

RELATIONSHIP BETWEEN MENTAL DEPRESSION AND AGGRESSION OF STUDENT

Swati Vasant Morkal, Research Student, Department of Psychology, Shivaji University, Kolhapur
Dr. Bharat A. Naik, Professor and Head, Department of Psychology, Mahavir Mahavidyalaya, Kolhapur.

.....

Introduction:

The term depression covers a variety of negative moods and behavior changes. Some are normal mood fluctuations and others meet the definition of clinical problems. The mood change may be temporary or long –lasting. It may range from a relatively minor feeling of melancholy to a deeply negative view of the world and an inability to function effectively. Symptoms of depression are also likely to occur in bipolar disorder. For this reason the term unipolar disorder is often used when discussing different types of depressive disorder, to distinguish between people who have experienced one or more episodes of depression but no manic or hypo manic episode and those who have a past history that includes at least one episode of mania or hypomania. Individuals who have one or more episodes of mania or hypomania as well as periods of depression are diagnosed as having bipolar disorder.

One study followed a group of depressed individual for many years and found that 78 % where having difficulties at 25 year follow up and on average , had three major depression during the 25 year period (Brodaty et al., 2001) in another study 49.1 % of young adults who recovered from a major depression developed another sever. Depression within 18 month (Hart et al 2001)having another DSM diagnosis (Such as anxiety) in addition to depression and the occurrence of interpersonal difficulties were good predictors of recurring depression. Depression can be described as a state of aversion & low mood that can have an effect to the latest who figures over 300 million people are suffering from depression.

The main goal of the present study was to examine interrelationships among adolescent depressive symptomatology, types of aggressive behaviors. We may conclude that there are strong interrelationships among depressive symptomatology, aggressive behaviors and impulsivity, and this association may be colored by risk-taking/venture sameness, empathy, and self-efficacy. There is a need for learning some basic effective techniques for impulsivity management in adolescence. *Aggression* is a word that we use every day to characterize the behavior of others and perhaps even of ourselves. We say that people are aggressive if they yell at or hit each other, if they cut off other cars in traffic, or even when they smash their fists on the table in frustration. But other harmful acts, such as the injuries that sports players receive during a rough game or the killing of enemy soldiers in a war might not be viewed by everyone as aggression. Because aggression is so difficult to define, social psychologists, judges, and politicians, have spent a great deal of time trying to determine what should and should not be considered aggression. Doing so forces us to make use of the processes of causal attribution to help us determine the reasons for the behavior of others.

Social psychologists define aggression as *behavior that is intended to harm another individual who does not wish to be harmed* Because it involves the perception of intent, what looks like aggression from one point of view may not look that way from another, and the same harmful behavior may or may not be considered aggressive depending on its intent. Intentional harm is, however, perceived as worse than unintentional harm, even when the harms are identical (Ames & Fiske, 2013).

You can see that this definition rules out some behaviors that we might normally think are aggressive. For instance, a rugby player who accidentally breaks the arm of another player or a driver who accidentally hits a pedestrian would not by our definition be displaying

aggression because although harm was done, there was no intent to harm. A salesperson who attempts to make a sale through repeated phone calls is not aggressive because he is not intending any harm we might say this behavior is “assertive” rather than aggressive. And not all intentional behaviors that hurt others are aggressive behaviors. A dentist might intentionally give a patient a painful injection of a painkiller, but the goal is to prevent further pain during the procedure.

Statement of the problem:

A study relationship between Relationship between mental depression and Aggression of student.

Objectives:

- 1) To find the gender difference of mental depression & aggression of student.
- 2) To the find the relationship of mental depression & aggression.

Hypothesis :

- 1) There is significant difference of mental depression & aggression of college student.
- 2) There is a positive correlation of mental depression & aggression.

Sample :

A sample of 100 adolescent from S. G. M. College, Karad (Senior College) Their age was range 18 to 21years.

Tools

Mental Depression

It was developed dubey. Depression among the Ss was measured with the help of this scale. There are 50 statements in the scale. Each statement is associated with two alternatives YES and NO. The job of S is to read each statement carefully and then decide whether the statement is applicable to him or not. If it applies to him or her, he/she has to put a tick mark in the square denoting yes. If it does not then he/she has to put a tick mark in the square denoting No. All the 50 statements are framed in such a manner that yes reply means depression and No reply means no depression. Test-retest reliability reported by the author was 0.64 and split half reliability was 0.69. Validity coefficient was 0.41.

IIP Aggression Scale

It was developed Kranti K. Srivastava.(2015). There are 30 statements with six alternatives. Read each statement carefully & think about the given situation. Give your best answer out of the alternative answers & put a tick mark in the box. There is no time limit. The split half reliability.79 to .82, test- retest reliability.78.Validity coefficient was .070.

Procedure:

The researcher personally visited the college. It was explained to them that the information gathered would be used only for the research purpose & everything, including their identity, would be kept highly confidential. In this way better rapport it established & subjects usually give correct responses because they know they are being observed.

Result and Discussion:

The main purpose of the present gender difference and correlation between mental depression & aggression to adolescent student. for this purpose investigator formulated two hypotheses are shown in the tables.

Table 1: showing percentage of total Mental Depression Adolescent student.

students	N	Mean	Std. Deviation	t value	Significant
Male	24	27.79	3.31	2.54	Significant at 0.01
Female	24	25.25	3.63		

