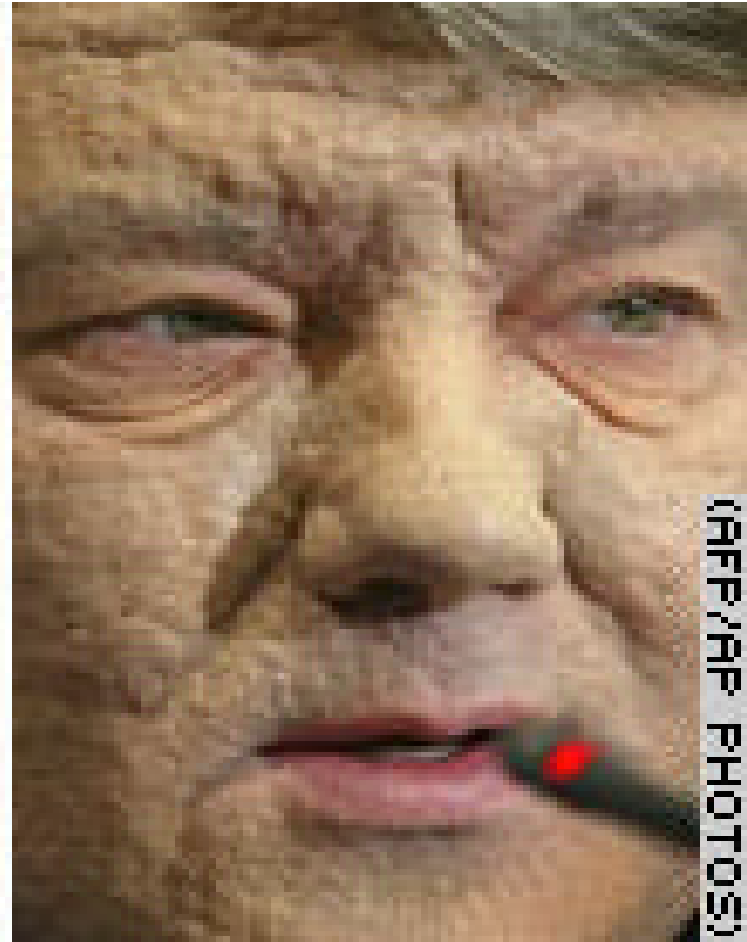


Lecture 13

Aggression



(AFP/AP PHOTOS)

As a child, were you ever pushed, kicked, or punched by a sibling or neighbor?

Have you ever said something about another person that you knew might hurt him or her?

Thinking back to the most recent murder you read about in the news, was the perpetrator a man or a woman?

Was there a motive mentioned in the news story?

Outline

What is Aggression?

Goals of Aggressive Behavior

Coping with Feelings of Annoyance

Gaining Material and Social Rewards

Gaining or Maintaining Status

Protecting Oneself or Others

Reducing Violence

What is Aggression?

Aggression –

behavior intended to injure another

It is *behavior* (not angry feelings).

It is *intended* (not accidental harm).

It is aimed at *hurting* (not assertiveness or playfulness).

What is Aggression?

Assertiveness –

behavior intended to express
dominance or confidence

Assertive behavior (such as returning
an undercooked dish in a restaurant)
is NOT aggressive unless it is also
intended to harm another person.

What is Aggression?

Type of
Aggression

Definition

Example

Indirect
Aggression

Direct
Aggression

Emotional
Aggression

Instrumental
Aggression

What is Aggression?

Type of
Aggression

Definition

Example

**Indirect
Aggression**



Attempt to
hurt another
without
obvious
face-to-face
conflict



Spreading a
rumor that
your ex-
romantic
partner has a
venereal
disease

Direct
Aggression

Emotional
Aggression

Instrumental
Aggression

What is Aggression?

Type of
Aggression

Definition

Example

Indirect
Aggression

Direct
Aggression

Emotional
Aggression

Instrumental
Aggression

Behavior
intended to
hurt
someone
“to his or
her face”

A hockey
player
punches
another
player

What is Aggression?

Type of
Aggression

Definition

Example

Indirect
Aggression

Direct
Aggression

Emotional
Aggression

Instrumental
Aggression

Hurtful
behavior
that stems
from angry
feelings

A child
throws a
temper
tantrum after
mom refuses
to buy candy

What is Aggression?

Type of
Aggression

Definition

Example

Indirect
Aggression

Direct
Aggression

Emotional
Aggression

Instrumental
Aggression

Hurting
another to
accomplish
another
(non-
aggressive)
goal

A mother
spanks a
child to
discourage
him from
repeating a
tantrum

Two basic types of aggression:

1) Instrumental Aggression -- intentional harm as a means to some goal other than causing pain

Example:
assassinations by
Mafia groups



Two basic types of aggression:

Expressive (emotional) Aggression --
intentional harm as a means to
inflict pain or resolve dispute

Examples: disputes, arguments

Legal Categories

Battery: offensive touching such as slapping, hitting, or punching victim.

Assault: requires no actual touching but involves either attempted battery or intentionally frightening victim with word or deed.

Homicide: “the unlawful killing of a human being with malice aforethought”

Types of Aggression cont.

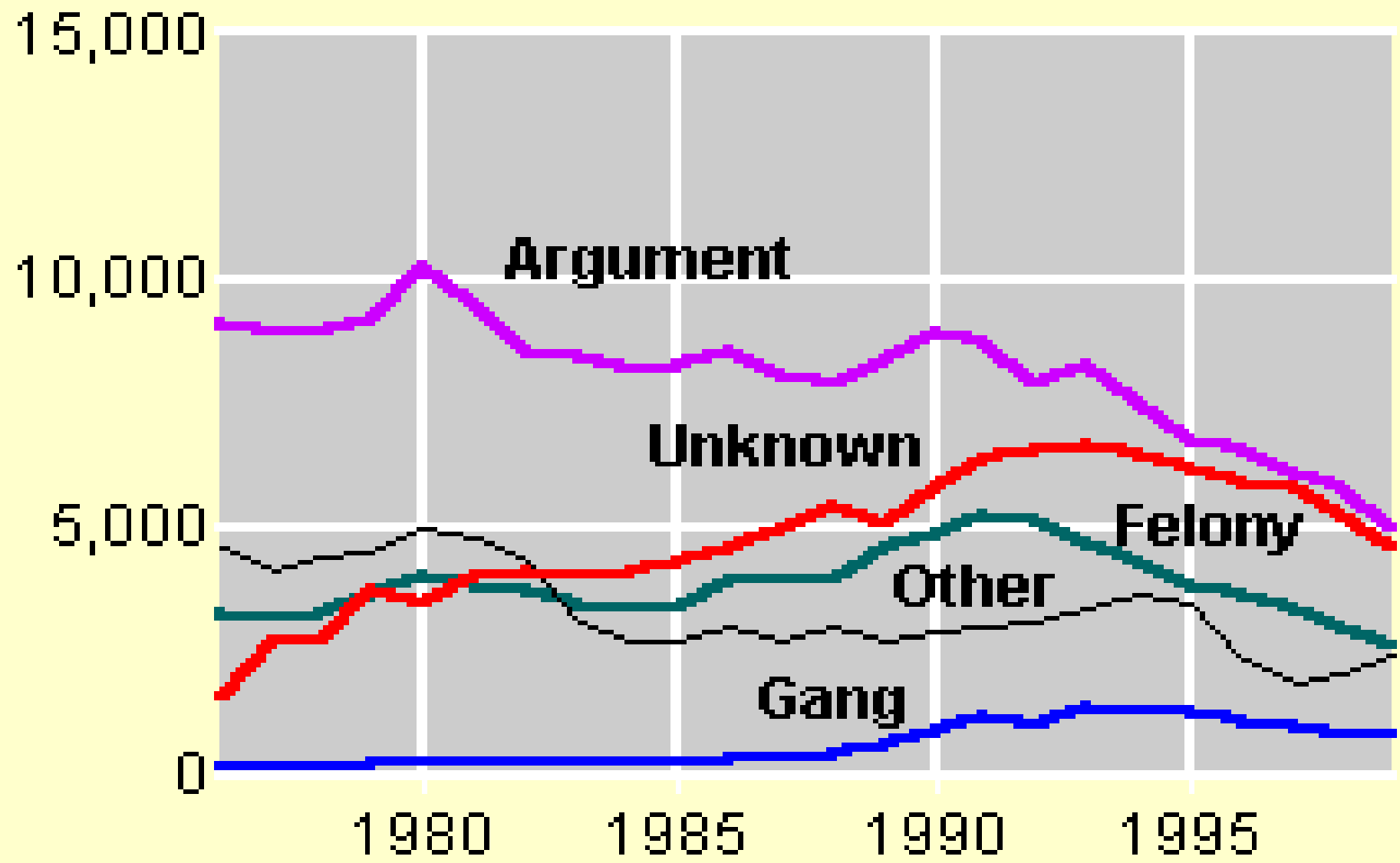
About 70% of all homicides are hostile, or as termed by criminologists, **expressive**. Smaller proportion of homicides are more instrumental.

Important to think about motives of behavior when applying theories.

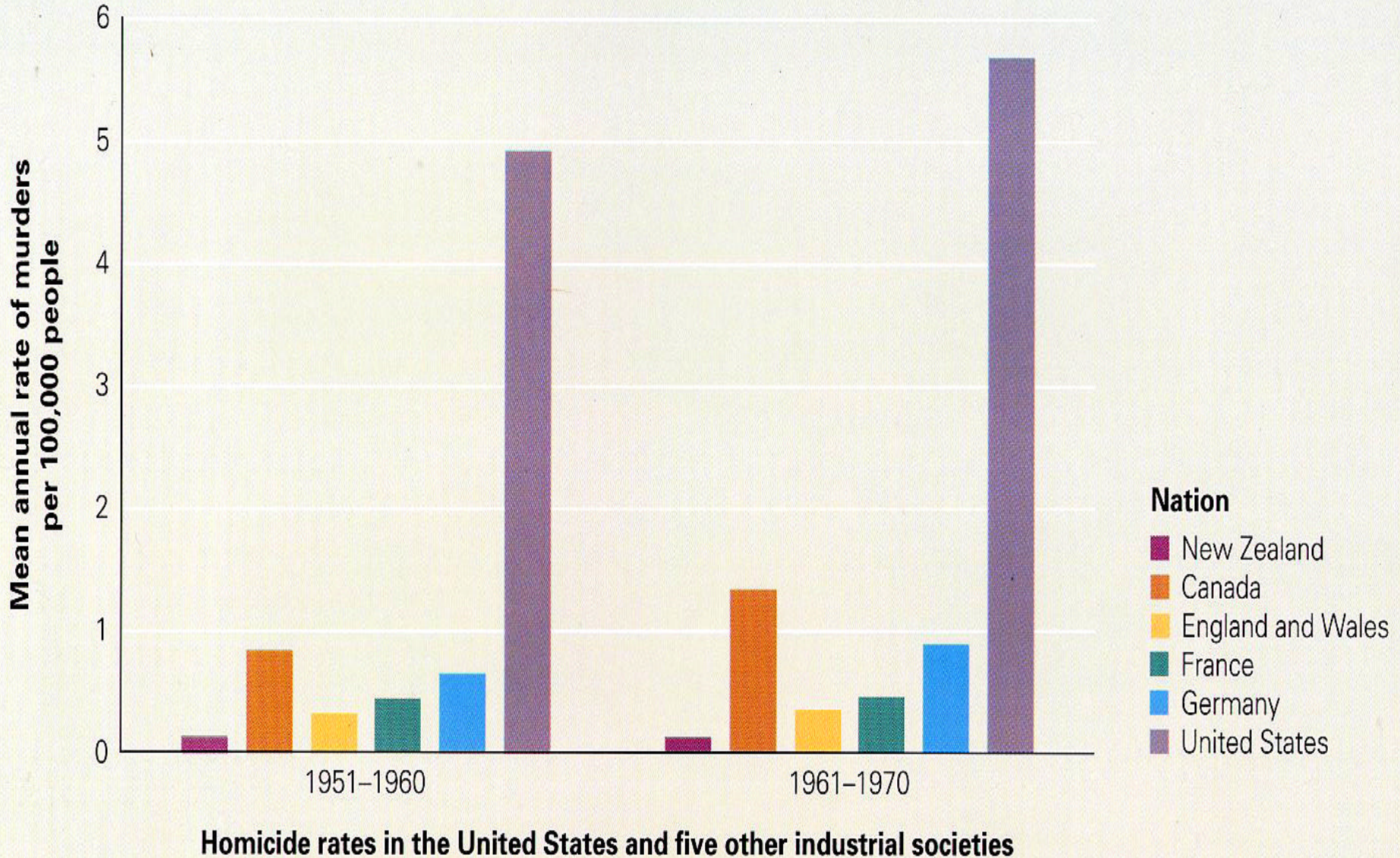
Most of the theories we discuss may be more relevant to patterns associated with expressive (emotional) aggression.

Homicide by circumstance, 1976-99

Number of victims



Among industrialized countries, the U.S. is one of the most violent . . .



Murder Rates Around the Globe

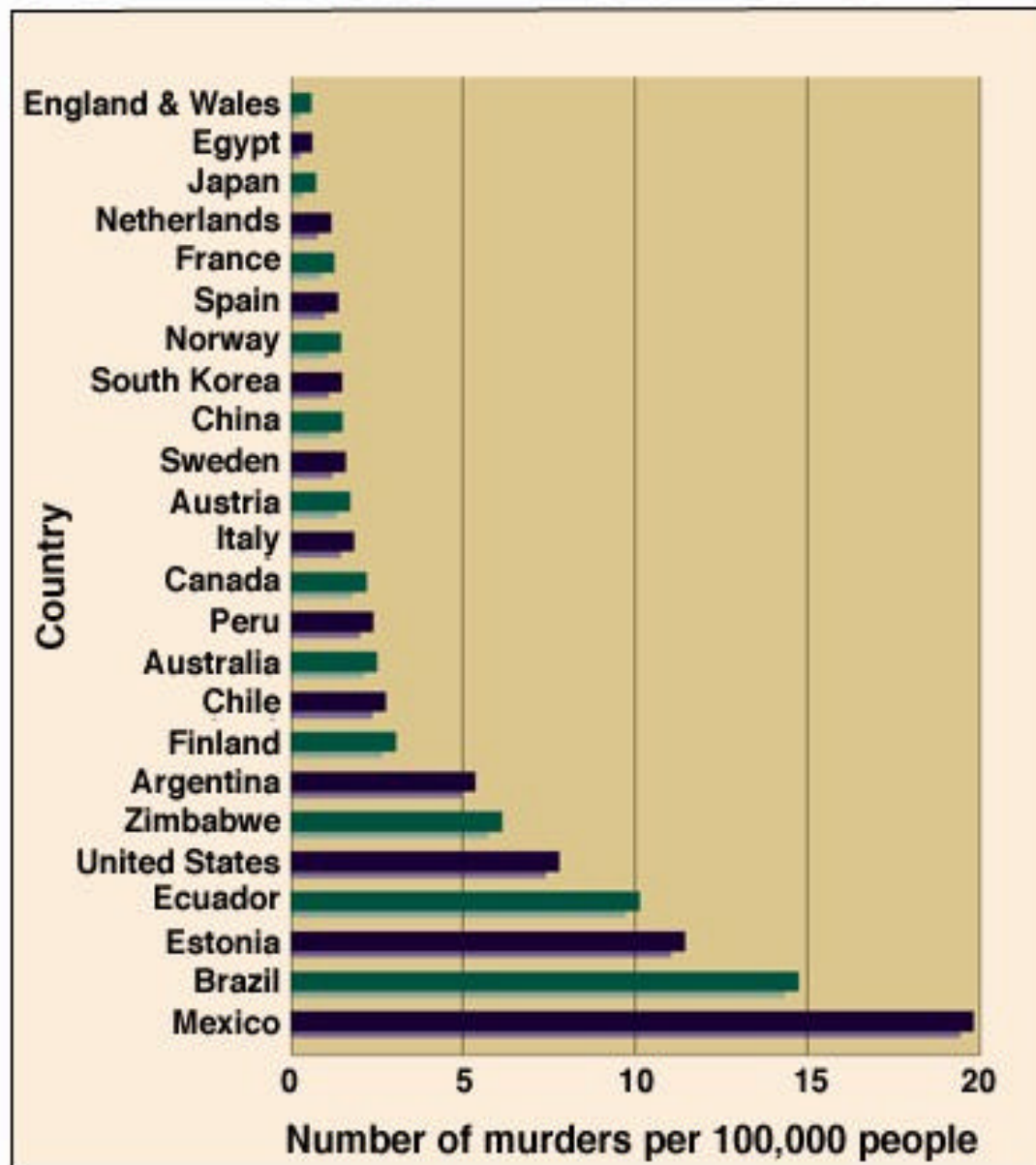
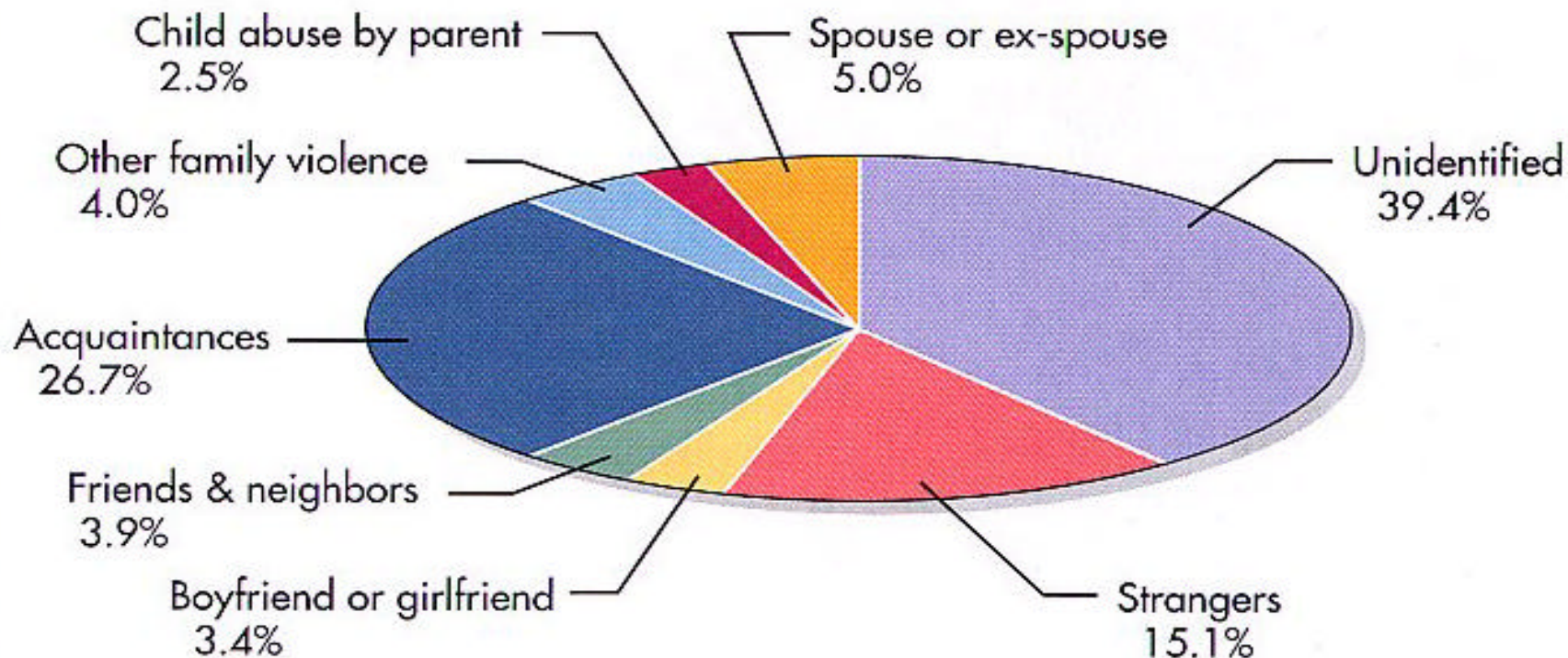


FIGURE 11.11 Who Kills Whom?

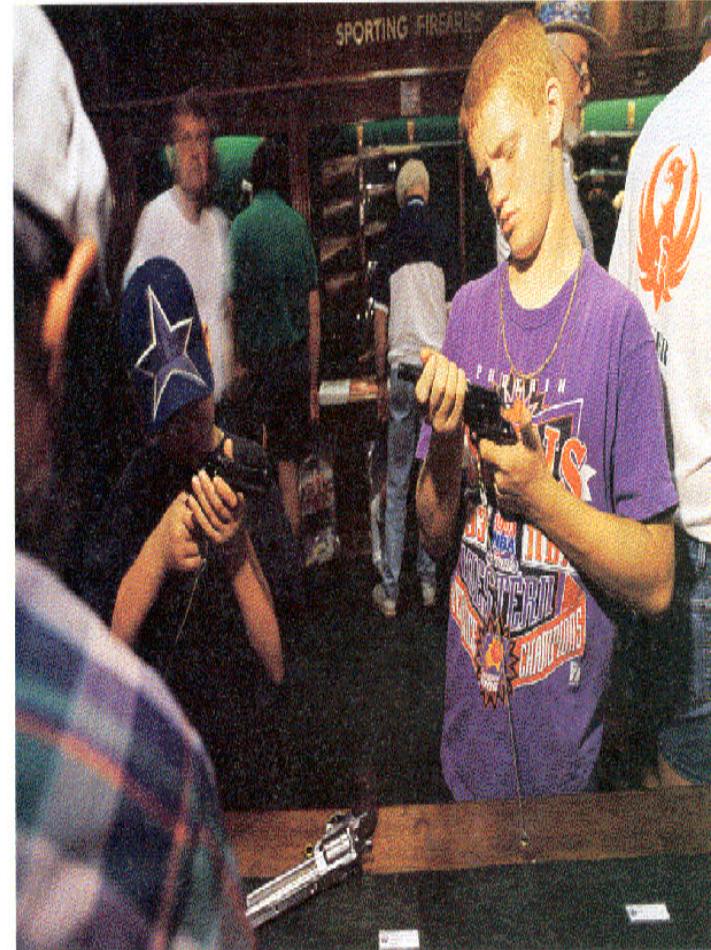
Among 1995 homicides in the United States, at least 11.5 percent were committed by a spouse, ex-spouse, or other relative. The unidentified murderers were probably mostly strangers, but presumably some were known by their victims. (Based on Federal Bureau of Investigation statistics.)



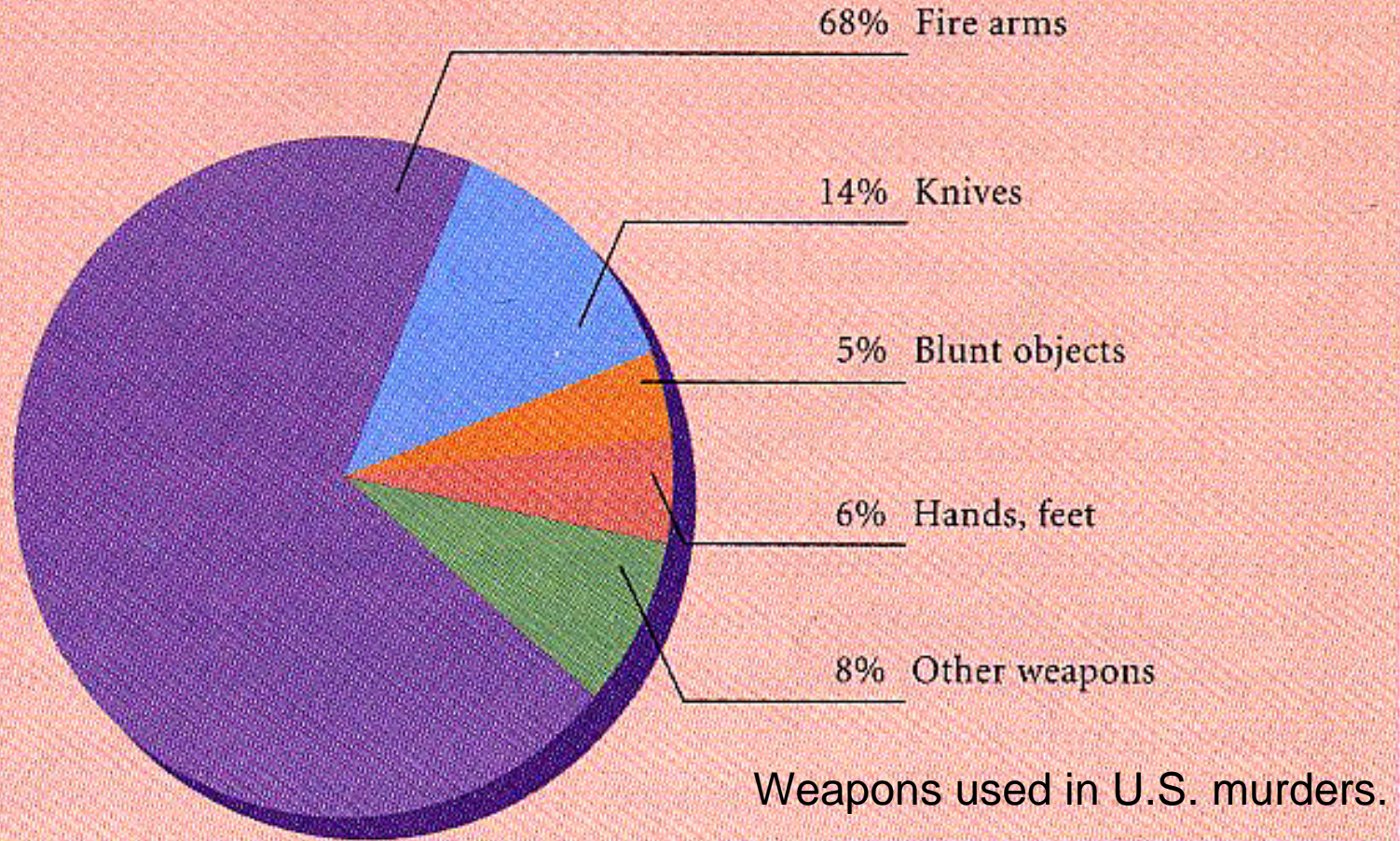
Guns and Homicide

70% of murders involve firearms;
the majority being handguns.

Guns turn simple fights and
assaults into homicides. With
respect to serious aggression, the
availability of lethal weapons
turns would be assaults into
homicides: Beer + Argument +
Gun = homicide



The prevalence of weapons in our society enhances the likelihood of aggression.



Source: FBI Uniform Crime Reports.

Gender

Females are much more likely to be killed (26%) by a husband or boyfriend than males are to be killed by a wife or girlfriend (3%).

Pattern reflects attempts of males to control females (e.g., prevent break-ups).

Spatial Patterns

U.S. murder rates are highest in large cities, in the South and West, and during summer months and holiday seasons.

Nearly 25% of all murders in U.S. occur in eight cities: New Orleans, New York, Los Angeles, Chicago, Houston, Detroit, and Washington, D.C



Types of Murders

- ◆ Thrill killing - impulsive violence motivated as an act of daring or recklessness.
- ◆ Gang killing - violence is part of the group activity.
- ◆ Cult killing - occur when members of religious cults are ordered to kill by their leaders.
- ◆ Serial murder - murders who perpetrate over a period of time.
- ◆ Mass murder - multiple victims during a single, violent outburst.

Serial Murder

Estimated 20 active serial murders in a given year, accounting for 240 killings, or 1% of yearly total.

Sociopaths who demonstrate bizarre behavior such as torturing animals, enjoy killing, and immune to their victims' suffering.

Insane? Serial murders are likely more cruel than insane, and act rationally with an understanding of right from wrong. For example, most serial murders go to great lengths to avoid detection by law enforcement.



Jeffrey Dahmer

War and Genocide

Wars are large-scale conflicts in which death occurs.

Genocide is the systematic destruction of a nation or an ethnic group.

Definitional boundaries slippery between murder and warfare, but generally it is legitimate to kill people outside of one's social group in warfare and genocide. (The “axis of evil”, and “evil-doers” may be rhetoric to stress the legitimacy of killing outgroup members)

Gender Differences in Aggression May Depend on Your Definition

There is no clear sex difference in reporting feelings of anger.

Women are more prone to experience feelings of jealousy in relationships.

Women are more likely to use physical aggression against partners (e.g. slapping).

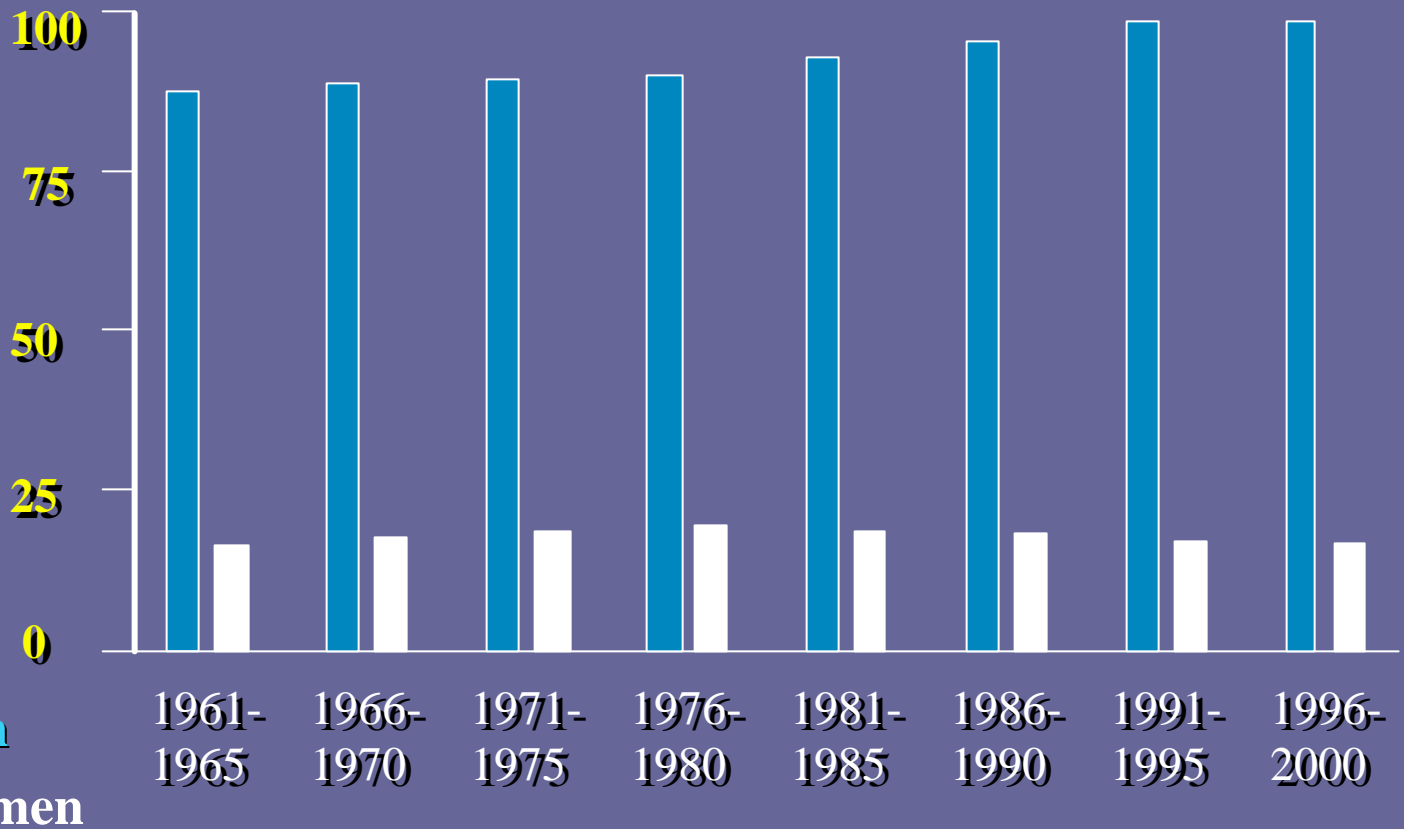
Gender Differences in Aggression May Depend on Your Definition

Girls use more indirect aggression (e.g., spreading rumors).

But men's aggression is more likely to do physical harm.



Percentage
of Total
FBI
Homicides
Over Past
Three
Decades



Throughout history, men have committed the vast majority of homicides.

Aggression and Adaptive Goals

A drive towards aggressiveness could only evolve if it increased the chances of survival or reproduction.

A drive toward “blind aggression” would be maladaptive.

Aggression and Adaptive Goals

Aggression is thus unlikely to be a goal in itself, but should instead be linked to particular goals in particular situations.

Goals of Aggressive Behavior

Coping With Feelings of Annoyance

Gaining Material and Social Rewards

Gaining or Maintaining Social Status

Protecting Oneself or Others

Coping With Feelings of Annoyance

Frustration-Aggression Hypothesis

Original – The theory that aggression is an automatic response to any blocking of goal-directed behavior.

Revised – The theory that any unpleasant stimulation will lead to emotional aggression to the extent that it generates unpleasant feelings.

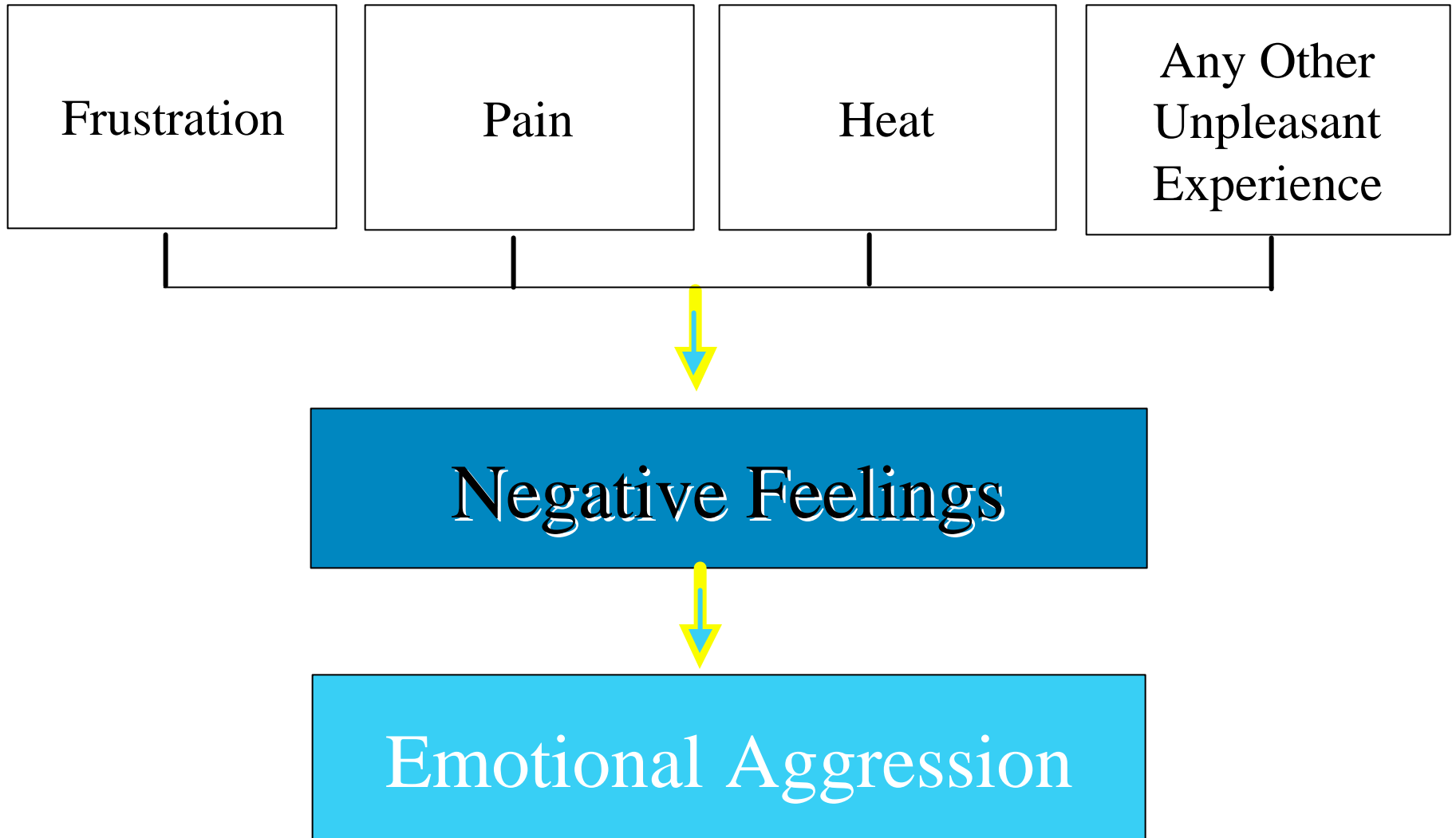
Original Frustration-Aggression Hypothesis

Frustration
(and only frustration)



Aggression
(of all forms)

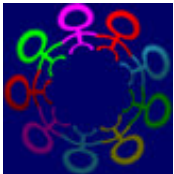
Frustration-Aggression Hypothesis (Reformulated)



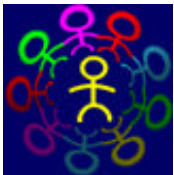
Coping With Feelings of Annoyance



Feelings of Arousal and Irritability



Unpleasant Situations



Frustrations, Perception, and Personal Choices



Feelings of Arousal and Irritability

Chronic irritability appears to be correlated with a Type A behavior pattern.

Type A behavior pattern -
a group of personality characteristics, including time urgency and competitiveness



Feelings of Arousal and Irritability

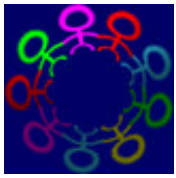
Type A is associated with:

Higher risk for coronary disease

More success in business

Conflict with subordinates

More aggressive driving

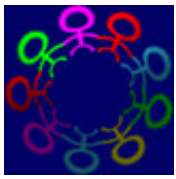


Unpleasant Situations

Swedish teens asked to categorize anger-producing situations commonly listed the following:

Thwarted plans (example: your parents refuse to send money for your planned spring break ski vacation)

Environmental frustrations (example: a traffic jam when you're late for class).



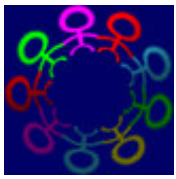
Unpleasant Situations: Pain

Students in one experiment were asked to place their hands in either

Painfully cold water

Water closer to room temperature.

The students who placed their hands in cold water were more likely to administer electric shocks to another student (Berkowitz, 1993b).



Unpleasant Situations: Heat

High temperatures are associated with:

More aggressive horn-honking

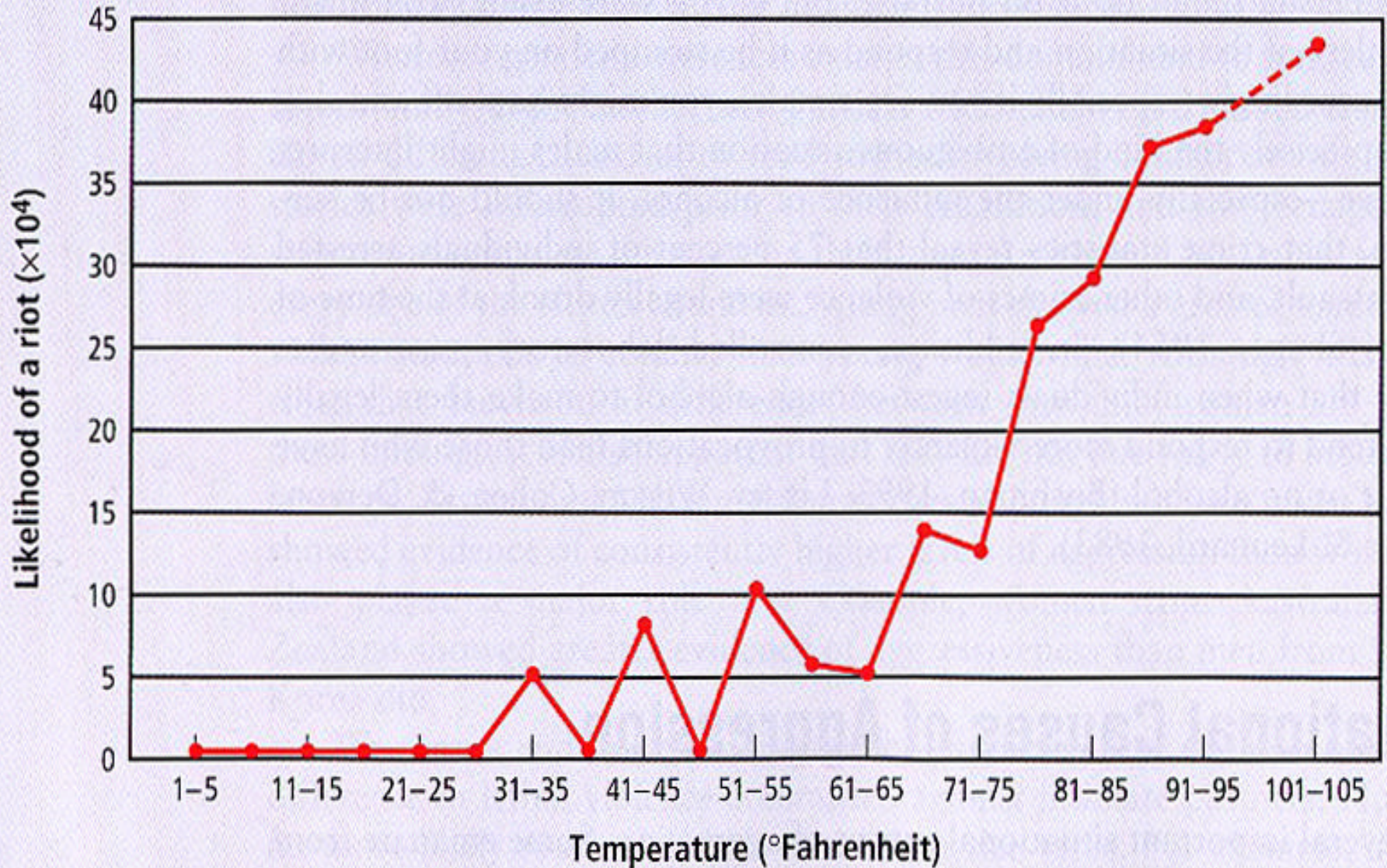
Increases in assaults

Increases in murders

Increases in urban riots

Major league pitchers throwing more balls at batters.

evidence for the “long hot summer” effect .



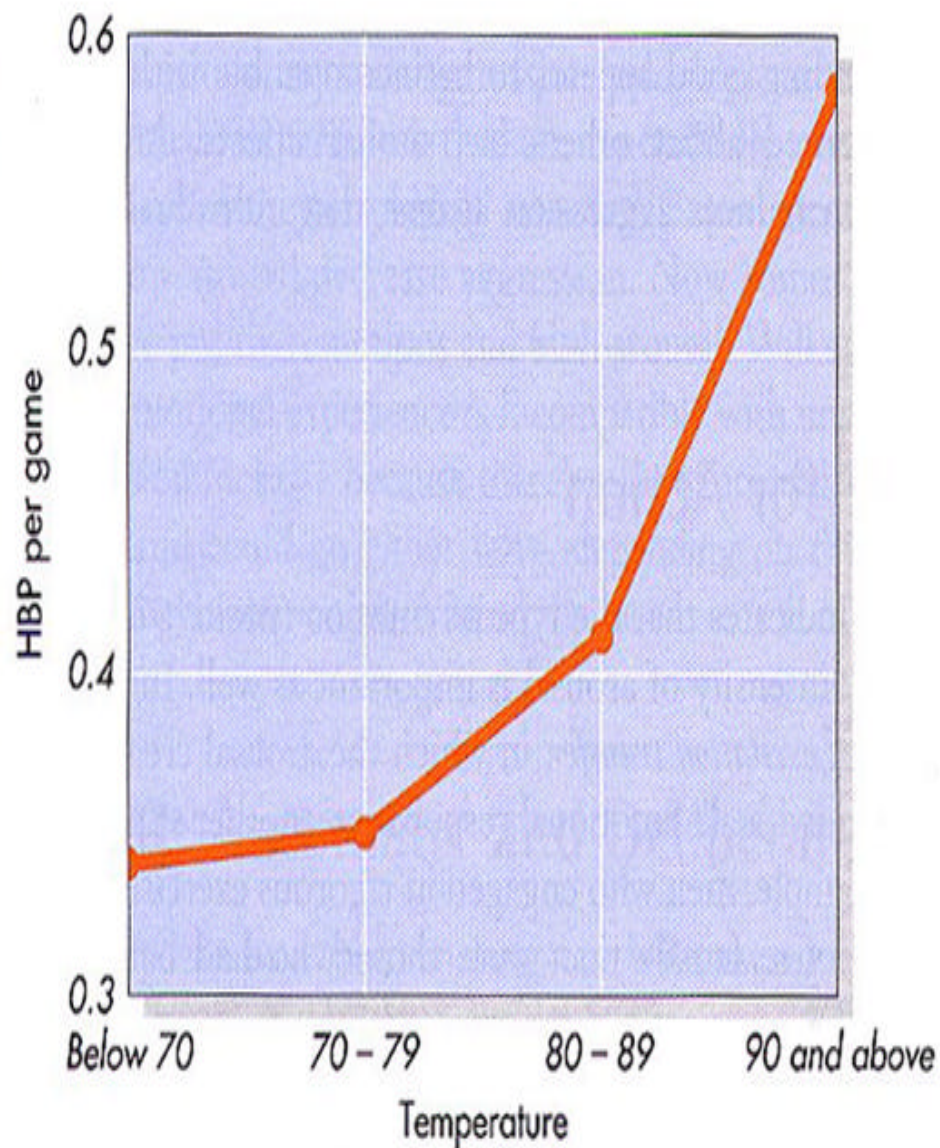


FIGURE 11.6 Temper and Temperature in Baseball

This figure shows the average number of players hit by pitches (HBPs) per game during the 1986 through 1988 Major League Baseball seasons. As the temperature increased, so did the likelihood that pitchers would hit batters (with balls often thrown around 90 miles per hour and often thrown at a batter's head). Players' general wildness or fatigue, as measured by walks, wild pitches, passed balls, and errors, did not increase with temperature, suggesting that the heat-HBP correlation may be due to hotter temperatures—and hotter tempers. (Reifman et al., 1991.)

Why is violence more common in the summer?

Heat may lead to aggression directly.

However, people interact more in the summer months (e.g., vacations, going to bars, playing in parks). More interactions leads to more potential for conflict and disputes.

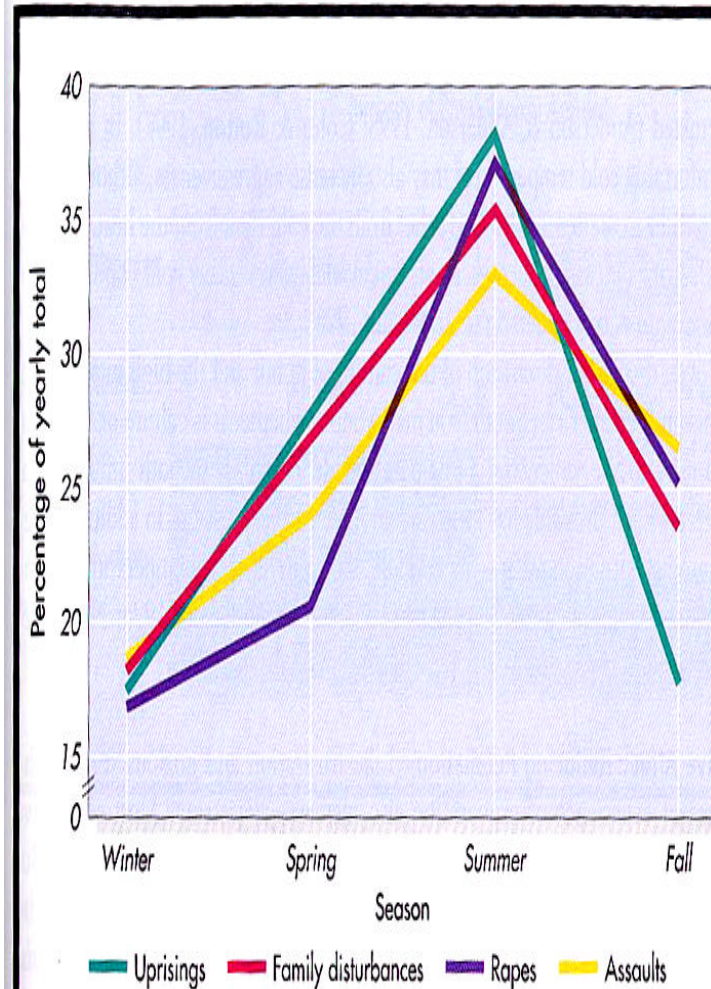
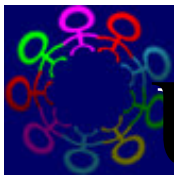


FIGURE 11.5 The Link Between Heat and Violence

Worldwide weather records and crime statistics reveal that more violent crimes are committed during the summer than in the other seasons. (Anderson, 1989.)



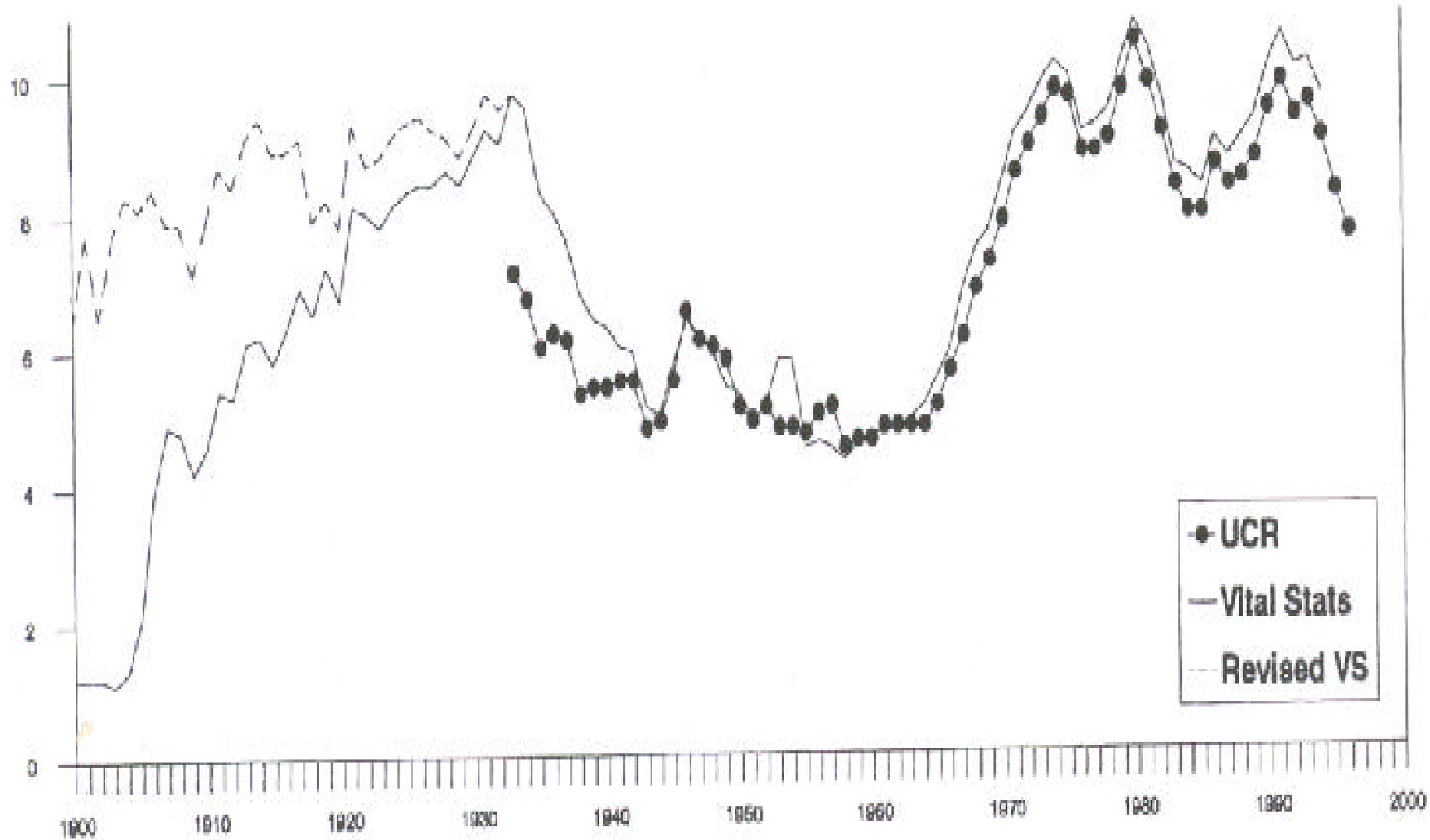
Unpleasant Situations: Poverty

Lynchings in the American South during the years 1882 to 1930 were negatively related to cotton prices (Hovland & Sears, 1940).

Later analyses found that lynchings were highest when a recession followed a period of economic well-being (Hepworth & West, 1988).

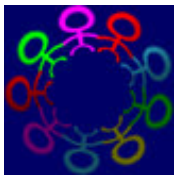
This supports a frustration hypothesis.

Rate



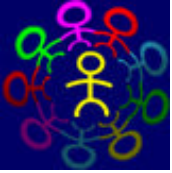
• UCR
— Vital Stats
- - Revised VS

Year



Unpleasant Situations: Poverty

Relative deprivation –
the feeling that one has less than the
others to whom one compares oneself



Annoyance Leads to Changes in Perception of Situations

Cognitive NeoAssociation Theory –
any unpleasant situation triggers a
complex chain of internal events,
including

Negative emotions

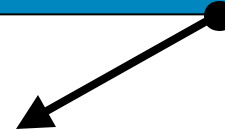
Negative thoughts

Other cues in the situation determine
whether negative feelings will be
expressed as aggression or flight.

Unpleasant Experiences (*pain, heat, etc.*)



Negative Feelings



Angry Thoughts
and Associations



Fight

Unpleasant Experiences (*pain, heat, etc.*)

Negative Feelings

OR

Angry Thoughts
and Associations

Fearful Thoughts
and Associations

Fight

Flight

Unpleasant Experiences (*pain, heat, etc.*)

Negative Feelings

OR

Angry Thoughts
and Associations

Fearful Thoughts
and Associations

Fight

Flight

Objects or
Events Priming
Aggression

Unpleasant Experiences (*pain, heat, etc.*)

Negative Feelings

Objects or
Events Priming
Aggression

Angry
Thoughts and
Associations

Fearful Thoughts
and Associations

Fight

Flight

Unpleasant Experiences (*pain, heat, etc.*)

Negative Feelings

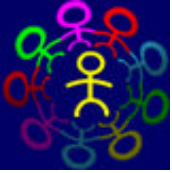
Objects or
Events Priming
Aggression

Angry Thoughts
and Associations

Fearful Thoughts
and Associations

Fight

Flight



Annoyance Leads to Changes in Perception of Situations



Weapons effect –

the tendency for weapons, such as guns, to enhance aggressive thoughts, feelings, and actions



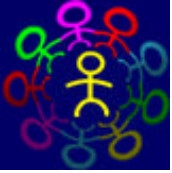
Number of Shocks Delivered to Other Subject



-  weapons present
-  no weapons present

Weapons did not increase aggression when participants were not annoyed

But annoyed participants delivered more shocks when guns were present



Some People Create Their Own Annoying Situations

Type A students choose working situations that engage competitiveness and time urgency.

Aggressive children incite other children to hostility.

Hostile adolescents can get trapped in a cycle of aggression and frustration.

Aggressive Behavior

```
graph TD; A[Aggressive Behavior] --> B[Alienates Teachers, Peers, Coworkers, Authorities]; B --> C[Failure, Rejection, Job Loss, Prison Sentences]; C --> D[Frustration]; D --> A;
```

**Alienates Teachers, Peers,
Coworkers, Authorities**

**Failure, Rejection, Job
Loss, Prison Sentences**

Frustration