

## **The Level of Aggressive Behaviour among Teenagers**

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**Abstract:** This study aims to measure the level of aggressive behaviour among secondary school teenagers in Kota Bharu, Kelantan. The objective of the study is to identify categories of aggressive behaviour, to gain some credibility on the data of aggressive behaviour and to determine the level of aggressive behaviour of teenagers. A total of 40 teenagers aged 16 who is identified to behave aggressively are selected as the sample. This study used a quasi-experimental design. The study found that aggressive behaviour among school teenagers can be put into four categories, namely aggressive physical aggression, verbal aggression, emotional aggression and aggressive hostility. The reliability of data obtained from the analysis of the behaviour of the instrument is .827. The study also showed that the majority of teenagers who participated in this study had high level of aggressive behaviour.

**Keywords:** *Aggressive behaviour, physical aggression, verbal aggression, emotional aggression, hostility aggression*

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### **I. INTRODUCTION**

Aggressive behavior among teenagers refers to behavior or acts committed by juveniles that are in conflict with the norms of society. Aggression is define as any behavior intended to harm others and as such, that behavior must be avoided [1]. Frustration, aggravation and assault can easily cause a person to feel angry. Anger is one of the important elements in producing aggressive behavior. Aggressiveness can also be formulated as an intended expression of emotion in reaction to a person or object in words (verbal) and behavior (non-verbal) [2].

### **II. RESEARCH OBJECTIVES**

The objective of the study is to identify :

- 1 ) The categories of aggressive behavior
- 2 ) The reliability of aggressive behavior
- 3 ) The level of aggressive behavior

### **III. RESEARCH REVIEW**

In recent years, the aggressive behavior among adolescents is actually worrying. They are not only just simply aggressive but also sliding into immoral activities. Past research shows that teens tend to be aggressive in nature under the influence of ecstasy pills, alcohol and drugs to the extent they were even involved in violent crimes including murder offenses [3]. The situation is more worrying as the effects of the drugs are preventing them from controlling themselves and encourage them to act violently, such as random strikes, damaging public property, raping or killing [4]. Aggressive behavior also occurs due to an unstable emotional state of the surrounding environment in their communities. A teenager who has positive thoughts have the tendency to make better decisions compared to another who is in an emotional state [5]. However, for teens who think negatively and emotionally, they need to be in a calm emotional state when making a decision [6]. Adolescents with emotional disorders such as fear of failure will make adjustments when they encounter a new situation [7]. If satisfactory adjustment could not be made between the individuals and their surroundings, the teenagers will produce aberrant behavior. This will cause huge social problems for both the society and the country. Studies have shown that teenagers who have a tendency towards violence have low levels of education, family issues, lack of social supervision and have a low social status [4]. Those who are involved in violent crime brought misery to themselves and damage the family's harmony environment while affecting the socio-economic status and social harmony [3]. Despite these facts, the level of adolescents involvement in aggressive behavior is now becoming more and more common.

#### IV. METHODOLOGY

This study is the result of early exposure of highlights concerning the issue of aggressive behavior among adolescents. In this research's context, a quasi-experimental design was used to measure the level of aggressive behavior among secondary schools' teenagers in Kota Bharu, Kelantan. This research is a quasi experimental study that has more than one measured variable and involves two separate groups to be compared during the pre and post study which are the treatment group and the control group. Measuring the level of aggressive behavior required a special instrument. Therefore, this study aimed to describe the reliability of the test instruments that have been set up. This study also aims to explain any occurring phenomenon. This study used an instrument to obtain the necessary information and data. This study population consisted of 40 adolescents aged 16 years. They are chosen due to their involvement with aggressive behavior in school. The data was taken from Jabatan Pendidikan Negeri Kelantan.

#### V. RESEARCH RESULT AND DISCUSSION

The description in this study and discussion is focused on three main aspects which are the objective of this paper, namely (i) the category of aggressive behavior; (ii) the reliability of aggressive behavior; and (iii) the level of aggressive behavior of teenagers.

##### 5.1 The Category of Aggressive Behavior

According to the instrument of aggressive behavior taken from [8], there are four categories of aggressive measured. They are physical aggression, verbal aggression, emotional aggression and hostile aggression. Physical aggression is aimed at harming or destroying property such as fighting, killing, attacking, going against something strongly or punishing others [9]. Verbal aggression is a behavior that can cause discomfort or disturbance such as mocking, boycotting, cursing, yelling, using obscene or foul language, speaking harshly, spreading false rumours, insulting and calling bad names [10]. Emotional aggression is referring to the anger that led to fights such as hot-tempered and overly emotional. Meanwhile hostile aggression is a behavior geared towards animosity such as negative thought as well as being wary towards others and always being prejudiced against others good deeds.

##### 5.2 The Reliability of Aggressive Behavior

In order to measure the reliability of aggressive behavior, a study was conducted on 40 teenagers who were reportedly involved with aggressive behavior. The study was conducted at one of the secondary schools in Kota Bharu, Kelantan. In obtaining the result of the reliability, a special instrument was used which is the instrument of aggressive behavior. Aggressive behavior instrument consists of 29 items which includes nine items of physical aggression, five items of verbal aggression, seven items of emotional aggression and eight items hostile aggression. The instruments of aggressive behavior were given to the 40 teenagers and the data were analyzed using *SPSS 22.0* for *Cronbach alpha* values. The *Cronbach alpha* values for each category of aggressive behavior and the overall *Cronbach alpha* values are shown in Table 1.

Dimension	Alpha Cronbach's Value
Physical Aggression	.731
Verbal Aggression	.723
Emotional Aggression	.654
Hostile Aggression	.749
Total	.827

Table 1: The Alpha Cronbach's value according to aggressive dimension

Based on Cronbach alpha values shown in Table 1, each category of aggressive behavior has a value of 0.6 and above, while the overall reliability of aggressive behavior is 0.827. This value indicates high reliability together with all the items contained in the instrument of aggressive behavior.

##### 5.3 The Level of Aggressive Behaviour

Aggressive behavior of adolescents are reported in three forms namely low, medium and high. Low level physical aggression score ranged from 9 to 22, moderate level is 23 to 36 and high level is a score of 37 to 45. For verbal aggression, low level is a score of 5 to 11, moderate is 12 to 18 and high level is a score of 19 to 25. While for emotional aggression, the low level score is 7 to 16, moderate level is 17 to 26 and high level is a score of 27 to 35. While hostile aggression, the score of 8 to 18 is the low level, a score of 19 to 29 is the

moderate level and the score of 30 to 40 is high level. In determining the level of aggressive behavior, the instruments of aggressive behavior were distributed to 40 secondary school students involved in disciplinary cases in the category of aggressive behavior in a secondary school in Kota Bharu, Kelantan. The data were analyzed manually and the results are shown in Table 2.

Level	PA	VA	EA	HA
Low	-	-	-	-
Moderate	1	-	1	-
High	39	40	39	40
Total	40	40	40	40

Table 2: The Level of Aggressive Behavior among secondary school students (N=40)

The score analysis of the instruments of aggressive behavior shows that their aggressive behavior were at a high level. Only two people who have a moderate level of physical aggression and verbal aggression respectively. This proves that the majority of aggressive level for all four categories are at a high level.

## VI. SUMMARY

The aggressive behavior among adolescents has been identified based on the questionnaires used in the study. There are four patterns of aggressive behavior among adolescents which are physical aggression, verbal aggression, emotional aggression and hostile aggression. The results showed that all four patterns of aggressive behavior are at the high level. It shows that both teenagers and aggressive behavior are not easy to handle, let alone to be solved. It requires the cooperation of all parties to play a role to think, to study and to understand and thus find the solutions. What is more important is the teenagers desire to make changes in order to prevent himself from role confusion and the absorption of negative personality.

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