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**“AGGRESSION AND MENTAL HEALTH IN NORMAL PEOPLE AND BLOOD PRESSURE PATIENTS”****Jigna Varu****Dr. Dhara R.Doshi****Research Scholar****Assistant Professor****Department of Psychology****Saurashtra University, Rajkot, Gujarat****ABSTRACT**

Aggressive behavior is when a child or young person reacts in hostile way toward peers, siblings or adults. it can include verbal and physical aggression and mental health is not merely an absence of mental illness but it is also the ability to cope with the problems in life. Mental health is as important as physical health to everybody. Meanwhile there for current research was to find out the main and internal effects of Gender and Disease on aggression and mental health. The total 140 people were taken as a sample. aggression was measured by Dr Pragati Bansal’ s Aggression Scale while for measure mental health in them mental health scale was used which was developed by Dr. D.J.bhatt and Ms.G. R.Gida. Here ANOVA (f-test) was applied to check the significant effects of two independent variables (Gender and Disease) on aggression and mental health. Result shows that there was significant main effect of Disease ( $f=5.01$ ) and significant internal impact of Gender and Disease ( $f=5.11$ ) on Aggression. There was no any main and internal effect on mental health. There was negative correlation ( $-0.44$ ) between Aggression and Mental Health.

**Introduction**

Aggression refers to behaviors involving an intention to oppose or attack, which may be directed reactively or without provocation. It can stem from various triggers such as frustration from blocked goals or perceived disrespect. Human aggression is categorized into direct (physical or verbal harm) and indirect (harming social relations) types. In psychology, aggression encompasses actions that cause physical or psychological harm to one self, others, or objects.

Aggression, in social psychology, involves behaviors aimed at harming individuals, animals, or physical property. It not only breaches social norms but can also impact relationships and lead to professional or legal consequences. Psychological aggression, like intimidating or verbally abusing others, is also detrimental.

Psychologists distinguish between impulsive (emotional) and instrumental (goal-oriented) aggression. Impulsive aggression arises from strong emotions like anger, triggering brain responses involving the hypothalamus. In contrast, instrumental aggression, often premeditated, is used to achieve specific goals.

Determining factors for excessive aggression are complex and may include biological, environmental, and psychological influences.

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Mental health is crucial for overall well-being, involving the ability to cope with life's challenges effectively. It encompasses cognitive, emotional, and social dimensions, impacting how individuals manage their lives. Factors influencing mental health range from biological to cultural and environmental, including stressors like trauma, social rejection, and socioeconomic conditions.

Maintaining good mental health is essential for productive living, and recognizing mental health issues early can prevent negative outcomes such as academic failure, substance abuse, and social isolation. Mental health, defined as a state of well-being enabling individuals to realize their potential, cope with stress, and contribute to their communities, is integral to overall health.

### **Review of Literature**

Bhatt H., Chothani K.B. (2021) conducted a study on "Mentality towards Aggression Prevailing in the Society" by examining historical theories and developmental milestones related to aggression. The research revealed that aggression manifests in both genders from birth, with individuals displaying various forms of aggression as they age. However, societal roles and beliefs influence individuals to conform to socially accepted behaviors and adapt to their roles.

Halder U.K. (2016) conducted a study titled "Aggression in School Students: A Gender Study" using a survey method. The study sampled 300 secondary school (10th grade) students from Malda District, West Bengal, using simple random sampling. They employed the Aggression Scale developed by Dr. G.P. Mathur and Dr. Rajkumari Bhatnagar (2004). The findings indicated that students in Malda District exhibited average levels of aggression. The study also found significant differences in aggression levels between male and female students from urban and rural areas, except for urban boys and girls.

Franks W., et al. (2017) conducted participatory research aiming to explore the perspectives of mothers and professionals on factors influencing pregnant women's mental health. The findings highlighted significant commonalities between mothers' and professionals' perspectives regarding factors that either undermine or support women's mental health during pregnancy. The analysis underscored the importance of relational, systemic, and ecological factors in influencing women's mental health. Socio-economic deprivation in local contexts emerged as a significant influence on women's mental health and service needs.

Dudhatra R.R. & Jogsan Y.A. (2012) conducted a study to investigate the mean differences in mental health and depression between working and non-working women. The study sample included 80 women, and mental health was assessed using tools developed by D.J. Bhatt and Gita R. Gida (1992). Depression levels were measured using tools developed by Beck (1961). The study applied a t-test to examine the significance of mental health and depression between working and non-working women, revealing a high positive correlation of 0.71 between mental health and depression.

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## Significance of the Study

Understanding the relationship between aggression and mental health is crucial due to their societal implications. Addressing these issues can reduce stigma and improve overall mental health outcomes.

## Objectives

1. Explore aggression by gender.
2. Investigate aggression in the context of diseases.
3. Examine the interaction of gender and diseases on aggression.
4. Study mental health by gender.
5. Analyze mental health in the context of diseases.
6. Investigate the interaction of gender and diseases on mental health.
7. Assess the correlation between aggression and mental health.

## Null Hypotheses

1. There is no significant main effect of gender on aggression.
2. There is no significant main effect of disease on aggression.
3. There is no significant interaction effect of gender and disease on aggression.
4. There is no significant main effect of gender on mental health.
5. There is no significant main effect of disease on mental health.
6. There is no significant interaction effect of gender and disease on mental health.
7. There is no correlation between aggression and mental health.

## Methods

### Research Tools:

- Aggression Scale (Bansal, 2021): 30-item scale, reliability = 0.82, validity = 0.74.
- Mental Health Scale (Bhatt & Gida, 1992): 40-item scale, reliability = 0.87.

### Sample:

140 participants (70 normal individuals, 70 blood pressure patients), gender-balanced

### Procedure:

#### Procedure of data collection

First, permission from the authorities of their hospital and one private mental health care centers was obtained and then a tentative time schedule was developed in consultation with the authorities of the said health centers for data collection. Data were collected from the patients following face to face interview method while in case of semi-literate and literate normal

population the same method was followed. But in case of normal educated population self administration method was employed. The investigator assured them that their responses would be kept strictly confidential and would be utilized for the research purpose only. After these the data were collected individually. So Data collection through interviews and self-administration, ensuring confidentiality

**Research Design:**

ANOVA and correlation analyses to explore aggression and mental health in the sample

**Results and Discussion**

The main objective of present study was to aggression and mental health in normal people and blood pressure patients. In it statistical 'ANOVA' method and correlation was measured.. Results discussion of present study is as under:

**Table - 1**

**ANOVA table of Aggression in Normal People and B. P. Patients**

<b>Factor</b>	<b>S.V.</b>	<b>S.S.</b>	<b>DF</b>	<b>M.S.</b>	<b>f</b>	<b>Sig.</b>
Aggression	Gender (Ass)	117.04	1	117.04	0.07	NS
	Disease(Bss)	8809.55	1	8809.55	5.01	0.05
	Gender and Disease (ABss)	8980.89	1	8980.89	5.11	0.05
	WSS	1757.49	136	1757.49		
	TSS	19664.97	139	-		

**Significant level**

**0.05 = 3.91**

**0.01= 6.81**

**Main Effect of Aggression**

Here f- value of aggression on men and women was 0.07 which was not significant. Here mean of aggression in men 17.50 and in women was 19.42. From the result we can say that there was no significant impact in aggression in context of gender.

Here f-value of disease was 5.01 which were significant at 0.05 levels. The mean of aggression of normal people was 9.43 and a blood pressure patient was 27.05. There was significant difference of mean in the context of disease.

### Internal Effect of Aggression

Here f -value of internal effect of gender and disease was 5.11. This was significant at 0.05 levels. So we can say that there is significant impact in aggression in interaction of gender and disease. Here mean of normal men was 8.20 and female was 11.35. Mean of Blood pressure Patient men was 26.50 and Blood pressure Patient female was 27.30. From this result we can say that there is more aggression in Blood pressure patients.

It is clearly revealed from table-1 that here not significant difference of aggression on gender, and significant different of aggression on diseases, gender and diseases. Evidence of research finding given by Doshi (2011). Conduct study on 120 normal and B. P. patient result was same as present study. Therefore we can say that present finding support by Doshi (2011).

**Table - 2**

**ANOVA table of Mental Health in Normal People and B. P. Patients**

Factor	S.V.	S.S.	DF	M.S.	f	Sig.
Mental Health	Gender (Ass)	3.41	1	3.41	0.02	NS
	Disease(Bss)	820.41	1	820.41	0.14	NS
	Gender and Disease (ABss)	840.22	1	840.22	0.14	NS
	WSS	5760.55	116	5760.55		
	TSS	7424.59	119	-		

**Significant level**

**0.05 = 3.91**

**0.01 = 6.81**

### Main Effect of Mental Health

Here f-value of mental health of men and female was 0.02 which was not significant. Here mean of mental health of male and female are chronologically 90.01 and 89.45.

Here f-value in context of disease is 0.14 which was not significant .Means of mental health of normal people and Blood pressure patients are chronologically 87.20 and 92.2.

### Internal Effect of Mental Health

Here f- value of internal effect of gender and disease was 0.14. which was not significant. Here mean of normal men was 87.05 and female was 87.02 Mean of Blood pressure Patient men was 93.00 and Blood pressure patient female was 92.00.

It is clearly revealed from table-2 that there was not significant on gender, disease, gender and disease. Evidence of research finding given by Pujara (2010) conduct study on 120 normal and B.P. patient. Result was same as present study. Therefore we can say that present finding supported by Pujara (2010).

**Table-3**

**Correlation between aggression and Mental Health**

Variables	N	Mean	Correlation
Aggression	140	17.48	-0.44
Mental Health	140	88.89	

The -0.44 negative correlation between aggression and mental health. It means aggression increases the mental health decrease.

It is clearly revealed from table-3 that is negative correlation between aggression and mental health. It means aggression increases mental health decrease. Evidence of research finding given by Jogsan (2011) conduct study on 120 normal people and B.P. patient. Result was same at study. Therefore we can say that the present finding supported by Jogsan (2011).

### Conclusion

Aggression varies significantly with disease type and its interaction with gender but not with gender alone. Mental health is negatively impacted by aggression. Understanding these dynamics is crucial for addressing mental health issues effectively.

### Limitations

Limitations include the small sample size and focus only on blood pressure patients. Future studies should include larger, more diverse samples and employ varied data collection methods.

### Suggestions for Future Research

Future research should expand sample diversity, include other disease populations, and utilize diverse data collection methods to enhance study reliability.

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