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RESEARCH ARTICLE

A COMPARATIVE STUDY TO ASSESS THE PREVALENCE OF AGGRESSION AND ITS CONTRIBUTORY FACTORS AMONG HOSTELLERS AND DAY-SCHOLARS STUDYING IN INSTITUTE OF NURSING EDUCATION, GURU TEG BAHADUR SAHIB (C) HOSPITAL, LUDHIANA, PUNJAB

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ABSTRACT

Background: The present day nursing students are important members of health care profession. A better understanding of student's attitude including emotional aspects might be useful to teachers in their efforts to provide support to students in every phase of the education. It is critical for nursing faculty to deal constructively with angry students.

Aim: The aim of study is to assess prevalence of aggression and its contributory factors among hostellers and day-scholars.

Materials & Methods: A comparative study was conducted in Institute of Nursing Education, Guru Teg Bahadur Sahib (C) Hospital, Ludhiana, Punjab on hostellers and day-scholars studying in B.Sc Nursing and Post Basic B.Sc Nursing. All the 286 students were taken as sample using total enumerative sampling technique. Out of 286 students, 176 were Hostellers and 110 were Day-scholars. Data was collected by using Buss-Parry Aggression Questionnaire to assess aggression and self-structured questionnaire to assess contributory factors of aggression.

Results: Findings revealed that Prevalence of aggression among hostellers was higher than day-scholars as measured by Buss Perry Aggression Questionnaire at $p < 0.05$ level. It was found that 96.59% hostellers and 90.00% day-scholars were aggressive. Among aggressive hostellers 53.53% subjects had below average aggression and 46.47% subjects had above average aggression while among aggressive day-scholars, 71.72% subjects had below average aggression and 28.28% subjects had above average aggression. In majority of subjects contributory factors causing aggression were stress, watching violent T.V programmes, high environmental temperature, dishonesty of people, unsupportiveness by people, pre-menstrual syndrome and family history of aggression. In socio demographic variables, class among hostellers & dietary habits among day-scholars was found to be associated with mean aggression score. None of the other variables were found significantly related with aggression.

Conclusion: The study concluded that prevalence of aggression among hostellers was higher than day-scholars. The major cause of aggression was stress among hostellers while dishonesty by people among day-scholars.

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INTRODUCTION

The present day nurses are the important members of the health care profession. Nursing is a holy profession which is lauded by all. Still it is not free from the complexities. Nursing students experience a variety of hopes and fears during their education. A better understanding of student's attitude might be useful to teachers in their efforts to provide support to students in every phase of the education. Experience of nursing education would be characterized much more by hopes than by fears if supported

by appropriate guidance programmes. Physical health of the growing students, psychological needs, emotional aspects of the student's life and intellectual growth also need to be considered. The primary responsibility of the nursing institutions is to meet the intellectual needs of its students. The number of underachievers, drop-outs, and failure could be minimised through timely help by early diagnosis of their difficulties. (Sister Flory. Student nurses: problems and guidance 1997) Aggression is a harsh physical or verbal actions intended (either consciously or unconsciously) to harm or injure another. Aggression can arise from a number of feelings states, including anger, anxiety, guilt, frustration or suspiciousness. Aggressive behaviours can be classified as

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mild (e.g. Sarcasm), moderate (e.g., slamming doors), severe (e.g., threat of physical violence against others), or extreme (e.g., physical acts of violence against others). Aggressive behaviour composes of hostility, verbal Aggression, anger, physical Aggression. (Townsend Mary 2007)

A new phenomenon of aggressive acts in nursing education gained nationwide attention in 2003, when a disgruntled nursing student at the University of Arizona murdered three nursing faculty members before fatally shooting himself. This tragic incident constitutes an extreme example of student's incivility and Aggression. A true appreciation for incivility in nursing education is predicated on an understanding of the broad spectrum of behaviors that constitute incivility, as well as how these behaviors impact both nursing education and the nursing profession in general. Equally worrisome were statistics derived from national survey on incivility in nursing programs. Data indicated that 24.8 % of respondents had been physically assaulted by students; whereas 42.8 % had sustained verbal Aggression in clinical setting. (Lashley and De Meneses 2001) Aggression is disruptive to the learning process. It is critical for nursing faculty to deal constructively with the angry students. Failure to deal with anger can erupt into violence. When student's rude or disruptive behaviour is not addressed it may turn into Aggression which sets a stage for decreased learning and increased stress for everyone. (Joseph T Catalano 2011)

Objectives

1. To assess the prevalence of Aggression among Hostellers and Day-scholars
2. To compare the prevalence of Aggression among Hostellers and Day-scholars
3. To assess the Contributory Factors causing Aggression among Hostellers and Day-scholars
4. To compare the Contributory Factors causing Aggression among Hostellers and Day-scholars,
5. To find out the relationship of prevalence of Aggression among Hostellers and Day-scholars with selected variables like Age, Family Income, Class, Birth Order, Area of Residence, Dietary Habits, Type of Family, Father's Occupation and Mother's Occupation.

MATERIALS AND METHODS

A Quantitative Research Approach and Non Experimental-Comparative Research Design was adopted to assess the prevalence of Aggression and its contributory factors among Hostellers and Day-scholars studying in Bachelor of Science in Nursing and Post- Basic B.Sc Nursing at Institute of Nursing Education, Guru Teg Bahadur Sahib (C) Hospital, Ludhiana, Punjab. The conceptual frame work in the present study is based on General Aggression Model (GAM) (Anderson & Carnagey, 2004). The hypothesis framed in the study was as follow:-

H₁ Prevalence of Aggression among Hostellers will be significantly higher than Day-scholars as measured by Buss Perry Aggression Questionnaire at $p < 0.05$ level.

H₀ There will be no significant difference in prevalence of Aggression among Hostellers and Day-scholars as measured by Buss Perry Aggression Questionnaire at $p < 0.05$ level.

In order to assess prevalence of aggression, a standardized tool -Buss Perry Aggression Questionnaire was used & to assess Contributory Factors of aggression, a self structured questionnaire was used. Permission for use of standardized tool was taken from Professor Arnold Buss. The Buss Perry Aggression questionnaire was having following parts:-

Section –1 Demographic variables :- This part consisted of 8 items for obtaining personal information about subjects such as age, family income, class, birth order, area of residence, dietary habits, type of family, father's occupation and mother's occupation.

Section-2-Buss Perry Aggression Questionnaire:- This Aggression assessment tool was developed by Arnold Buss & Mark Perry in 1992. This standardize tool was used to assess the prevalence of Aggression among Hostellers and Day-scholars. It is a five point scale including 29 items with maximum score of 116. This five point rating is divided as extremely uncharacteristic of me (0), somewhat uncharacteristic of me (1), neither uncharacteristic nor characteristic of me (2), somewhat characteristic of me Score (3), extremely characteristic of me (4). This scale consists of information on 4 factors of Aggression i.e. Physical Aggression (9 questions), verbal Aggression (5 questions), Anger (7 questions) and Hostility (8 questions). Two questions (9 & 16) are reversely scored. The score for Aggression is calculated by dividing the obtained score with highest score of the questionnaire. Score ranges from 0-1, here 0 signify Aggression, 0.01-0.5 below average Aggression & 0.51-1.00 is above average Aggression.

Section-3-Self- Structured questionnaire- A Self-structured questionnaire was developed to assess Contributory Factors of Aggression among Hostellers and Day-scholars. It included 40 items divided into six categories of Contributory Factors. Subjects had to choose the Contributory Factors of Aggression among them by placing tick mark in front of the Contributory Factors in the Questionnaire. Frequency percentage of each factor was calculated to ascertain maximum and minimum contribution of each factor in causation of aggression

Categories Items

- 1) Psychological factors 9
- 2) Biological factors 6
- 3) Socio- Cultural Factors 7
- 4) Environmental Factors 4
- 5) Situational Factors 7
- 6) Interpersonal Factors 7

The pilot study was conducted in the month of December 2013 on 6 Hostellers and 6 Day-scholars to assess feasibility of the study. Buss-Parry Aggression Questionnaire is standardized tool whose reliability was calculated by its developers and it was found to be 0.80. The reliability of the self-structured tool

to assess contributory factors of aggression was determined by test-retest method and was found to be 0.92.

Data collection procedure

The procedure of data collection was carried out in the month of March, 2014. A formal written permission was obtained from Ethical & Research committee, Institute of Nursing Education, Guru Teg Bahadur Sahib (C) Hospital, Ludhiana after discussing the type and purpose of study with them. Informed verbal consent was taken from subjects for their participation in study. 286 subjects were selected by total Enumerative sampling technique including four classes of B.Sc (N) & two classes of PB.B.Sc (N) .In these six classes all 176 Hostellers and 110 Day-scholars were selected to assess and compare the prevalence of Aggression among them .Buss-Parry Aggression Questionnaire was given to the subjects of both groups.170 Hostellers and 99 Day-scholars were found to be aggressive. The next day Tool II was administered to the students who were found to be aggressive, to assess and compare Contributory Factors of Aggression among them. Later on Pamphlets were developed on the management of aggression and distributed among subjects after the assessment of prevalence of aggression & its contributory factors among Hostellers and Day-scholars.

RESULTS

The analysis of data was done in accordance with objectives of the study. It was divided into four sections.

Section: I:- Demographic characteristics of subjects.

Section: II:- dealing with-

- Prevalence of Aggression among Hostellers and Day-scholars
- Level of Aggression among Hostellers and Day-scholars
- Comparison of prevalence of Aggression among Hostellers and Day-scholars

Section: III:- dealing with-

- Frequency and percentage distribution of Contributory Factors causing Aggression among Hostellers and Day-scholars
- Comparison of the Contributory Factors causing Aggression among Hostellers and Day-scholars.

Section: IV:- dealing with relationship of Aggression among Hostellers and Day-scholars with selected Socio-Demographic Variables.

Table 1. Frequency and Percentage Distribution of Prevalence of Aggression among Hostellers and Day-scholars

Prevalence of Aggression	N=286				
	Hostellers n =176		Day- scholars n =110		
Score	f	%	f	%	
Non-Aggressive	0.00	6	3.41	11	10
Aggressive	0.01-1.00	170	96.59	99	90

Minimum Score = 0
Maximum Score = 1.00

Table 1 depicts frequency and percentage distribution of prevalence of Aggression among Hostellers and Day-scholars.

It reveals that 3.41% subjects were non-aggressive and 96.59% subjects were aggressive among Hostellers whereas 10 % subjects were non-aggressive and 90 % subjects were aggressive among Day-scholars. Findings revealed that Hostellers had higher prevalence of Aggression than the day-scholars.

Table 2. Frequency and Percentage distribution of level of Aggression among Hostellers and Day-scholars

Level of Aggression	N _i =269				
	Hostellers n ₁ =170		Day- scholars n ₂ =99		
Score	f	f%	f	f %	
Below average Aggressive	0.01- 0.50	91	53.53	71	71.72
Above average Aggressive	0.51-1.00	79	46.47	28	28.28

N_i= Aggressive subjects & *Significant p< 0.05
Maximum Score = 1.00

Table 2 depicts frequency and percentage distribution of level of Aggression among Hostellers and Day-scholars. It reveals that among aggressive Hostellers, 53.53% subjects had below average aggression and 46.47% subjects had above average aggression whereas among Day scholars 71.72 % subjects had below average aggression and 28.28% subjects had above average aggression. Hence, it can be concluded that maximum aggressive Hostellers and Day-scholars had below average aggression.

Table 3. Comparison of Prevalence of Aggression among Hostellers and Day-scholars

Prevalence of Aggression	N _i =286						
	Hostellers n =176			Day- scholars n =110			
Score	f	%	f	%	df	χ ² *	
Non-Aggressive	0.00	6	3.41	11	10	1	5.25*
Aggressive	0.01-1.00	170	96.59	99	90		

Minimum Score = 0
Maximum Score = 1.00
N_i= Aggressive subjects & *Significant p< 0.05

Table 3 depicts comparison of prevalence of Aggression among Hostellers and Day-scholars. It reveals that among Hostellers 3.41% subjects were non-aggressive and 96.59% subjects were aggressive whereas among Day-scholars 10 % subjects were non-aggressive and 90 % subjects were aggressive. Based on chi square test the difference between prevalence of Aggression among Hostellers and Day-scholars was statistically significant at p<0.05 level. Prevalence of Aggression in Hostellers was higher as compared to Day-scholars so research hypothesis was accepted and null hypothesis was rejected. Hence, findings inferred that Hostellers have higher prevalence of Aggression than the day- scholars.

Table 4 depicts frequency and percentage distribution of Contributory Factors causing Aggression among Hostellers and Day-scholars. It reveals that among Psychological factors, in hostellers, in maximum cases the cause of Aggression was Stress (64.71%) ,followed by frustration (32.35%), painful life experience (30.58%), non satisfaction with life (21.17%),

Table 4. Comparison of Frequency and Percentage Distribution of Contributory Factors causing Aggression among Hostellers and Day-scholars

N₁=269

Contributory Factors	Hostellers n ₁ = 170		Day-scholar n ₂ = 99	
	f	%	f	%
A. Psychological Factors				
I am Aggressive because.....				
1. I have suffered from Painful life Experience	52	30.58	41	41.41
2. I was Isolated during my critical developmental period	8	4.70	2	2.02
3. Violence is present in my family	18	10.58	19	19.19
4. I live with a Single parent	9	5.29	0	0.00
5. My parents are Divorced	11	6.47	8	8.08
6. I am Frustrated in my life	55	32.35	25	25.25
7. I feel angry when I am Stressed	11	64.71	57	57.57
8. I am not satisfied with my life	36	21.17	33	33.33
9. I have suffered from psychological abuse	5	2.94	11	11.11
B. Biological Factors				
I am Aggressive because.....				
11. I feel aggressive 7- 14 days prior to menstruation [Pre-menstrual syndrome]	54	31.76	22	22.22
12. I have suffered from a head injury in my life	5	2.94	0	0.00
13. Of Unfulfilment of the basic needs	30	17.64	13	13.13
14. I am suffering from some physical illness	20	11.76	13	13.13
15. I usually do Vigorous[heavy] exercise	11	6.47	8	8.08
C. Socio- Cultural Factors				
I am Aggressive because.....				
16. Socio-Economic Status of my family is low	6	3.52	19	19.19
17. I have suffered from verbal abuse	36	21.17	22	22.22
18. I have suffered from Physical abuse	0	0.00	0	0.00
19. I have suffered from Sexual abuse	0	0.00	8	8.08
20. I take drugs	3	1.76	0	0.00
21. I watch Violent T.V programmes	45	26.47	36	36.36
22. I frequently use internet	35	20.58	22	22.22
D. Environmental Factors				
I am Aggressive because.....				
23. I live in an Overcrowded area	61	36.88	19	19.19
24. I live in a noise polluted area (like:-Loud Noise)	53	31.17	5	5.05
25. Of Noxious odors in my surrounding	18	10.58	8	8.08
26. I cannot control my temper when temperature is high.	68	40.00	52	52.52
E. Situational Factors				
I am Aggressive because.....				
27. I participate in Competitive activities	30	17.64	5	5.05
28. People always Scold me	15	8.82	11	11.11
29. Usually people Insult me	26	15.29	5	5.05
30. People are not honest with me	96	56.47	77	77.77
31. I am Poor in my academic studies.	20	11.76	11	11.11
32. People are partial with me	72	42.35	44	44.44
33. Of enough provocation	15	15.29	22	22.22
F. Interpersonal Factors				
I am Aggressive because.....				
34. I am in Conflict with others	50	29.41	16	16.16
35. My family member neglects me.	3	3.52	2	2.02
36. I am usually Punished by my parent	3	3.52	0	0.00
37. My Interpersonal relations are disturbed with my family	15	8.82	16	16.16
38. My Interpersonal relations are disturbed with peer group	32	18.82	27	27.27
39. My Interpersonal relations are disturbed with teachers	30	17.64	30	30.30
40. Most of the people are Unsupportive with me	62	36.47	36	36.36

N₁= Aggressive subjects

violence in family (10.58%), divorce in parents (6.47%), living with Single parent(5.29%), isolation during critical developmental period (4.70%) and least was psychological abuse (2.94%). Among Biological factors in maximum cases cause of aggression was pre-menstrual syndrome (31.76%), followed by family history of Aggression (26.47%), unfulfilment of the basic needs (17.64%), physical illness (11.76%), heavy exercise (6.47%) and least was head injury (2.94%). Among Socio- cultural factors causing aggression, in maximum cases cause of aggression was watching violent T.V programmes (26.47%), followed by verbal abuse (21.17%),

frequently use of internet (20.58%), low socio-economic status (3.52%) and least was use of drugs (1.76%). Among environmental factors maximum was high temperature (40.00%) followed by overcrowded area (36.88%), noise polluted area (31.17%) and least was noxious odors in surrounding (10.58%). Among situational factors in maximum cases cause of aggression was dishonesty of people (56.47%), followed by partiality of people (42.35%), frequent participation in competitive activities (17.64%), insult by people (15.29%), enough provocation (15.29%), poor in academic studies (11.76%) and least was always getting scolded by people (8.82%). Among Interpersonal factors, in

maximum cases cause of aggression was unsupportiveness by people (36.47%), followed by conflict with others (29.41%), disturbed interpersonal relations with peer group (18.82%), disturbed interpersonal relations with teachers (17.64%), disturbed interpersonal relations with family (8.82%), neglect by family member (3.52%) and least was punishment by parents (3.52%).

Among Day-scholars, Psychological factors causing Aggression among most of the cases was stress (57.57%), followed by painful life experience (41.41%), non-satisfaction with life (33.33%), frustration (25.25%), violence in family (19.19%), psychological abuse (11.11%). Divorced parents (8.08%) and least was isolation during critical developmental period (2.02%). Among Biological factors causing Aggression, in maximum cases cause was family history of Aggression (50.50%), followed by pre-menstrual syndrome (22.22%), unfulfilment of the basic needs (13.13%), physical illness (13.13%) and least was heavy exercise (8.08%). Among Socio-cultural factors causing aggression in maximum cases cause was watching violent T.V programmes (36.36%), followed by verbal abuse (22.22%), frequent use of internet (22.22%), low socio-economic status (19.19%) and least was sexual abuse (8.08%). Among Environmental factors causing aggression, in majority cases cause was high temperature (52.52%), followed by overcrowded area (19.19%), noxious odors in surrounding (8.08%) and in least cases cause was noise polluted area (5.05%). Among Situational factors causing aggression, in maximum cases cause was dishonesty of people (77.77%), followed by partiality of people (44.44%), enough provocation (22.22%), poor in academic studies (11.11%), always scolding by people (11.11%) and least was frequently participation in competitive activities (5.05%), insult by people (5.05%) respectively. Among Interpersonal factors in majority of cases cause was unsupportiveness by people (36.36%), followed by disturbed interpersonal relations with teachers (30.30%), disturbed interpersonal relations with peer group (27.27%), disturbed interpersonal relations with family (16.16%), conflict with others (16.16%) and in least cases cause was neglect by family members (2.02%).

Therefore, it can be briefed that in Psychological factors major cause of aggression was Stress, in Socio-cultural factors it was watching Violent T.V programmes, in Environmental factors it was high environmental temperature and in Situational factors it was dishonesty of people, in Interpersonal factors it was unsupportiveness by people among both Hostellers and day scholars. Among Biological factors in majority of Hostellers cause of aggression was pre-menstrual syndrome whereas among Day scholars cause of aggression was family history of Aggression. Hence, findings revealed that major cause of Aggression was stress among Hostellers whereas dishonesty by people among Day-scholars.

DISCUSSION

Based upon findings from the analysis of data and review of literature, discussion was done according to the objectives of study. The findings revealed that among Hostellers 3.41% subjects were non-aggressive and 96.59% subjects were aggressive whereas among Day scholars 10 % subjects were non-aggressive and 90 % subjects were aggressive. The above

findings are supported by Festus Abasiubonga (2010) who conducted a study to assess the prevalence of aggressive traits and possible predictive factors among students in higher institutions. Findings revealed that a total of 139 (45.4%) arts students were aggressive as against 74 (35.4%) medical students. This difference was statistically significant at $P < 0.00$. According to the findings of the present study, among Hostellers 53.53% subjects had below average aggression and 46.47% subjects had above average aggression whereas 71.72 % subjects had below average aggression and 28.28% subjects had above average aggression among Day-scholars. The above findings are similar to findings of study done by Jessica P. Campano and Tsunetsugu (2004) on Anger and Aggression among Filipino students. Data were obtained from 650 students in two public and two private high school using Multi-dimensional School Anger Inventory (MSAI) and Buss & Perry Aggression Questionnaire (AQ). Results indicated that 47.47% students in private schools had above average Aggression and anger as compared to students in public schools (33.28%). Study revealed that Prevalence of Aggression in Hostellers is higher than Day-scholars as measured by Buss Perry Aggression Questionnaire at $p < 0.05$ level. The above findings are supported by Pollinger and Samuels (2005) who had conducted comparative study of the behavioral, personality of residential and outpatient adolescents (ages 12-17) with Aggressive traits. Data were gathered from a residential (N=17) and outpatient (N=30) adolescents detailing Aggression with behavioural difficulties. Adolescents in residential care were having significantly higher aggressive thoughts and attitudes than those in outpatient settings at $p < 0.05$.

In Contributory Factors of aggression, among Psychological factors in majority of cases cause was stress among 64.71% hostellers and 57.57% day scholars, among Socio-cultural factors it was watching violent T.V programmes among 26.47% hostellers and 36.36% day scholars, among Environmental factors it was high temperature in 40.00% hostellers and 52.52% day scholars and among Situational factors it was dishonesty of people among 56.47% hostellers and 77.77% day scholars, among Interpersonal factors it was unsupportiveness by people among 36.47% hostellers and 36.36 % day scholars. Among Biological factors main cause was pre-menstrual syndrome (31.76%) in Hostellers whereas family history of Aggression (50.50%) in day scholars. Overall the major cause of Aggression was stress (64.71%) among Hostellers and dishonesty by people (77.77%) among Day-scholars. The above findings are supported by Ruqaya Imtiaz, Ghulam Yasin (2010) who conducted a study on the Factors Affecting the Aggressive Behavior among Youth. Findings depict that factors causing aggressive behavior among youth were family environment, stress, educational attitude and media violence.

Conclusion

From the findings of the study following conclusion were drawn.

1. In the present study among Hostellers 3.41% subjects were non-aggressive and 96.59% subjects were aggressive whereas among Day-scholars 10 % subjects were non-aggressive and 90 % subjects were aggressive.

2. Prevalence of Aggression in Hostellers was higher than Day-scholars as measured by Buss Perry Aggression Questionnaire at $p < 0.05$ level.
3. In Contributory Factors of Aggression among Hostellers and Day-scholars in majority of cases psychological cause was Stress, in Socio-cultural factors it was watching Violent T.V programmes, among Environmental factors it was high environmental temperature and among Situational factors it was dishonesty of people. In interpersonal factors it was unsupportiveness by people. In majority of cases Biological cause in Hostellers was Pre-menstrual syndrome whereas in Day-scholars it was Family history of Aggression.
4. In socio-demographic variables, Class & Dietary habits were found to be significantly related with aggression among hostellers and day-scholars.

Recommendation

Based on the result of study following recommendations are made:

1. An exploratory study can be done to assess the factors contributing to anger among nursing students.
2. An exploratory study can be done to assess the knowledge of teachers regarding prevention and management of aggression among students.
3. An orientation programme must be arranged on managing aggression among nursing students.

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