

## **The Influence of Media Violence on Aggressive Behavior among Adolescents in Selected Secondary Schools in Rajshahi, Bangladesh**

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**Abstract:** The purpose of the present study was mainly to explore the influence of media violence on aggressive behavior among adolescents in selected secondary schools in Rajshahi, Bangladesh. To reach at the end of this study, aggressive behavior of 120 respondents was measured by administering adapted Bengali version of Measure of Aggressive Questionnaire (MAB). The result of the study revealed that violent film-watching respondents significantly showed higher aggressiveness than non-violent film-watching respondents. Results also found that male respondents showed significantly higher aggressiveness than female respondents. It was also indicated that there is a significant difference in the influence of media violence on aggressive behavior on the basis of different age level.

**Keywords:** Adolescents, Age level, Aggressive behavior, Gender, Media violence

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### **I. INTRODUCTION**

Nowadays aggression and violence are the most familiar words. Aggression is a word that we use every day to characterize the behavior of others and perhaps even of ourselves. Murder, kidnap, rape, shout at or hit each other are the example of aggressive behavior. On the other hand, violence is one kind of aggressive behavior. When aggressive behavior is directed for severe loss to other people we tell it violence. Most social psychologists today are interested in understanding why people become aggressive, what factors influence aggression, and how to reduce it. In psychology, the term aggression refers to a range of behaviors that can result in both physical and psychological harm to yourself, others, or objects in the environment. There are many factors that influence aggressive behavior such as pain, heat, attack, crowding, arousal, media, etc. Media violence is one of the most influencing factors that contribute to aggressiveness. In globalized world adolescents are most addicted to media. Today media is our best companion. People cannot pass a day without using it. There are many advantages of media, such as to know any new information for education, to contact with other people instantly, and recreational purpose. There are different media, like social media, such as Facebook, Twitter, Instagram, etc. and Radio, Television, Videos, Movies, Video game, Computer network and so on. Besides numerous advantages media has several disadvantages. Media violence is one of the most serious issues in everyday life. Media Violence is the kind of an extreme form of aggression that is produced due to constant exposure to aggressive and violent behavior in mass media, resulting in human suffering, lost lives, and economic hardship to our society as well as an atmosphere of anxiety, fear, and mistrust. Vast reviews are related to media violence and aggressive behavior of adolescents. These are discussed in the following section.

Wood et al. (1991), Bushman (1997), and Zeng et al. (2004) found that violent media increase aggressive behavior among adolescents than non-violent media. Anderson and Bushman (2001), and Huesmann et al. (2003) also indicated that violent media increase aggressive cognition, aggressive affect, physiological arousal, aggressive behavior, and reduced prosocial behavior. Carnagey and Anderson (2005) concluded that aggressive effect, aggressive cognition and aggressive behavior are positively influenced by reward and punishment in violent video games. Hopf, et al. (2008) indicated that viewing horror and violent films during childhood and playing violent electronic games at the beginning of adolescence influence delinquent behavior. Anderson (1977) found that there is a correlation between viewing versus not viewing violent media and participants' subsequent level of aggression.

Hyde (1984), Lagerspetz et al. (1988), Crick et al. (1995), Lindman et al.(1997), Paquette et al.(1999) and Lopez et al. (2008) showed that boys show more aggressive behavior than girls after exposing the media violence. Paik and Comstock (1994) conducted a meta-analysis on the effect of television violence on antisocial behavior. They found that there are stronger relations between aggression and media violence viewing. They also indicated that boys are more aggressive than girls. Browne and Hamilton-Giachritsis (2005) showed that violent imagery on television and in other media increases the likelihood of aggressive behavior in younger children, especially in boys. Based on the above literature reviews the investigators have taken the following hypotheses.

1.1 Hypotheses of the study

- 1: Violent film-watching respondents would be showed higher aggressiveness than the non-violent film-watching respondents.
- 2: Male respondents would be showed higher aggressiveness than female respondents.
- 3: There would be a significant difference in the influence of media violence on aggressive behavior on the basis of different age level.

## II. METHODS

### 2.1 Sampling

The target population for the study was made up of several secondary school students in Rajshahi district. The sample of the present study was composed of 120 respondents from Rajshahi Education Board Govt. Model School and College and Rajshahi Cantonment Public School and College. These 120 respondents were purposively selected from those schools. There were 60 male and 60 female respondents. From this 120 respondents, the violent film-watching respondents were 60 (male=30, female=30) and the non-violent film-watching respondents were 60 (male=30, female=30). The distribution of the sample has been reported in the following table.

### 2.2 Sample distribution:

Age	Who watches a violent film		Who doesn't watch a violent film		Total
	Male	Female	male	Female	
12-14	10	10	10	10	40
14-16	10	10	10	10	40
17+	10	10	10	10	40
Total	30	30	30	30	120

### 2.3 Instruments and Scoring

The measure of Aggression Questionnaire was constructed by Buss and Perry (1992). There are 29 statements on this scale. This scale was revised from of Aggression Questionnaire developed former by Buss and Durkee (1957). It's signified by a subscale on the Aggression Questionnaire. These sub traits are physical aggression, verbal aggression, anger, and hostility. Buss and Warren (2000) made a further revision of the Aggression Questionnaire of four factors developed by Buss and Perry (1992).

Rahman (2003) adapted the Bengali version of this scale. He adapted 25 items from the original 29 for use in Bangladeshi culture. The ratings 5 items were identified as physical aggression (PA), 9 items as verbal aggression (VA), 5 items as hostile aggression (HA), 3 items as anger aggression (AA), and 3 items as indirect aggression (IA). Thus the final form of MAB contained 25 items. The highest possible score was 125 and the lowest possible score was 25. Hence a score following on 75 or above was considered as aggressive behavior score.

### 2.4 Procedure

The present study was followed standard data collection procedure to collect data. During data collection, the investigators had to take consent support from the participant and the head of these institutions. Participants were informed of the purpose of the current study and the necessary rapport was established before managing the scale. Respondents were also assured that their responses would be kept confidential. Firstly, respondents were asked to complete the questionnaire appropriately. Then, respondents were also told that there was no right or wrong answer and not to omit any answer. Finally, respondents were thanked for their active participation.

### III. Results

To analyze the collected data t-test and one way ANOVA were used through IBM SPSS (version-20). The results of the present study are presented in the following section.

**Table 1: Mean difference of aggressive behavior between the respondent groups**

Group type	N	$\bar{X}$	SD	df	t
Violent film watching group & Non-violent film watching group	60	78.64	23.80	118	2.097*
Male Respondents & Female Respondents	30	80.37	12.54	58	2.10*
	30	69.73	24.73		

\* $P < 0.05$

The table 1 shows that the aggressive behavior of the violent film-watching group is significantly ( $P < 0.05$ ) higher than that of the non-violent film-watching group. On the other hand, the aggressive behavior of male respondents is also significantly ( $P < 0.05$ ) higher than their counterpart.

**Table 2: Analysis of Variance of aggressive behavior of the students according to their age level**

Source of Variation	SS	df	MS	F
Between Groups	848.03	2	424.02	
Within Groups	6084.55	58	106.75	3.97*
Total	6932.58	60		

\* $P < 0.05$

The table 2 shows that aggressive behavior of the students differs significantly ( $F=3.97, P < 0.05$ ) according to their age level.

**Table 3: Mean Score of aggressive behavior of the students according to their age level**

Age Level	$\bar{X}$	SD
12-14	89.10	12.58
14-16	83.10	8.58
17+	80.05	9.38

The table 3 shows that aggressive behavior of the students on the basis of their age level.

### IV. DISCUSSION

The main purpose of the current study was to explore the influence of media violence on aggressive behavior among adolescents in selected secondary schools in Rajshahi, Bangladesh. In this connection, the aggressive behavior of 120 respondents was measured by administering the Bengali version of the Measure of Aggressive Questionnaire. The result was analyzed by employing t-test and one way ANOVA. The result revealed that violent film-watching respondents showed significantly higher aggressiveness than non-violent film-watching respondents (Table-1:  $t=2.097; P < 0.05$ ). This result is consistent with the previous studies of Wood et al. (1991), Zeng et al. (2004), Huesmann et al. (2003), and Carnagey and Anderson (2005). The researchers specified that violent film increases aggressive affect, physiological arousal and finally it leads to performing aggressive behavior. So, violent film-watching respondents showed more aggressiveness than the non-violent film-watching respondents.

The result also exposed that male respondents showed significantly higher aggressiveness than female respondents (Table-1:  $t=2.10$ ;  $P<0.05$ ). This result is consistent with the earlier studies of Hyde (1984), Lagerspetz et al. (1988), Crick et al. (1995), Lopez et al. (2008), and Paik and Comstock (1994). Thus, the investigators indicated that boys were more likely to watch violent movies than girls, thus leading to the rapid development of their aggressively cognitive framework. For this reason, boys express more aggressive behavior than girls.

The result of the study also shown that there is a significant difference in the influence of media violence on aggressive behavior on the basis of different age level (Table-2:  $F=3.97$ ;  $P<0.05$ ). The result also found that students of 12-14 age showed more aggressive behavior than the other two age level (Table-3). This result is consistent with the past studies of Bushman (1997), Hopf, et al. (2008). Here the researchers claimed that frequent exposure to violent movies formed aggressively cognitive schema for adolescents, and finally led them to violence and aggressive behavior.

## V. CONCLUSION

In conclusion, the researchers said that watching violent film increase aggressive behavior among adolescents and especially for boys than girls. The investigators also suggest that aggressive behavior varies on the basis of age level in adolescents. The sample size of the study was very small and only focused on the aggressive behavior of adolescents. Finally, this study helps us to know about the impact of media violence on aggressive behavior.

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