



# AN ANALYTICAL STUDY OF AGGRESSION AND SOCIAL ADJUSTMENT BETWEEN WORKING AND NON WORKING WOMEN IN MEERUT REGION

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## Abstract

**Introduction:** *The objective of this study was to investigate the aggression and social adjustment between working and non working women in Meerut Region. Another purpose of the study was to evaluate the aggression and social adjustment between working and non working women.*

**Methods:** *The subjects of this study were selected from the women in Meerut Region (U.P.). The total numbers of subjects for this study were 100 women's (50 working women's and while another 50 non working women's in Meerut Region) subjects of age ranged between 35-40 years was selected randomly. Criterion measures were administrated for this study was aggression of working and non working married woman by Aggression Inventory by Km. Roma pal and Dr. (Smt.) Tasneem Naqvi was used. Criterion measure for this investigation was social adjustment of working and non working married woman by Social Adjustment Inventory by Km. Roma pal was used. To find out significant difference between two groups i.e. working and non working women, t-test was employed.*

**Results and Discussion:** *The results of the study show that there were significant ( $p > .05$ ) differences in aggression and social adjustment between working and non working married women in Meerut Region.*

**Keyword:** Aggression, Social Adjustment, Women

## INTRODUCTION

One of the most significant connections between a man and ladies is marriage. It includes passionate and lawful duty that is very significant in any grown-up life. Also, choosing an accomplice and going into a conjugal agreement is viewed as both maturational achievement and individual accomplishment. There is no uncertainty that the decision of conjugal accomplice is one of the most significant choices one makes in his/her lifetime. Individuals wed for some, reasons, similar to; love, satisfaction, friendship, and the longing to have kids, physical fascination, or want to escape from a despondent circumstance

Far reaching investigation of married couples examined a portion of the elements that added to conjugal fulfillment. A portion of their discoveries uncovered existing social, social, instructive level the more noteworthy fulfillment. Occupation and salary, which are frequently thought to be related with levels of fulfillment, have no relationship with it. The quantity of kids also influences conjugal fulfillment.

There is proof that the weights of dealing with numerous jobs in ladies are the best, and the mental advantages of business are the least, under states of overwhelming family obligations that is, when little youngsters are at home.

Working ladies might be inclined to sorrow since they bear the twofold weight of housework and a vocation outside the home. Since they need to work in two situations, one is the workplace condition and the other is home condition. Both are boundlessly not quite the same as to each other. Stress emerging from conjugal connections is showed in incessant issues, for example, misery, sleep deprivation and hypertension. Since a relationship relies upon the idea of the people in question, it assists with looking for the center way when the natural individual contrasts surface. It frequently assists with changing one's mentality, go for guiding or talk straightforwardly with your life partner about issues confronting your relationship.

In psychology, the term aggression refers to a range of behaviors that can result in both physical and psychological harm to oneself, other or objects in the environment. The expression of aggression can occur in a number of ways, including verbally, mentally and physically. Aggression has various meanings; we will define human aggression as behavior whose intent is the physical or psychological injury or another person. Aggression as psychological phenomenon stems from deliberate intention of harming another person. It is an action, which is visible in overt behavior. It is, therefore, clear that aggression is constituted of three elements. These are intention, action tendency and actual harm committed to another person (Berkowitz 1981). Aggression refers to any behavior that is hostile, destructive, and/or violent. Generally, aggressive behavior has the potential to inflict injury or damage to the target person or object. Examples of aggressive behavior include physical assault, throwing objects, property destruction, self-harming behaviors, and verbal threats.

Aggression can be either physical or verbal, and behavior is classified as aggression even if it does not actually succeed in causing harm or pain. Aggression is not the same thing as assertiveness. Aggression is a perplexing phenomenon. Aggression is viewed as a form of behavior, not as an emotion, a motive, or an attitude. The term aggression often has been applied to negative emotions such as anger, to motives such as the desire to harm or injure others, and even to negative attitudes such as racial or ethnic prejudice. While all of these factors certainly play an important role in the occurrence of behavior that causes harm, their presence is not a necessary condition for the performance of such actions. Either is it essential that aggression hate or even dislike the persons they attack. Many people inflict harm upon persons toward whom they hold positive rather than negative attitudes. In view of the fact that negative emotions, motives, and attitudes may or may not accompany direct assaults against others, we will restrict the use of the term aggression to overt harm doing behavior and consider other factors separately.

It is popularly said that man is an aggressive animal. Man is the only species on this earth that kills members of his own species show consistently and ruthlessly. The most extreme form of aggression is the destruction of mankind through wars. Considered from this perspective, aggression may be regarded as the essential part of human nature. However, there are social, economic, cultural and situational factors that increase and decrease aggression.

## METHODOLOGY

The data for the study were collected from the 100 subjects (50 working women and while another 50 non working women) were selected from different organizations either affiliated to the government body at center or in the state, to public or private sector and non working woman were randomly selected from house woman in Meerut Region (U.P.) and their age was between 30-35 years. Necessary data were collected for aggression by Aggression Inventory by Km. Roma pal and Dr. (Smt.) Tasneem Naqvi and social adjustment by Social Adjustment Inventory by Km. Roma pal was used. To compare these variables between working and non working married women, t-test was computed. To find out the significant difference in aggression and social adjustment between working and non working married women, the level of significant was set at level of .05.

## RESULTS OF THE STUDY

To find out aggression between the means of working and non working women, t-ratio statistics was used and presented in table -01.

TABLE-1

### T-ratio of the means of aggression between working and non working women

	Working Women	Non-Working Women	t.ratio
Mean	11.86	10.32	3.201*
S.D	2.42	2.39	

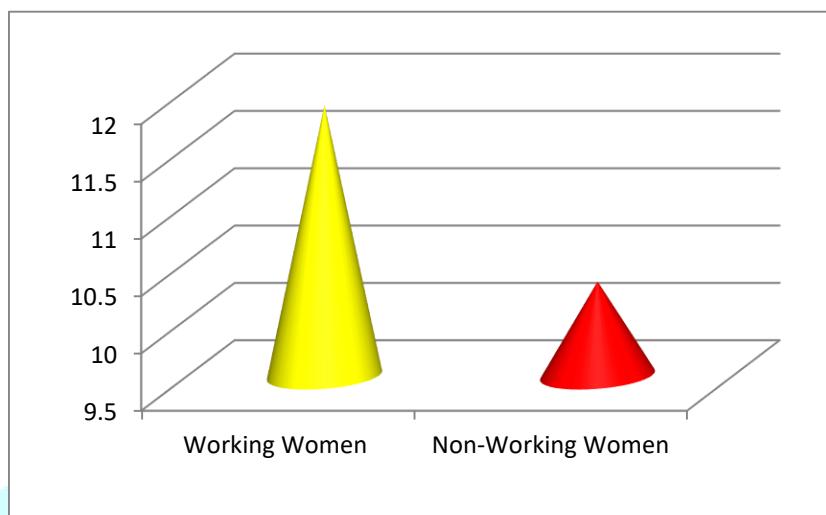
Significant at .05 level

t-value required to be significant at 99 df =1.98

It is evident from table-1 that, significant difference was found between the mean scores of working and non working women in relation to aggression as the t-value was found 3.201 which was higher value than the required value at .05 level of significance.

The scores are also illustrated in the figure-1

**Figure-1**



To find out social adjustment between the means of working and non working women, t-ratio statistics was used and presented in table -02.

**TABLE-2**

**T-ratio of the means of Social Adjustment between working and non working women**

	Working Women	Non-Working Women	t.ratio
Mean	95.98	90.32	6.705*
S.D	4.79	3.57	

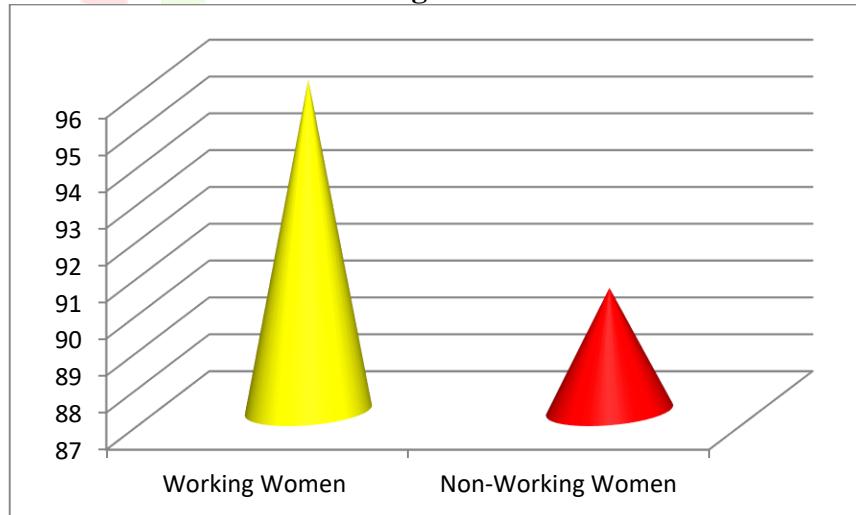
Significant at .05 level

t-value required to be significant at 99 df =1.98

It is evident from table-2 that, significant difference was found between the mean scores of working and non working women in relation to social adjustment as the t-value was found 6.705, which was higher value than the required value at .05 level of significance.

The scores are also illustrated in the figure-2

**Figure-2**



## DISSUASION OF THE RESULTS

The present investigation was designed to know the aggression and social adjustment between working and non working married women in Meerut. The purpose of this study was differences between the working and non working women. Though the Master Student did not tend to explore personal life of subjects but, some of the facts could not be unattended hence, found necessary to know the aggression and social adjustment between working and non working married women in Meerut (U.P.).

The Aggression Inventory and Social Adjustment Inventory used for the purpose helped to know the significant difference in aggression and social adjustment between working and non working married women in Meerut Region (U.P.).

The result of the study was to compare the aggression between working and non working married women. Though aggression significant difference between working and non working women. The result is in the direction of Bhat, Sunil K., et al. (2017) conducted study on the topic. "Relationships between depression and aggression and blood pressure in young adults".

The result of the study was to compare the social adjustment between working and non working married women. Though social adjustment significant difference between working and non working married women. The result is in the direction of Zemestani, Mehdi, Leila Hasannejad, and Ali Nejadian(2013) conducted a study on the topic "Comparison of quality of life, sleep quality and social adjustment of cancerous patients with intact individual in Ahvaz city". The findings showed that there was a significant difference in quality of life, sleep quality, and social adjustment between cancerous patients with intact individual.

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