

Assessment of Beliefs Supporting Aggression, Violence & Hitting amongst Private University Students of Delhi, NCR.

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Introduction-

Violence and aggression amongst university students is increasing across the globe. There is paucity of literature on violence and aggressive behavior among university students.

Objective:

To study beliefs supporting aggression, violence & hitting amongst private university students of Delhi, NCR.

Methods:

A cross-sectional study was conducted among 200 university students between July – September, 2019. The data was collected using a questionnaire adapted from CDC compendium of tools measuring aggressive beliefs, attitude towards violence & beliefs about hitting. Data was analyzed using SPSS version 23. Descriptive analysis was done with frequencies and summary statistics.

Results-

A total of 200 students were recruited in this survey among which 131 are females (65.5%) & 69 are males (34.5%). Majority of students (58.5%) were pursuing post graduate course. With regards to beliefs supporting aggression 43.5% students expressed their disagreement to the statement that 'Sometimes you have only two choices- getting punched or punch the other kid first' while 30.5% students agree with the same. Only 36.5% students disagreed that if you back down from a fight everyone will think that you are a coward. With regards to attitude towards violence 33% of the students strongly disagreed with the statement that 'If I walk away from a fight, I 'd be a coward'. With regards to beliefs about hitting 43.5% students agreed about the statement 'Fighting is not good. There are other ways to solve problems'.

Conclusion:

Managing anger, violence & hitting can seem very hard & can be overwhelming at times. Regular counselling sessions should be held in colleges, with an emphasis of seeking help whenever required to fight violence & aggression.