

Aggression essay

[Law](#), [Criminal Justice](#)



Indirect aggression can be defined as the conduct aimed at harming a person in a slightly noxious way, mostly by means of the community group. This form of aggression is also referred to as social aggression. The subject matter of indirect aggression is mostly common in the entertainment industry and more so among females. This is attributed to the fact that girls would always want to be socially accepted amongst their peers. However, this form of aggression can also be practiced in schools, at home or in a workplace setting. It is believed that indirect aggression can increase with the age of the people, such that it becomes rampant in adults than it is in younger people. Mature types of indirect aggression may be extremely delicate and they would consist of social manipulation. This can be manifested through hurting other people by lowering their chances of personal expression, condemning their judgments, criticizing their efforts in unacceptable manner or instances of cyber bullying.

This form of aggression may result to damaging psychological effects to the victims, in severe cases it would result to suicide. There are different methods of reducing this type of aggression; one method is to reduce one's personal frustration. This can be achieved by avoiding things or people who create social harm to someone. In doing this it becomes impossible to be engaged in contact with these things or people's conversations which can trigger indirect aggression to a person. However, if it is not possible to avoid such persons permanently it would be prudent to stay away from them for some days just to reduce aggression that may be caused by them. The second method of reducing this form of aggression would be to take a break or distraction to suppress the aggressive responses from people. This

involves a time out from such a conversation which may be achieved in various ways which include; the old saying of counting to 10, yelling or employing your brain prior to using the mouth. This time out from aggression may impact a person to think positively and thus avoid suffering indirect aggression. The longer the time out from these engagements the better. A person might even be advised to listen to music or even sleep on such conversations.

Direct aggression refers to a behavior that is hostile which can take place either in reprisal or even without being provoked which can cause harm to persons or enhance the societal dominance of the people behind it. The person committing this form of aggression believes that the victim is the source of his or her frustrations. This form of aggression is done with an intention of causing physical harm to the victim. A good example of direct aggression is an instance where a hockey team member hits his opponent on the face. This form of aggression is also meant to cause intimidation to the victim. Direct aggression is mostly associated with boys than girls; this is due to the fact that males are viewed to be more violent than females. One method of reducing this form of aggression is staying calm and relaxed. Individuals are advised to have self control even if they are coerced in any way by other persons. Staying calm ensures that people do not react from anger and cause harm to other persons. People need to have the ability of regulating themselves from causing harm to other persons. It is not prudent for people to prove that they are capable of causing harm to others by attacking others physically or in harsh verbal tones. It would be better that people view someone as a coward rather than being directly aggressive to

people. The second method of reducing this form of aggression would be by rehabilitation of direct aggression traits in people. This can be achieved by taking part in variety of activities that provide a corrective therapy to these persons. These include; taking part in boot camps and group therapy. This activities help to get rid of the delinquent and aggressive behaviors from these individuals.

Instrumental aggression can be defined as a predetermined way of achieving a specific goal in a manner that does not cause harm to the harm. This form of aggression is viewed to be proactive in nature rather than being reactive. Instrumental aggression is carried out with the aim of achieving material, societal or psychological benefits. In some cases, this form of aggression is done to avoid punishment and it is carried out in a purposeful and rational manner. One method of dealing with instrumental aggression is the use of self instruction whereby individuals take time and reflect before carrying out an aggressive behavior. This would help to ensure that people do not undertake aggressive actions in order to gain on something at the end. This is achieved using the concept of cognitive behavior management (CBM).

Another way of reducing this type of aggression would be through the formulation of other alternatives in achieving some predetermined goal. For instance, if a person requires some money which he or she does not have it is not necessary that they steal from other people. They can devise other alternative methods of getting that money without being aggressive to others. These are some of the simple methods that can be used in reducing the three forms of aggression amongst the people.