

MODULE 78 AGGRESSION

AGGRESSION

- **AGGRESSION** is any physical or verbal behavior intended to hurt or destroy. The person that verbally assaults you or the attacker who mugs you for your money is aggressive.

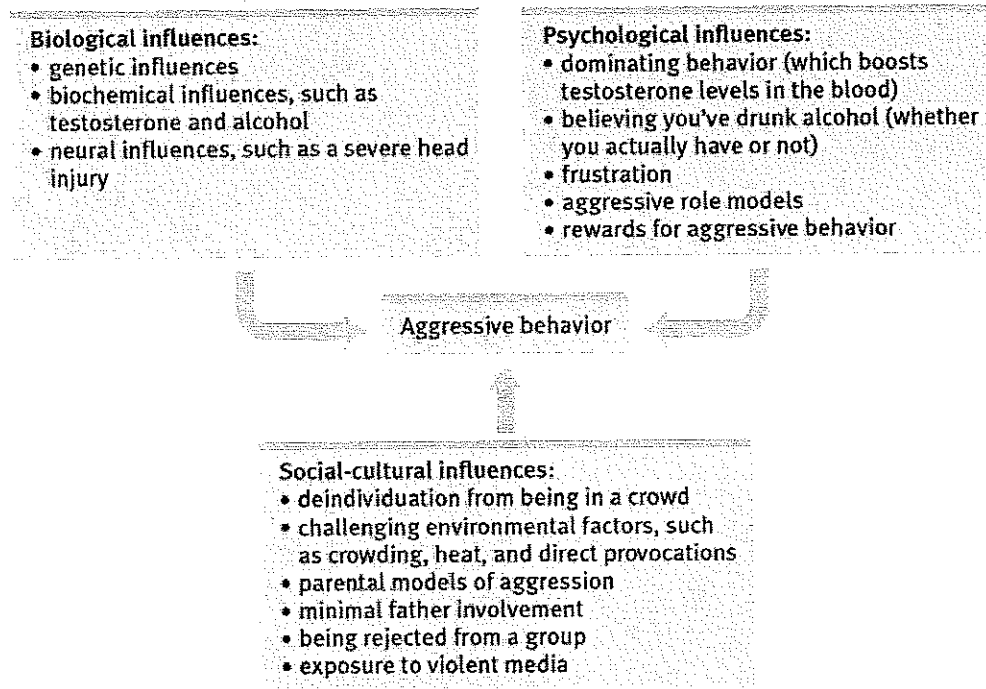
THE BIOLOGY OF AGGRESSION

- Biological levels at three levels – genetic, neural, and biochemical. Human twin studies have shown that the biological gene makeup does have some part in aggressive behavior.
- There is no one spot in the brain that controls aggression.
- Our genes engineer our individual nervous systems, which operate electrochemically.
- High testosterone correlates with irritability, assertiveness, impulsiveness, and low tolerance for frustration – qualities that predispose somewhat more aggressive responses to provocation or competition for status.
- Alcohol also unleashes aggressive responses to frustration.

PSYCHOLOGICAL AND SOCIAL-CULTURAL FACTORS IN AGGRESSION

- Those made miserable have often made others miserable. This phenomenon is called the **FRUSTRATION-AGGRESSION PRINCIPLE**: Frustration creates anger, which can spark aggression. Aversive stimuli can also cause for raising in hostility.
- TV shows, films, video games, and YouTube offer supersized portions of violence. Repeatedly viewing on-screen violence teaches us **SOCIAL SCRIPTS** – culturally provided mental files for how to act. Your perspective of what you view changes your persona of the world.
- Studies have shown that playing violent video games increase aggressive behavior.

Biopsychosocial Understanding of Aggression



BE ABLE TO ANSWER: What psychological, biological, and social-cultural influences interact to produce aggressive behaviors?

PRACTICE FRQ: Using the biopsychosocial model, give a biological influence, social-cultural influence, and a psychological influence on aggressive behavior.