



Role of media in raising aggression among students: A review of literature

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ABSTARCT

Aggression is nothing new to humanity, but it is a growing worry in modern society. We only need to take into account the most recent school shootings and the rising incidence of adolescence murders in major cities. Wide-ranging social media use is on the rise, especially among young people in their adolescence. When young children watch a lot of violent television during the school day, their levels of aggression tend to increase as they get older. Eventually adolescence starts spending a fair amount of time actively engaging with these social media platforms like Facebook etc. Even they have an innate propensity to mimic what they see. In general, they are less sympathetic to the misery and pain of others. Children frequently display aggressive behaviour. The media's coverage of violence by News Channels, particularly in the form of mock suicides and violent crimes, also contributes to an uptick in violence. There is no doubt that playing video games can lead to more anger and violence. In this article, by examining various reviews of literature we will try to find out the reasons caused by media for raising aggression among students.

Keywords: Social Media, Violence, adolescence, Aggression, Video Games, peer group, parenting style, News Channels

INTRODUCTION

Every child is unique, and they all behave in various ways. Since several elements, like the child's age, developmental stage, and personality, must be taken into consideration, it can be challenging to define what is typical or abnormal. Even though they were raised by the same parents in the same environment, two children of the same age can behave very differently. It's possible for one child to be outgoing and social while the other is shy and reserved. One conduct is not always more typical than another. Temper tantrums are one of several behaviours that are common, especially for certain age groups: the Terrible Twos of

toddlers; other children can experience them at 3 or 4 years old instead. They still struggle to communicate well, though, and when they find it difficult to convey their wants and requirements, they could grow frustrated. Instead of acting aggressively, a child who is irritated may strike or have a tantrum. The emergence and saturating of mass media is one of the significant changes to our social environment in the 20th century. Radio, television, motion pictures, videos, video games, and computer networks have come to play major roles in our daily lives in this new world. The mainstream media greatly influence our attitudes, beliefs, and behaviours, for better or ill. Unfortunately, all exposure to mainstream media has negative impacts on the health of viewers and other people. Violence among students is increased by exposure to violence in media like television, video games, the internet, etc., just as it is by growing up in a setting where there is actual violence. This is the conclusion drawn from years of research. We've already shown that the media presents every violent tale that occurs in society. Children's behaviour is suffering as a result of this. They are becoming more violent not only in schools but also at home with their friends and family. They are also picking up new antisocial behaviours. Since media has had a significant impact on children's development, its contribution cannot be disregarded. Actually, the media's recent trend has had a negative impact on children's development. Children are viewed as the future service providers and leaders of a country since they have the capacity to learn new things and develop creative ideas. But when these young minds are exposed to aggression, hatred, religious differences, playing violent video games, and having access to the internet, which contains millions of examples of violence and aggression, they may eventually become more inspired by negative outcomes and may develop evil ideas for their own gain. The formation of the personality is further hampered by this ongoing exposure to aggressiveness in addition to the thinking and learning processes.

AGGRESSION AND MEDIA

Media violence exposure can have a number of negative effects. It is come to know from the findings of many researchers those who watch a lot of violent media lose their empathy while doing any act. One study found that people who played violent video games gave criminals less severe punishments than persons who played peaceful games. Following exposure to violent media, people also perceive victims as hurt less and show less empathy for them. Because of their gradual desensitisation to it, people may grow more accepting of violence and less compassionate toward its victims. According to studies, viewers of violent media react to realistic images of violence with a lowered heart rate and blood pressure.

Violent media not only makes people less sensitive to the impacts of violence, but it also makes them more aggressive. One outcome is that those who watch a lot of violent media are more inclined to pay attention to hostile information and anticipate hostile behaviour from others. They might also read confusing situations the worst way possible, presuming that other people's actions are motivated by hatred rather than by other, more admirable qualities like assertiveness. Additionally, some experts have discovered that watching violent media makes you feel more aggressive. Most significantly, being exposed to violent media also encourages people to behave violently toward others.

INDIAN STUDIES

Kewalramani and Pandey (2016) researched effects of crime serial on the level of aggression in young adults, the influence of crime serial on the level of emotions in young adults, and the attitude toward crime serial. They used two variables, independent and dependent:- 1. Crime footage given to the participants are an independent variable, 2. Effect on the amount of violence and various emotions in young people as a dependent variable. An exploratory study conducted incidental sampling to the Amity University students. According to researchers' observation, 'Nithari Kand' a crime serial is mostly watched by the participants as it was based on reality which was very famous. The majority of participants were drawn to crime dramas because they were either mass media professionals or people with backgrounds in psychology who were curious in the reality of crime and the thoughts of its perpetrators.

SADIQ MD's research project from 2021 examined 1. how adolescents utilize social media. 2. Researching the types of violence that are reported on social media. 3. To quantify the prevalence of violence across various age groups. 4. To determine any connections between media use and youth violence in India. The study's research methodology is a mixed research strategy that combines qualitative and quantitative methods. The entire country of India was randomly chosen as the study's sampling frame. Different regions of the country's secondary data have been utilized. The Google poll questionnaire was disseminated via social media platforms like Facebook, WhatsApp, Twitter, Instagram, and others. As a study method, qualitative research is also employed. The amount of reported violence and its connection to teenage youth's media use and violent engagement were both discovered. The investigation reveals that a substantial fraction of the young people have altered their way of living due to a greater focus on online media for a significant portion of their day. These miracles will typically interfere with their sleep schedule, tests, outdoor activities, eating habits, socialization activities, and other things. As a result, they will behave differently as a result of this example and will be especially prone to violence and annihilation. The solution to this problem is to either increase the cost as much as possible or take effective steps to limit usage to specific times.

S. Arul Prabakaran and J. Venkatachalam (2020) attempts to explore the connection between undergraduate students' internet use, violent behaviour, and psychological wellbeing. The study was a survey, and the Internet Usage Scale (IUS), Aggression Questionnaire (AQ), and Scales of Psychological Well-Being were utilised to collect data (SPWB). In and around Salem, Tamil Nadu, 2993 undergraduate students made up the sample. According to TRAI (The Telecom Regulatory Authority of India), a statutory agency established by the Government of India, Tamilnadu has the most broadband internet subscribers in the nation. Because they charge such low prices for their internet services, the growth rate increases. This demonstrates the rise in internet usage among people. The findings of the correlation analysis make it abundantly evident that there was a strong association between the variables examined in this study (Internet usage, aggression, and psychological well-being). Higher Internet usage scores are associated with higher

levels of aggression and lower psychological well-being. Internet use did show a favourable relationship with aggression and a negative relationship with psychological health.

Laxmi M. and Deepthi V. (2021) measures the levels of aggression and media violence among young people as well as the correlation between the two. For the study, a sample of 80 young individuals (N=45 Males and N=35 Females) was selected based on purposeful sampling. Young adults between the ages of 18 and 25 received two surveys via an online survey. The 29-item Buss Perry Hostility Questionnaire was created to measure aggression in young individuals. Using the content-based media exposure scale, the level of media exposure was determined (A.H. Den Hermer). They used descriptive statistics as well as Pearson product moment correlation. Aggression and media violence among young people are directly related.

INTERNATIONAL STUDIES

Bushman and Huesmann (2006) investigated the short- and long-term impacts of violent media on child and adult aggression. With both adults and children as participants, they used a meta-analytical design. Children have been proven to be more vulnerable to the immediate impacts of violent media than adults, while adults were found to be more vulnerable to the long-term effects. The results also showed that exposure to media violence has a minor but significant impact on children's aggressive behaviours, thoughts, angry feelings, and arousal levels. They came to the conclusion that whereas adults can prime well-encoded scripts for short-term benefits, children can learn scripts, schemas, or beliefs for long-term effects with less interference and effort than adults can through observational learning.

Deville and Ward (2007) looked at the effects of video games on teens. While some researchers discovered neither positive nor bad effects from game play, other researchers found neither negative nor good effects. The rage levels of teenagers were assessed before, during, and after they played a violent video game. The results showed that while most people's levels of anger have remained constant, some have experienced increases, while others have had decreases. They also demonstrated that these changes were mediated by the player's pre-game mood and violent temperament.

Anderson et al. (2010) looked into how violent video games affect aggression, empathy, and prosocial behavior. The Meta analysis revealed that all six outcomes, aggressive behaviour, aggressive cognition, aggressive affect, physiological arousal, empathy/desensitization, and prosocial behaviour, had significant effects. They asserted that the results' patterns for different outcomes and research approaches closely matched the predictions made by theory. The results show that playing violent video games increases aggressive behaviour, aggressive cognition, and hostile affect, while decreasing prosocial behaviour and empathy. The moderator analyses revealed significant research design effects, but there was minimal evidence of cultural variations in susceptibility.

Ojewola (2014) focused on teenage violence and see it as a result of media violence is becoming a serious physical, emotional, and psychological issue. A descriptive survey research methodology was used for this

investigation. The Ogbomoso zone's secondary school students were the study's target demographic. Using a straightforward random selection process, six secondary schools were selected from among the forty public secondary schools, and two private schools were selected from among the twelve viable ones. 400 individuals in all were chosen to take part in the study. It was done using the IMVABQ (Influence of Media Violence on Aggressive Behaviour Questionnaire). The studies also showed that media violence, regardless of age, had a major impact on violent behaviour. While the third hypothesis showed that, depending on the type of school, media violence had a significant impact on aggressive behaviour (private or public schools). Based on these findings, suggestions were made, including the requirement that licenced counsellors step up efforts to set up counselling programmes for teenagers on the risks of exposure to violent media. In order to reduce the amount of violent media programmes broadcast on commercial and public television channels, parents and the government should develop initiatives. Once again, parents need to exercise more restraint when encouraging and managing their kids' viewing of violent TV shows.

Sarah M. Coyne (2015) studies media and physical aggression. He looked at long-term relationships between watching relational aggressiveness on TV and eventual violent behaviour in the current study. Participants comprised 467 teenagers who answered several questionnaires about media and aggressiveness at three separate times. According to the findings, watching relational aggressiveness on television was a predictor of future relational aggression. On the other hand, over time, there was a reciprocal association between TV violence and aggressive behaviour. As all significant media impacts were restricted to the type of aggression viewed, there was no long-term evidence for a TV-related effect in general. These findings back up the general aggressiveness hypothesis and imply that media portrayals of relationship aggression may have a lasting impact on adolescent aggression.

Dr. Louis Jinot Belle's (2017) research centred on summarising, delving into, and debating the key factors affecting teenagers' behaviour in secondary school. Influential people in the adolescent student's life may have a negative effect on his or her behaviour at school because the student is normally going through a difficult time. The results show that peer pressure, the community, the school, families, and new media all have negative influence on students' behaviour. It comes to the conclusion that these same systems ought to try to teach children socioemotional skills because doing so will probably increase their social competence. The fact that this is a socio-emotional problem that requires socio-emotional remedies may help in the removal of disruptive student behaviour.

Conclusion

On the basis of above written review of literature we can say that there is a strong impact of media on the violent behaviour of students. Here studies of Kewalramani and Pandey, Sarah M. Coyne, Ojewola support our conclusion who took examples from TV programmes to analysis the level of aggression. Even M. Coyne looked at long-term relationships between watching relational aggressiveness on TV and eventual violent behaviour in the current study. M. Coyne on the other hand, over time, saw a reciprocal association between TV violence and aggressive behaviour. According to him as all significant media impacts were restricted to

the type of aggression viewed, there was no long-term evidence for a TV-related effect in general. Bushman and Huesmann also saw long time impact of media on children as they can learn scripts, schemas, or beliefs for long-term effects with less interference. Further we can say that video games as a part of media also related with aggression among students. This point of conclusion is supported by Devilly and Ward and Anderson et al. Even from the above mentioned reviews we can also say support SADIQ MD's research which states use of media altered the way of living and here we can support S. Arul Prabakaran and J. Venkatachalam's findings which show cheap rate of internet provided by various telecom companies as one of the major reason for raising aggression among people.

Suggestions

On the above stated work we can say that parents should keep an eye while their children are using any form of media when they are at home. They should also have a open talk with their wards regarding the news, movies or video games showing aggression. Parents have to use their calmness and polity attitude whenever their child show aggressive behavior. Not only parents but schools also have to organize time to time seminars or session by the councilors to control aggressive behavior of students. Here we can say that role of media in raising aggression among students can be control by the supportive hands of school and parents.

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