strategies in educational, therapeutic, or correctional settings [Christopher et al., 2018]. A study conducted by Yu et. al., 2016 demonstrated negative relationship between mindfulness and physical aggression.

On the other hand, the resulting t-value of 3.68 surpasses the crucial t-value at the 0.01 significance level, indicating that there is a statistically significant difference in aggressiveness levels between males and females. This suggests that seeing such a huge difference in aggressiveness levels between the two groups by chance is less than 1% likely. It is worthwhile to investigate probable contributors to this disparity. Male aggressiveness levels (195.74) are greater than female aggression levels (178.18). This suggests that, on average, males in the sample display higher levels of hostility than females. Male aggression's standard deviation (25.50) is greater than female aggression's standard deviation (22.10). This shows that the male group has a larger variety or range of hostility levels than the female group.

Data in this research shows that low negative correlation exists between Aggression and Mindfulness among total sample. This study wanted to extend current knowledge on the potential role of emotion dysregulation in accounting for part of the well-established associations between mindfulness and aggression.

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