

## **THE EVOLUTION OF HUMAN AGGRESSION IN MODERN SOCIETY**

“He who makes a beast of himself gets rid of the pain of being a man.” Dr. Johnson

Aggression is overt, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual. The term aggression comes from the Latin word *aggressio*, meaning attack. My article deals with human aggression and a variety of its forms. Human aggression can be classified into direct and indirect aggression, whilst the first is characterized by physical or verbal behavior intended to cause harm to someone, the second one is characterized by a behavior intended to harm social relations of an individual or a group.

Aggression can take a variety of forms, which may be expressed physically, or communicated verbally or non-verbally: including anti-predator aggression, defensive aggression (fear-induced), predatory aggression, dominance aggression, inter-male aggression, resident-intruder aggression, maternal aggression, species-specific aggression, sex-related aggression, territorial aggression, isolation-induced aggression, irritable aggression, and brain-stimulation-induced aggression (hypothalamus). There are two subtypes of human aggression: controlled-instrumental subtype (purposeful or goal-oriented); and reactive-impulsive subtype (often elicits uncontrollable actions that are inappropriate or undesirable) [1].

Violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm [6].

Globally, violence resulted in the deaths of an estimated 1.40 million people in 2015 up from 1.13 million in 1990. In Africa, out of every 100,000 people, each year an estimated 60.9 die a violent death.

Violence in many forms is preventable. There is a strong relationship between levels of violence and modifiable factors such as concentrated poverty, income and gender inequality, the harmful use of alcohol, and the absence of safe, stable, and nurturing relationships between children and parents. Strategies addressing the underlying causes of violence can be effective in preventing violence.

Anger or wrath is an intense emotional response. It is an emotion that involves a strong uncomfortable and emotional response to a perceived provocation, hurt or threat. [8] Anger can occur when a person feels their personal boundaries are being or going to be violated. Anger may be utilized effectively by setting boundaries or escaping from dangerous situations.

Anger is an emotional reaction that impacts the body. A person experiencing anger will also experience physical conditions, such as increased heart rate, elevated blood pressure, and increased levels of adrenaline and noradrenaline. Anger is used as a protective mechanism to cover up fear, hurt or sadness.

Ethologists study aggression as it relates to the interaction and evolution of animals in natural settings. In such settings aggression can involve bodily contact such as biting,

hitting or pushing, but most conflicts are settled by threat displays and intimidating thrusts that cause no physical harm. This form of aggression may include the display of body size, antlers, claws or teeth; stereotyped signals including facial expressions; vocalizations such as bird song; the release of chemicals; and changes in coloration[7]. Most ethologists believe that aggression confers biological advantages. Aggression may help an animal secure territory, including resources such as food and water. Aggression between males often occurs to secure mating opportunities, and results in selection of the healthier/more vigorous animal. Aggression may also occur for self-protection or to protect offspring. Aggression between groups of animals may also confer advantage; for example, hostile behavior may force a population of animals into a new territory, where the need to adapt to a new environment may lead to an increase in genetic flexibility.

Human behavior is shaped by three main, animal drives. Taken together, these drives - dominance, food and reproduction,—achieve natural selection. Usually the more aggressive animals become the more dominant.

In mammals, the hypothalamus and periaqueductal gray of the midbrain are critical areas, as shown in studies on cats, rats, and monkeys[5]. These brain areas control the expression of both behavioral and autonomic components of aggression in these species. In human, aggressive behavior has been associated with abnormalities in three principal regulatory systems in the body serotonin systems, catecholamine systems, and the hypothalamic-pituitary-adrenocortical axis. Abnormalities in these systems also are known to be induced by stress, either severe, acute stress or chronic low-grade stress.

Testosterone is a steroid hormone from the androgen group, which is most linked to the prenatal and postnatal development of the male gender and physique, which in turn has been linked on average to more physical aggression in many species.

In many animals, aggression can be linked to pheromones released between conspecifics. Pheromones have also been identified in fruit flies, detected by neurons in the antenna, that send a message to the brain eliciting aggression; it has been noted that aggression pheromones have not been identified in humans.

Social and cultural aspects may significantly interfere with the distinct expression of aggressiveness. For example, a high population density, when associated with a decrease of available resources, might be a significant intervening variable for the occurrence of violent acts.

There has been some links between those prone to violence and their alcohol use. Those who are prone to violence and use alcohol are more likely to carry out violent acts. Alcohol impairs judgment, making people much less cautious than they usually are. Pain and discomfort also increase aggression

Conditions in the home--harsh and ineffective parental discipline, lack of parental involvement, family conflict, parental criminality, child abuse and/or neglect, and rejection--also predict early onset and chronic patterns of antisocial behavior[4].

Recommendation by national associations:

"The best way to prevent aggressive behavior is to give your child a stable, secure home life with firm, loving discipline and full-time supervision during the toddler and preschool years. Everyone who cares for your child should be a good role model and agree on the rules he's expected to observe as well as the response to use if he disobeys."

A number of themes that should be included in a school's plan for preventing and responding to youth aggression and violence:

- \* Conflict resolution/social instruction
- \* Classroom strategies for preventing and responding to disruptive behavior
- \* Parent involvement
- \* Screening to identify students who are at-risk for school failure
- \* School- and district-wide data systems
- \* Crisis and security planning
- \* School-wide discipline and behavioral planning
- \* Functional assessment and individualized behavior plans[3].

“Normal” aggression

Children and youth pass through a number of developmental stages in which certain negative behaviours, including those involving some aggression, can be considered commonplace or “normal[2].”

We have received aggression during the evolution, and without it we would not be able to survive and become the people in these conditions. Modern society has other laws that would remain the person we need to carry the heavy burden of animal origin suppression.

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