What We Will Cover in This Section

- Quiz
- Introduction
- Biological approaches.
- Learning approaches.
- Cognitive approaches

Which of the following is AGGRESSIVE BEHAVIOR?

1. A soldier bayonets an enemy soldier causing pain and killing the person.
2. A physician amputates a person’s leg without anesthetic causing pain but saving the person’s life.
3. A hunter, shooting at a deer, misses and kills another hunter.
4. A mother spanks a child who has hit another child.
5. A student falsely accuses a male professor of sexual harassment after he fails his course.
6. A participant in an experiment shocks another participant after being told to do so by the experimenter.
What is Aggression?

Physical or verbal behavior intended to hurt someone.

Types of Aggression

HOSTILE AGGRESSION
Aggression driven by anger and performed as an end in itself.

INSTRUMENTAL AGGRESSION
Aggression as a means to an end.

EMOTIONAL AGGRESSION
Behavior designed to cause psychological harm.

Gender Differences in Aggression

Physical Verbal Indirect
Approaches to Aggression

- Instinct.
- Biological.
- Drive.
- Learning.
- Cognitive.

Aggression As INSTINCT

FREUD
Thanatos
Catharsis

LORENZ
Animal behavior
Dominance hierarchies

Biology of Aggression

- Testosterone
  Male hormone
- Serotonin
Female Transsexual Study

Aggression as a DRIVE

FRUSTRATION-AGGRESSION HYPOTHESIS
Frustration always leads to aggression of some sort, and aggression is always the result of some form of frustration.

FRUSTRATION
Thwarting or blocking some goal-directed behavior.

Frustration-Aggression

DISPLACEMENT
Redirecting aggression toward a target other than the source of the frustration.

AGGRESSIVE CUES
Learned stimuli that have previously been associated with aggression.
Cognitive-Neoassociationist Model

Unpleasant Event
   Negative Affect
     Impulse to Fight
     Impulse to Flee

Think

Irritation
Fear

LEARNED Aggression (1)

CLASSICAL CONDITIONING
   Associate aggression with previously neutral condition.

OPERANT CONDITIONING
   Aggressive behavior is directly reinforced.

LEARNED Aggression (2)

SOCIAL LEARNING THEORY
   We learn by watching others who are rewarded.

MODEL
   People whose behavior can be imitated and who provide a guide for appropriate behavior.
COGNITIVE Aggression

- Scripts
- Memories
- Cues
- Learning
- Affect

AGGRESSION?

Aggression Self Assessment

On the following page I will show you a brief story with a question following the story.
Read through the story then answer the question as quickly as you can.
Write your answer on a piece of scrap paper.

Influences on Aggression
Environmental Influences (1)

• PAIN
• CLIMATE
• AGGRESSION
• ALCOHOL

Environmental Influences (2)

EXCITATION TRANSFER

Physiological arousal acts to intensify subsequent emotional experiences even if they are not related to the initial arousal.

- Group
- Sex
- Pain

Environmental Influences: Media

• Pornography.
  – Viewing material may lead to higher levels of aggression.
  – Pornography may lead to desensitization.
Environmental Influences: Media

• Sexual violence.
  – Sexual violence by males toward females is increasing.
  – Sexual aggression may reflect a need for dominance and control.

Environmental Influences: Media

• Television.
  – There is an immense amount of violence on TV.
    • Between 5 and 15 typical American child will see more than 13,000 violent deaths on TV.
  – Seeing all of this violence may lead people to believe that it is common and accepted.

Aggression and Observation (1)

NORMATIVE APPROACH

Viewing media leads people to assume that aggression is socially acceptable.

- People learn scripts for aggressive behavior.
- See what is appropriate then act it out.
Aggression and Observation (2)

DISINHIBITION
\textit{Exposure to violence reduces the normal inhibitions against behaving aggressively (behavioral).}

DESENSITIZATION
\textit{Reduction in the negative reaction to aggressive stimuli (affective).}

Sexual Aggression

Rape Myth
\textit{The false belief that deep down women enjoy forcible sex.}
Effects of Media Exposure on Gender Violence

Acquaintance Rape

Forced sexual intercourse on a date or between acquaintances.

Sexual Jealousy

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<th>Females</th>
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<tr>
<td>Drinking</td>
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</table>
Reducing Aggression

Reducing Aggression (1)

CATHARSIS (emotional release)
- Direct
- Fantasy
- Displacement

Reducing Aggression (2)

LEARNING
- Do not reinforce aggressive behavior.
- Reinforce appropriate behavior.
- Substitute acceptable behavior.
  - Reinforce cooperation
- Model non-aggressive behavior.
- Remove aggressive stimuli.
PUNISHMENT?

To work it must be...
1. Prompt
2. Certain
3. Strong
4. Justified

Other Alternatives

• Induce incompatible responses.
• Apologies.
• Social skills training.
• Reduce exposure to violence.

Finally…

Remove aggressive stimuli.
The End