

Review Article

Effectiveness of Aggression Management Training on Aggressive Behavior among Male Delinquent Children: A Systematic Review

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ABSTRACT

Background: Aggression and violence in childhood and adolescence are associated with an increased risk of serious maladjustment problems, including school failure, school dropout and job failure, crime and incarceration and the development of mental disorders as well as high costs for society. Aggressive adolescents often do not have the power to control their behavior and they violate the customs and morals of the society in which they live. With this background, systematic literature search and Meta- Analysis was carried out.

Objective: To collect the data and review various studies.

Methodology: The study design was systematic review. The study includes the studies those which are related the psychological phenomenon like aggressive behavior among male delinquent children and the studies which showed the effectiveness of psychological intervention on aggressive behavior and the studies excludes the studies those are related to other psychological phenomenon.

Analysis: The data was grouped and analyzed in terms of Meta analysis. Studies were identified through searches of MEDLINE, PUBMED, Elsevier and Google Scholar. Abstracted information is about the study design, population characteristics, interventions and outcomes.

Conclusion: This systematic review has concluded that delinquent adolescents need psychological treatment as a major part of their rehabilitation process and Anti-Aggression Club should be established in schools, to monitor, discourage and report aggressive behaviors among students and using aggression management therapies with adolescent population by including them in psychotherapeutic as well as in educational process will be effective in reducing their aggressive behavior.

Key words: Aggressive Behavior, Delinquent Children, Aggression Management Training, Psychological interventions.

INTRODUCTION

Adolescents represent nearly 18% of the world's population. Yet, despite their importance as the future generation of adults, they receive less attention to their health concerns than other age groups. Adolescence is a stage of human development in which risk-taking and violent behaviours are common. Almost everywhere the main victims, not only the

perpetrators, of such violence are the adolescents and young adults themselves. ^[1] Children with aggressive behavior often have poor social skills and thus frequently rejected by peers resulting in social isolation. Social isolation might lead to associations with delinquent or antisocial peers, which is considered as an important predictor of aggressive behavior, especially in Adolescence. ^[2] The prevention of

aggressive and delinquent behavior during childhood and adolescence period is one of the highest priorities for public health and crime prevention. The most common approach to prevent these conduct problems is to provide aggression management training to the affected Adolescents. [3]

MATERIALS AND METHODS

Research Design: Systematic Review

Inclusion Criteria: The study includes the studies those which are related the psychological phenomenon like aggressive behavior among male delinquent children and the studies which showed the effectiveness of psychological intervention on aggressive behavior.

Exclusion criteria: The study excludes the studies those are related to other psychological phenomenon other than Aggression.

Data Analysis: The data was grouped and analyzed in terms of Meta analysis. Relevant articles based on the topic Aggressive Behaviour and the effects of psychological interventions on aggression were identified by search of significant articles PubMed/Medline, SCOPUS, CINAHL, PsychoINFO, Elsevier and Google Scholar with the following key words: Aggressive Behavior, Delinquent Children, Aggression Management Training, Psychological interventions.

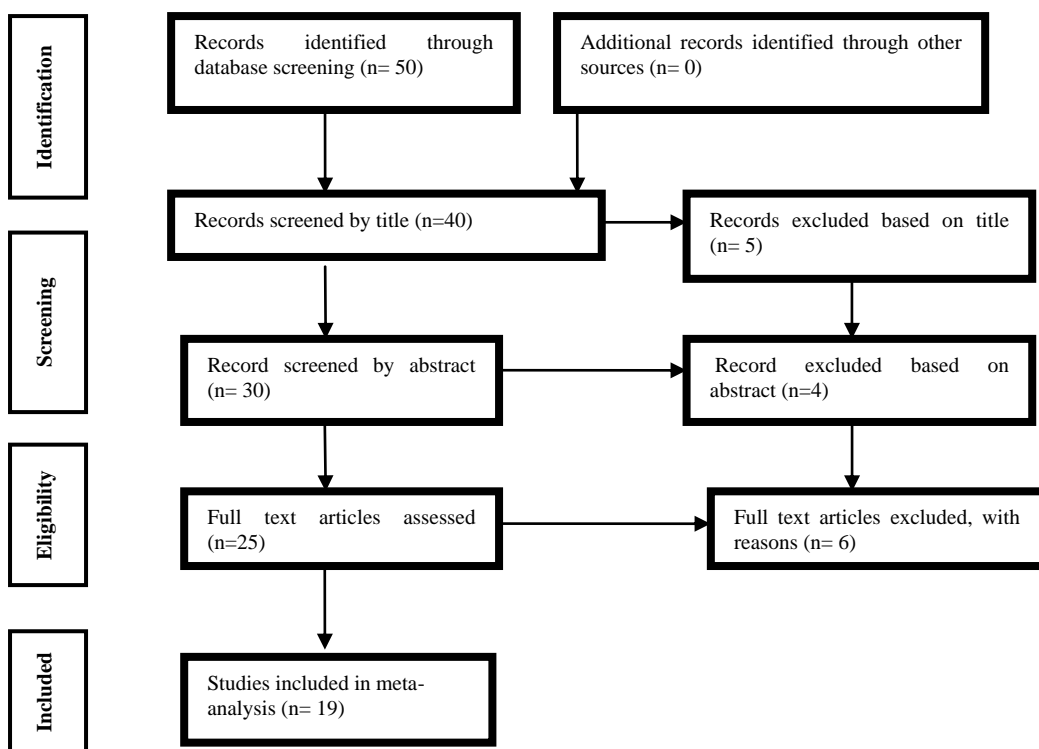


Figure 1. PRISMA Flow Diagram

RESULTS

A systematic review was done to assess the Effectiveness of Aggression Management Training on Aggressive behavior among Male Delinquent children. Total 50 studies were selected for review out of which 19 were found appropriate for systematic review. Data was divided into three different sections.

Section I: Review related to Aggressive behavior among Adolescents and Delinquent children

Section II: Review related to effectiveness of psychological intervention on Aggression.

Review related to Aggressive behavior among Adolescents and Delinquent children.

Out of 12, one study (%) was comparative study showed that delinquent adolescents have higher level of aggression than the non delinquent adolescents. [4] Among these studies, two studies (30%) were exploratory studies assessed the prevalence and the risk factors of aggression among youth in India, [5] whereas other study explored the role of aggression in the development of delinquency and drug abuse among adolescents. [6] Among these studies, 4 studies were descriptive studies assessed the role of demographic variables and parenting styles in aggressive behavior among late adolescents, [7] 2nd study was conducted to identify neighborhood level resources associated with lower levels of aggression and delinquent behavior among youths, [8] 3rd study was carried out to identify the prevalence and risk factors of aggression, violence and criminal behavior among adolescents [9] whereas other study was conducted to examine the effects of alcohol and substance use trajectories of physical aggression overtime among urban adolescents. [10] Among these studies, 1 study was cross-sectional studies which were conducted to assess delinquent and aggressive behavior among Roma and non Roma adolescents and the effects of parental education and social desirability on their ethnic differences. [11] 2 studies were correlational studies which showed a positive relationship between low self control, peer delinquency and aggression among adolescents [12] whereas other study showed a negative correlation between self esteem and aggression among adolescents. [13] Another correlational and cross-sectional study was conducted to identify the contribution of parenting to children's aggression, which parenting practices are associated with children's aggression and to explore whether parental substance misuse plays a role in this relationship and they found a positive association between

parent's substance misuse and children's aggression. [14]

Sample review

A comparative study was conducted to assess the aggressive behavior and the effect of domicile on aggressive behaviour among delinquent and non-delinquent adolescents in Karnataka. A total of 321 subjects aged 14-18 years were selected by using purposive sampling technique. Tool used for data collection was Pal and Naqvi (1986) Aggression scale to assess the participant's aggressive behavior by using paper pencil technique. Independent 't'- test was applied and it shows a significant difference between both the groups and the results showed that the delinquent adolescents have higher level of aggression than the non-delinquent adolescents. Findings related to effect of Domicile on aggressive behaviour among Adolescents shows that there was no any significant difference between the rural and the urban delinquent adolescents. Further 't' test showed a significant higher level of aggression among adolescents living in rural area. Hence, the study concluded that the delinquent adolescents need psychological treatment as a major part of their rehabilitation process.

A correlational study was conducted to examine the relationships between low self-control, peer delinquency and aggression among adolescents in Selangor, Malaysia. A total of 413 adolescents were selected from 12 secondary schools by using Multistage Cluster Sampling Technique. The tools used to measure the low self-control, peer delinquency, and aggression were Self-Control Scale, The Peer Delinquency Scale and Aggression Questionnaire (Buss & Perry, 1992). The findings of the study showed that there was a significant positive relationship between low self-control, peer delinquency and aggression among adolescents. The results also indicated that low self-control has an indirect effect on aggression through peer delinquency. Peer delinquency served as a

partial mediator. The study concluded that Low self-control and peer delinquency are two important risk factors which are responsible for the development of aggression among adolescents.

A correlational study was conducted to investigate the role of self-esteem in development of aggression among adolescents in Uttar Pradesh, India. The samples comprised of 200(100 male and 100 female) students from senior secondary school of Aligarh Muslim University were selected by using simple random sampling Technique. Data was collected by using Rosenberg Self-Esteem Scale for measuring self esteem and Aggression Questionnaire (Buss & Perry, 1992) was used to measure aggression among Adolescents. Pearson Product Moment Correlation and t-test were used for analyzing the data. The findings of the study showed that there was significant negative correlation between self esteem and aggression at 0.05 level of significance. A comparison of the coefficients of correlation between aggression (its dimensions) and self esteem in both male and female sample indicate that although all the correlations are negative and significant, the correlation between self esteem and physical aggression and is significantly stronger for male group ($r=-.56$) as compared to female group ($r=-.34$). So it was found that male students scored significantly higher on self esteem in comparison to female students. It was also found that male students scored significantly higher on different dimensions of aggression (i.e. physical, verbal, anger and hostility) in comparison to female students. So it was concluded that self esteem plays an important role in aggressive behavior, as it is negatively correlated with aggression. Low level of self esteem among adolescents is linked to high aggression.

Review related to effectiveness of psychological intervention on Aggression.

Out of 7 studies, 4 studies were Quasi experimental studies showed the effects of mindfulness training programme

on the different dimensions of the impulsivity and aggressiveness variables which found a decrease in the level of impulsivity and aggressiveness in experimental group. [15] 2nd study was conducted to assess the effects of assertiveness skills training on aggression dimension. [16] 3rd study was conducted to investigate the effects of cognitive-behavioural therapy and applied behavior analysis on aggression among adolescents. [17] 4th study was carried out to investigate the effects of anger management among patients and result showed a significant difference between experimental and control group in the level of aggression after administration of intervention. [17] Among these 3 studies were true experimental studies which was conducted to evaluate the combined effects of parent management training(PMT) and cognitive-behavioural problem solving skills training(PSST) for the treatment of antisocial behaviour, [19] 2nd study was conducted to investigate the effects of self-focused parenting on reducing aggressive and stubborn behavior among children which indicates the effectiveness of the intervention [20] and other study showed that the self efficacy skills training was effective in reducing aggressive behaviour among adolescents. [20]

Sample review

A true experimental study was conducted to investigate the effect of self-focused parenting on reducing aggressive and stubborn behaviors in six-year-old children in Yazd city. A total number of 66 children and their mothers were randomly selected and assigned into experimental group and a control group. The experimental subjects were conducted with common parenting style. Tool used for data collection was standardized Rutter questionnaire and structured scales were used to examine aggressive and stubborn behaviors in children respectively. The results of statistical analysis revealed that self-focused parenting reduced aggression and stubbornness in children. The children's

mean stubborn score was calculated to be 38.06 before and 31.23 after the training program, which indicates the effectiveness of the intervention. The results of descriptive statistics and measures of central tendency revealed that experimental children's mean aggressive score was 10.2 before and 6.83 after the training program. The study concluded that Self-focused parenting training helped reduce aggressive and stubborn behaviors in children.

A randomized controlled trial study was conducted to evaluate the combined effects of parent management training (PMT) and cognitive-behavioral problem-solving skills training (PSST) for the treatment of antisocial behavior in Iran. A total of 40 children aged from 7-12 years and their parents were randomly allocated to either PMT, PSST, combined and in control group. In the combined treatment, parents received PMT and the children received PSST. In the control condition, parents received contact meetings in which the child's treatment was discussed; children met with a therapist in individual sessions where they discussed activities on the ward. All children participated in a short-term hospital program before their return to the community. The results showed that Children in the PMT-PSST condition showed significantly less aggression and externalizing behavior at home and at school and greater prosocial behavior and overall adjustment than contact-control children.

A quasi experimental study was conducted to investigate the effect of cognitive behavioral therapy and applied behavior analysis on aggression among adolescents in Pakistan. A total of 14 participants were recruited between 13 to 18 years. Data was collected by using the Beck anger inventory-youth (BANI-Y) version to screen the competitive participants who fulfilled the inclusion criteria. The Cognitive behavioral therapy intervention participants received 10 minimalized individual sessions based for anger management for substance abuse for the duration of 60 minutes and

continued for 10 consecutive weeks. The Results of the study showed that both cognitive behavioral therapy ($p=0.020$) and applied behavior analysis ($p=0.024$) were effective in reducing aggression in adolescent, however no significant results were obtained between cognitive behavioral therapy and applied behavior analysis ($p=0.350$). Further, there was no significant difference was found in effectiveness of change of aggression as outcome of both therapies ($p=0.273$). So the study concluded that using these therapies with adolescent population by including them in psychotherapeutic as well as in educational process will be effective in reducing their aggression.

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