

## **To Study Aggression in Working & Non-Working Middle Aged Women**

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**Abstract:** This study explored aggression among working and non working middle aged women. In this study 60 females 30 Working and 30 Non-Working who fulfilled criteria were selected purposely for the study. Aggression inventory was administered on them. Findings revealed that there is no significant difference between working and non-working women on overall Aggression, but Non-Working women are found more Negative and Suspicious than Working women with significant differences in their results.

**Keyword:** Aggression, Middle Age, Negativity, Suspicion, Women.

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Date of Submission: 09-04-2018

Date of Acceptance: 23-04-2018

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### **I. INTRODUCTION**

Middle age is a stage in human life between early adulthood and geriatric stage, usually considered as the years between 45 to 65 years. Many physical, biological, emotional, intellectual and social changes occur during this stage. The body slows down and they become more sensitive to diet, substance abuse, stress, and rest. Experiencing physical changes such as graying of hair, hair loss, wrinkles and age spots, loss of vision & hearing loss, weight gain, loosening of skin. Significant cognition deficits in memory are observed at this age. Biological changes such as menopause are also experienced in women at this phase, occurring decline in physical fitness, insomnia, mood swings, depression and decrease in maximal heart rate. Social change observed during this stage is change of role in family from being parents to grandparents, retirement from their jobs. Emotional change experienced in women is sadness due to loss of spouse is common, fear of their children moving away from them.

Aggression is defined as a behavior among people that is done with an intention to harm another person who does not wish to be harmed (Baron & Richardson, 1994). Aggression can be verbal as well as physical. Physical aggression is aggression that involves harming others physically using hand, feet or assaulting with dangerous weapon. Nonphysical aggression is a violent behavior that involves indirect aggression, social, relational aggression, negativity, suspicion and emotional abuse. Indirect aggression can be defined as quietly hurting the person or ruining the image of person keeping ones identity hidden as in like spreading rumors or speaking ill about one. Relational aggression can be understood as harming ones relations with other through manipulative actions. Social aggression is excluding, ignoring and/or deliberately leaving someone out of plans. Negativity is a form of aggression where a person at workplace or home is by disparaging efforts of others, provides limited sources to people to complete task and an unappreciative attitude towards others efforts. Emotional abuse is classified as treating a person badly by name calling, threatening, criticizing, not involving in financial discussion and not allowing being financially independent. Other forms of nonverbal aggression are sexual, racial, and homophobic jokes and epithets, which are done with the intention to cause hurt individual's feelings.

In the past few decades change of views and role is been noticed among women in comparison to earlier centuries, women now-a-days are actively participating in roles which were stereotypically considered to be performed by male domain, and development of society. Many of them are keenly interested in performing professional jobs apart from household responsibilities and being financially independent, while the other set still prefer themselves to confine their boundaries to household duties. Change in roles of being mother to grandmother and responsibilities marrying their children or promotion to senior level in office and taking retirement may lead to stress and aggression in personal as well as professional life. Therefore this study is performed to find out aggression among working and non-working middle aged women towards their life, duties and family.

## II. LITERATURE REVIEW:

Liu, J., Lewis, G. And Evans L. (2013). Understanding aggressive behavior across the life span. This paper provides a brief review of the biological, social, and environmental risk factors that purportedly give rise to aggressive behavior and emphasis is laid to the unique risk factors for aggressive behavior across the developmental spectrum, including childhood, adolescence, adulthood, and late life. Appreciation of the risk factors of aggressive behavior, and, in particular, how they relate to age-specific manifestations, can aid nurses in better design and implementation of prevention and treatment programs.

Chung, G. H., Belinda M. T., Li, G. (2011). Exploratory analysis of verbal aggression in romantic relationships among unmarried men and women. This study examined verbal aggression in romantic relationships among unmarried black and white women and men as a function of gender and race. We also explored whether gender-specific correlates of verbal aggression interacted with race. Analyses were based on a sample of 212 women and 133 men in non-marital romantic relationships of U.S. cities for a larger study. Linear mixed-effects models revealed that factors related to experiencing verbal aggression differed substantially for unmarried women and men in romantic relationships. Interesting racial differences also emerged distinctly for women and men.

Khan, F.N. (2006). Age Differences In Expression Of Aggression In Men And Women. The present study investigates age differences in expression of aggression in men and women. Both age and sex were taken as independent variables. Test was conducted on 100 men and women at two age levels. T-test for independent sample mean was applied to the variables. The result of the study indicated that age and sex have significant effects on expression of aggression.

Leblanc, M. M., Barling, J And Turner, Nick (2014). Intimate Partner Aggression And Women's Work Outcomes. The relationship between intimate partner aggressions enacted against heterosexual women and 3 types of work-related outcomes are examined in this study. *Withdrawal While At Work* - Comparing withdrawal both at and from work across 3 clinically categorized groups of women ( $N = 50$ ), showing that experiencing physical aggression is related to higher work neglect., *Withdrawal From Work* – previous study is extended using a community sample of employed women ( $N = 249$ ) by considering both physical aggression and psychological aggression on these same outcomes. Results showed that physical aggression predicted higher levels of withdrawal both at and from work, with psychological aggression predicting additional variance in partial absenteeism over and above the effects of physical aggression, and *Performance* - extended the model to include academic performance as an outcome in a sample of female college students ( $N = 122$ ) in dating relationships. Controlling for the women's conscientiousness, psychological aggression predicted lower academic performance after accounting for the effects of physical aggression. We discuss theoretical and practical implications of these results, as well as directions for future research.

Ronke, G. A. And Happiness, I. I. (2015). An Assessment Of Aggressive Behaviour Between Prison Inmates And Non-Prison Inmates In Makurdi Metropolis, Nigeria. The study adopted ex post facto research design to study 122(50.2%) prison inmates and 121(49.8%) non-prison inmates. The study comprised of 161 (66.3%) male and 88 (36.2%) female. Their age ranged between 18 and 35 and mean age of 21.3 four hypotheses were generated and tested using independent T-test. The result showed a significant difference in physical aggression between prison inmates and non-prison inmates and a significant difference in verbal aggression between prison inmates and non-prison inmates. The result also indicated no significant difference between prison inmates and non-prison inmates on suspicion while there was a significant difference between males and females on overall aggressive behaviour. Based on the findings, it was recommended that factors that mediate and moderate aggressive behaviours should be further explored by researchers and anger management should as well be introduced in prison organizations and at community levels.

### Objective

To compare Aggression in Working and Non-Working Middle Aged Women in Sub-Categories Of Aggression. Subcategories under study are:

- a. Assault
- b. Indirect aggression
- c. Irritability
- d. Negativism
- e. Resentment
- f. Suspicion
- g. Verbal aggression
- h. Guilt

**Hypothesis:**

Proposed hypothesis is that:

1. Non-working middle aged women are more aggressive than working middle aged women in various categories.
2. Working middle aged women are more negative than non-working middle aged women in various categories
3. Non-working middle aged women are more suspicious than working middle aged women in various categories

**III. RESEARCH METHODOLOGY**

**Sample:**

Total sample selected to conduct study was 60 between the age group 45 years to 65 years. The total sample was divided in 30 working women and 30 non-working women. Working women comprises of professional women who are engaged in earning their living through a gold-collar, white collar, red collar grey collar & blue collar category.

Data is collected from urban area of Dehradun city, on the basis of Convenient Sampling method categorized under Non-Probability sampling.

**Tools:**

Data collection is done on the basis of standardized questionnaire named Aggression Inventory by Mr. M.K.Sultania. It consists of 67 questions with subscales divided into 8 parts: Assault, Indirect Aggression, Irritability, Negativism, Resentment, Suspicion, Verbal Aggression & Guilt. There are 15 negative answers and rest are positive ones.

**RESULT & DISCUSSION:**

Mean, S.D & T-value of Working And Non-Working Middle Aged Women for Aggression among Working and Non-Working Middle Aged Women:

Sub Areas Of Aggression	Non-Working Women		Working Women		T-Value
	Mean	Standard Deviation	Mean	Standard Deviation	
Assault	4.20	1.56	3.37	1.45	5.53
Indirect Aggression	3.70	1.66	3.67	1.38	0.19
Irritability	4.00	1.62	4.13	1.94	0.06
Negativism	2.63	0.85	1.93	1.31	8.64
Resentment	2.63	1.77	2.53	1.53	0.55
Suspicion	4.47	1.61	3.47	1.25	7.24
Verbal Aggression	3.97	1.45	4.27	1.60	-1.93
Guilt	4.43	2.05	3.50	1.91	0.61
Overall Aggression	30.03	6.94	26.83	4.38	1.49

Table 1

The background information of the selected respondents are presented in table 1. From the study it was found that mean of non-working middle aged women is 30.03 while of working middle aged women is 26.83 and S.D of non-working women is 6.94 and S.D of working women is 4.38. This overall result indicates that aggression among non-working women is higher in non-working women.

Mean is 4.20 and S.D is 1.56 of assault in non-working women and mean is 3.37 and S.D is 1.45 in working women and t-value of assault is 5.53

Mean is 3.70 and S.D is 1.6 of indirect aggression in non-working women and mean is 3.67 and S.D is 1.38 in working women and t-value of indirect aggression is 0.19

Mean is 4.00 and S.D is 1.62 of irritability in non-working women and mean is 4.13 and S.D is 1.94 in working women and t-value of irritability is 0.06

Mean is 2.63 and S.D is 0.85 of negativism in non-working women and mean is 1.93 and S.D is 1.31 in working women and t-value of negativism is 8.64

Mean is 2.63 and S.D is 1.77 of resentment in non-working women and mean is 2.53 and S.D is 1.53 in working women and t-value of negativism is 0.55

Mean is 4.47 and S.D is 1.61 of suspicion in non-working women and mean is 3.47 and S.D is 1.25 in working women and t-value of resentment is 7.24

Mean is 3.97 and S.D is 1.45 of verbal aggression in non-working women and mean is 4.27 and S.D is 1.60 in working women and t-value of verbal aggression is -1.93

Mean is 4.43 and S.D is 2.05 of guilt in working women and mean is 3.50 and S.D is 1.91 in non-working women and t-value of negativism is 0.61

#### **Statistical Analysis:**

Data collected was analyzed in terms of mean and standard deviation. Comparisons were made between the groups using T-test for statistical analysis.

#### **Implications:**

This study appears to be applicable to the field of research based on middle aged women and their level aggression, as it is presumed that women don't have aggression within them, although aggression in women is lesser in comparison to men, it still is present among women which therefore this study may contribute towards providing counseling and therapies to women who are facing problems in adjustments with other people at workplace or at home.

This study might help in finding out causes & onset of frustrations among women in various fields. The frustration-aggression hypothesis is based on the work of Dollard et al (1939) and suggests that all aggression is the result of feeling frustrated which is defined as "any event or stimulus that prevents an individual attaining some goal and its accompanying reinforcing quality". Barriers may be real or imaginary and prevent an individual achieving their aim causing frustration which then needs to be relieved in a cathartic way i.e. through the display of aggression.

The contribution of study can be towards the causes of early menopausal conditions and symptoms as early menopausal is also observed as a cause of aggression in some middle aged women.

#### **Contribution:**

The study was conducted to find out level of aggression present among working and non-working women. Therefore, it may benefit in upcoming time:

- This study may be proved helpful to those engaged in counseling field to understand women's need to get appropriate therapy and counseling in their growing age, to maintain healthy family environment to infer their problem which might be causing aggression.
- With upcoming time in the near future it is advisable to women that they must begin to do some productive work to earn living, as a sense of independence and contributor may grow in these women which will lead to positive approach towards their life.

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Nishat Eqbal "To Study Aggression in Working & Non-Working Middle Aged Women  
" IOSR Journal Of Humanities And Social Science (IOSR-JHSS). vol. 23 no. 04, 2018,  
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