



Aggression Among the Unemployed Educated Youth in Bahawalpur

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Abstract

Youth is an important segment of population of any country. Young people are the asset of the society and if the energy and creativity of the youth is utilized positively, it can contribute to the prosperity and development of the nation. However, sometimes unfavorable conditions and circumstance put their energy on negativity, and they become the victim of the negativity and get involve in anti-social behaviors and activities which hinder the development of society. The current research paper focuses to study the aggression level among the unemployed youth in Bahawalpur, a district of Punjab, Pakistan. Unemployment and poverty negatively affect the youth and cause many social, psychological, and economic problems. The stress and frustration of the unemployment increases the aggressive behavior among youth, and they become involve in anti social and violent activities. So it is important to study the impact of unemployment on young people and make efforts to invest the energies of youth on positive side and use it for the progress the nation. Current study focuses on the level of aggression and different factors of aggression and their relationship. A sample of 100 educated young people was taken through questionnaire. It is concluded from the information obtained during research that all the factors of aggression have positive relationship. The young people with low socio- economic background and low level of educational qualification were more aggressive as compared to the middle and upper class unemployed youth and with higher degree of education. There was a slight difference between the aggression level of married and unmarried young people. Married people were slightly more aggressive than the unmarried.

Keywords: Youth, unemployment, aggression.

1 Introduction

The term aggression is the behavior that characterized as the harmful act towards other objects and even to oneself. The extreme form of aggression is violence (Stangor, Jhangiani, & Tarry, 2014). Aggression is an anti social behavior that violates the moral, ethical and cultural standards of the society. Aggression represents to the action that may cause injury or damage to an object or person. These acts sometimes deliberate and sometimes not deliberate. Aggression can be verbal or physical. And the extent of aggression also vary from mild to severe (Moelle, 2001). In a broader sense aggression is the behavior or a disposition that is forceful, antagonistic or attacking. It may occur either in retaliation or without aggravation. In narrower definitions that are used in social sciences and behavioral sciences, aggression is a meaning to cause harm or an act intended to increase relative social power. Aggression can take a variability forms and can be physical or be communicated verbally or

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non-verbally. Aggression differs from what is usually called assertiveness (Akert, Aronson, & Wilson, 2010).

Mohanty (2005), described that aggression is the form of negative emotions. We don't like aggression and consider it negative, but it is very important part of human behavior. As described by Sigmund Freud and many other psychologists determined aggression is the powerful and instinctive force popularly known as death or destruction instinct. According to Freud it is the fundamental for the self preservation and protection.

2 Types of Aggression

2.1 Emotional or impulsive

Emotional or impulsive aggression occur due to extreme negative emotions and it is not intentional.

2.2 Instrumental or cognitive aggression

Aggression that is planned and intentional is instrumental or cognitive aggression. That type of aggression is occurred to harm someone to gain something like attention, money or power.

2.3 Physical Aggression

The aggression in which someone physically harm others or himself is called physical aggression. Like hitting, beating shooting etc.

2.4 Verbal Aggression

The aggression that not physical hurting someone but verbally hit others is termed as verbal aggression (Stangor et.al, 2014). Biological and environmental factors contribute to develop aggressive and anti social behavior. Biological factors include genetics, nervous system and hormones and environmental and social factors include parenting style, peer group influence, neighborhood and academics contribute to aggressive and anti-social behavior (Dodge, Coie, & Lynam, 2007). Aggression is viewed as a concept that encircling a wide range of heterogeneous behaviors. Two common subtypes of aggression are overt and covert aggression. As the name suggests, overt aggression involves outward or open challenging acts of aggression, such as physical fighting, verbal threats and bullying. On the other hand, covert aggression is more hidden and secret examples include stealing, truancy etc (Conner, 2004). Stangor and companions discussed the different causes of aggression. Biological factors also influence the aggression level along with many other factors. Human brain plays an important role in creating and regulating aggression and fear. Hormones also responsible for producing aggression. Besides the biological causes, there are many other factors responsible for creating aggression like strong negative emotion, alcoholism. Frustration is also have a significant place in causing aggression (Stangor et.al, 2014).

2.5 Unemployment

The situation of unemployment is defined as the condition where people do not discover job despite of their willingness to do work within the existing market situations. (Pakistan Economic Survey, 2013-14). Unemployment can be defined as, a man do not have job and wants to be employed. Unemployed person desires to do work and he is mentally and physically fit to do work (Pigou, 2013). The rate unemployment is measured by the pervasiveness of unemployment. According to International Labour Organization report, more than 197 million people globally are out of work and 6% of world's workforce out of

job in 2012 (International Labor Organization, 2013). Unemployment rate identifies the percentage of people who are unemployed as compared to the total labour force of the country. The total unemployment rate in Pakistan is 6.2 % in 2012-2013. The unemployment rate is higher in urban areas of the country as compared to the rural areas. Among the provinces the Punjab has the higher unemployment rate than other provinces due to the higher population in this province (Pakistan Economic Survey, 2013-14).

High population growth rate, low educational level, lack of skill development, poverty and nepotism and biasness are the major causes of unemployment in Peshawar, Pakistan. Unemployment causes violence, crimes suicide, drug addiction and unrest in society. Unemployment also damages the health status of unemployed persons mentally and physically. Unemployment also effects the honor and prestige of the person in society. Marital life of unemployed persons adversely affected due to lack of job (Ahmad, & Khan, 2016). Population, internal and external debts, foreign investment, gross domestic product and are the major determinants of unemployment in Pakistan (Maqbool, Mahmood, Sattar, & Bhalli, 2013).

2.6 Effects of unemployment on Personality

Poverty is the phenomenon that effects not only the socio- economic set up but also and more significantly interrupts the psychological aspect of human life. Poverty leads people to frustration and feelings of hopelessness. Poverty in Pakistan sometimes leads people to suicide and force them to sell their body parts (Miankhail, 2009). The period of early adulthood, aged from 15 years to 24 years of age is a crucial in the developmental phase of lie. It is the age when everyone is expected to perform their life tasks practically or at least engage in them. It is the time period of life span when the young people become more independent and rely on themselves. They shift from school and college student to workforce personnel. They set up their own households (South Australian Youth Incomes Task Force 1988). Long term unemployment make people unable to pay their financial responsibilities and sometimes leads to homelessness. Long term unemployment reduces the efficiency and skills of the workers. Unemployment decreases the life expectancy and increases the xenophobia and strong feelings of protectionism as the worker thought that the outsiders stealing their jobs (Steininger, & Rotte, 2009). It is found that there is positive relationship between the childhood aggression and long term unemployment in adulthood. Teacher related aggression and aggression related to maladjustment in school created long term unemployment in young age (Kokko, & Pulkkinen, 2000). Unemployment and poverty increases the insecurity among the people. Unemployment and poverty causes dissatisfaction, frustration, aggression and uncertainty (Ayegba, 2015). Long term unemployment in adulthood enhances the level of psychological distress, depression, aggression and anxiety (Kokko, Pulkkinen, Puustinen, 2000).

Ajaegbu, (2012) have researched on the Nigeria. The conclusion of the research that the increasing crimes in like kidnapping, terrorism, robbery are the connected with the growing unemployment among the youth. The feelings of frustration and deprivation among youth engage them to crimes. The frustration caused by the poverty and unemployment articulated through an aggressive behavior. Ahmad, & Khan, (2016) described that unemployment harms the health status of unemployed persons mentally and physically. Unemployment decreases the integrity and respect of the person in society. It creates the feelings of inferiority among unemployed people.

This study aimed to explore the aggression among the unemployed educated youth of Bahawalpur city, a city in the province of Punjab Pakistan. The purpose of the study is to find out the impact of unemployment on the aggression level of educated young persons. The objectives of the study are to examine the difference between aggression level of married and unmarried respondents, between male and female, between respondents with different socio-economic status. Some hypotheses were formulated to be tested through this research study.

3 Methodology

This study aims to explore the level of aggression among the unemployed educated youth in Bahawalpur city. Close ended questionnaire was used to gain the information from the respondents. The contents of this questionnaire contain questions about aggression and emotions. Respondents of the research was the unemployed educated young people and sample was selected through convenient sampling technique. The sample size was 100 respondents including both males and females. The basic purpose of this research is to study the aggression due to unemployment and the data is gathered according to willingness of each respondent. The questionnaire has four sub-scales. Theses sub-scales check the physical aggression, verbal aggression, anger and hostility of the unemployed young males and females. The research study was analyzed after the collection of data. The data such collected for the purposed of study is analyzed and compiled for the results through SPSS.

3.1 Definition of the Variables

3.2 Aggression

Aggressive behavior is reactionary and impulsive behavior that often results in breaking household and society's rules or the laws. Aggressive people may cause harm to other persons and objects and sometimes to themselves.

3.3 Unemployment

Unemployment is the condition that happens when a person who is vigorously searching for employment is unable to find work.

4 Results

Table 1

Frequency Distribution of the Respondents according to their Gender

Gender	Frequency	Percent	Cumulative Percent
Male	37	37.0	37.0
Female	63	63.0	100.0
Total	100	100.0	

This table shows the frequency distribution of all the respondents according to their gender. From the overall sample 37% respondents are male and the other 63% respondents are female.

Table 2***Frequency Distribution of the Respondents according to Marital Status***

Marital Status	Frequency	Percent	Cumulative Percent
Unmarried	78	78.0	78.0
Married	22	22.0	100.0
Total	100	100.0	

The table shows the frequency distribution of all the respondents according to their marital status. From the collected data we conclude that 78% respondents are unmarried and the other 22% respondents are married.

Table 3***Frequency Distribution of the Respondents according to Education***

Education	Frequency	Percent	Cumulative Percent
Intermediate	6	6.0	6.0
Graduation	31	31.0	37.0
BS (Hons)	5	5.0	42.0
Master Degree	58	58.0	100.0
Total	100	100.0	

The table shows the frequency distribution of all the respondents according to their education. From the collected data 6% respondents have intermediate education, 31% respondents are graduates, 5% of the respondents having BS (Hons), and the other 58% respondents are master degree holders. Hence we conclude that most of the unemployed respondents are masters degree holders and graduates.

Table 4***Frequency Distribution of the Respondents according to Socio Economic Status***

Socio Economic class	Frequency	Percent	Cumulative Percent
Low class	26	26.0	26.0
Middle class	52	52.0	78.0
High class	22	22.0	100.0
Total	100	100.0	

The table shows the frequency distribution of all the respondents according to their socio economic status. From the collected data 26% respondents are low class respondents, 52% are middle class people, and the other 22% respondents have high class economic status in the society.

Table 5***Descriptive Statistics of all the Variables used in the Scale of Aggression***

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Age	100	20	40	25.11	3.837
Anger	100	9	28	17.56	4.001
Physical Aggression	100	12	36	23.28	4.936

Verbal Aggression	100	7	30	15.88	4.912
Hostility	100	10	36	20.92	4.982
Overall Aggression	100	44	122	77.64	13.077

The above table shows the descriptive statistics of all the variables used in this research study. The average age of all the sampled population is 25.11 years with std. deviation 3.837; the average anger of the target population of unemployed people is 17.56 with std. deviation 4.001, physical aggression of the population is 23.28 with std. deviation 4.936, verbal aggression of the overall target population is 15.88 with std. deviation 4.912, the average hostility of the population is 20.92 with std. deviation 4.982 and the overall aggression level of the population is 77.64 with std. deviation 13.077.

Table 6***Comparison of the Aggression level of Population according to their Educational level***

Education	N	Minimum	Maximum	Mean	Std. Deviation
Intermediate	6	73	106	83.67	12.011
Graduation	31	53	102	79.16	13.516
BS (Hons)	5	52	82	72.40	12.502
Master Degree	58	44	122	76.66	12.991

Significance of ANOVA P-value = 0.424

This table shows the comparison of level of aggression of the overall respondents according to their education. The aggression score of intermediate education people is 83.67 with std. deviation 12.011, the average aggression of the graduates is 79.16 with std. deviation 13.516, the aggression level of the people with BS (Hons) is 72.40 with std. deviation 12.502 and the aggression level of master degree people is 76.66 with std. deviation 12.991. The P-value for the ANOVA is 0.424 shows the test is not significant at 5% level of significance.

Table 7***Comparison of Aggression of Respondents according to their Socio Economic Status***

Education	N	Minimum	Maximum	Mean	Std. Devi
Low class	26	59	102	79.92	12.241
Middle class	52	52	122	79.31	13.593
High class	22	44	88	71.00	10.933

P-value of ANOVA for Significance = 0.024

This table shows the comparison of level of aggression of the overall unemployed respondents according to their socio-economic status. The aggression score of low class people is 79.92 with std. deviation 12.241, the aggression level of respondents of middle class people is 79.31 with std. deviation 13.593, and the aggression score of high class population is 71.00 with std. deviation 10.933. by comparison we can say that the level of aggression is low in the high class society and high in the lower class. The P-value for the ANOVA is 0.024 shows the test is significant at 5% level of significance.

Table 8
The Correlations among all the Factors of the Aggression

Factors of Aggression	Physical Aggression	Verbal Aggression	Anger	Hostility
Physical Aggression	1			
Verbal Aggression	0.376** (0.000)	1		
Anger	0.322** (0.001)	0.265** (0.008)	1	
Hostility	0.366** (0.000)	0.233* (0.020)	0.312** (0.002)	1

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

The above table demonstrates the correlations among all the factors of the aggression for the target population. All the correlations are positive show that the factors move in the same directions and their relationship is positive. The values in the brackets are the P-values for the individual correlations. The values with star (*) shows the significance of relationship at 5% level of significance and the double star (**) shows the significance at 1% level of significance.

Table 9
Comparison of Aggression level of Unemployed Respondents according to Marital Status

Marital status	N	Mean	Std. Devi	Comparison using T-Test			
				Mean Diff	T-Score	d.f	P-value
Unmarried	78	77.55	13.401				
Married	22	77.95	12.148	0.403	-0.127	98	0.899
P < 0.0							

The above table shows the comparison of aggression level of the target population of unemployed people according to their marital status. The average score of unmarried people is 77.55 and the average score of is 77.95. Hence the level of aggression in married population is slightly high as compared to unmarried people. T-test is used for the significance of difference and T-score is -0.127 with p-value 0.899 show the test is not significant at 5% level of significance.

Table 10
Frequency Distribution of the Respondents according to their Aggression Level

Aggression Level	Frequency	Percent	Cumulative Percent
Mild Aggression	5	5.0	5.0
Moderate Aggression	74	74.0	79.0

Severe Aggression	21	21.0	100.0
Total	100	100.0	

The above table presents the frequency distribution of all the respondents according to their aggression level. From the entire sample 5% are at the mild level of aggression, 74% respondents are at the moderate level of aggression and the other 21% are at the severe level of aggression. Hence we can conclude that mostly unemployed respondents are at the moderate level of aggression.

5 Discussion

Some hypotheses which are assumed in this study are

1. It was supposed that the aggression level of the unemployed population would be differing according to the change in educational status.
2. It was assumed that the aggression level of the overall respondents would be varied according to their socio- economic status.
3. It was hypothesized that there would be positive relationship among all the factors of the aggression.
4. It was expected that the aggression level of married and unmarried unemployed people would be different in the target population.

Table 6 shows the comparison of level of aggression of the overall respondents according to their educational level. The aggression score of intermediate education people is 83.67 with std. deviation 12.011, the average aggression of the graduates is 79.16 with std. deviation 13.516, the aggression level of the people with BS (Hons) is 72.40 with std. deviation 12.502 and the aggression level of master degree people is 76.66 with std. deviation 12.991. It is concluded that the aggression level is different among the different educational status as hypothesized in first hypothesis.

Table 7 displays the comparison of level of aggression of the overall unemployed respondents according to their socio economic status. By comparison we can say that the level of aggression is low in the high class society and high in the lower class. Table 8 confirms the third hypothesis of the study that there is a positive relationship among all the factors of aggression. All the correlations are positive shows that the factors move in the same directions and their relationship is positive.

Table 9 depicts that there is not much difference between the aggression level of married and unmarried respondents. Aggression level slightly high among the married people than unmarried. Table 10 represents the overall aggression level among all the respondents. Hence it is concluded that mostly unemployed respondents are at the moderate level of aggression. The current research focused on the effects of unemployment on aggression level of educated youth both male and female. The results of the study demonstrated that the unemployed youth with low socio- economic background are more aggressive. The unemployed young people with low level of education have high risk of aggression.

6 Conclusion

The study highlighted the fact that unemployment adversely affect the youth. The overall aggression level is moderate and the among the factors the physical aggression is more common than others. The young people with low socio- economic background and with low level of educational qualification are more vulnerable and become the victim of aggression due to the frustration and anxiety of joblessness. Because the people with low socio- economic status have more pressure to get job. It is needed to overcome the stress of the young unemployed people and engage them in healthy activities. So that they can contribute positive in the development of society.

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