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Aggressive Behaviour, Social Adjustment and Loneliness – the repercussion of Pandemic Online Classes: A Case Study

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Abstract:

The long absence of students from schools during the Covid-induced lockdowns and the online education that followed, though helped many students come up with their educational needs and finish their semesters, also had a severe impact on student's behaviour. When Schools and Colleges started functioning in an offline mode for the academic year 2022-2023 in Tamilnadu, India, the most challenging situation faced by academicians and educational institutions are Aggressiveness, Anger, and Social Adjustments among the students. Several cases from pan Tamilnadu reported students verbally abusing teachers, teasing and threatening, using tobacco, liquor and substance abuse even in school and college campuses. This led the researchers to study on Aggressive Behaviour, Social Adjustment and Loneliness among college students after physical reopening for the academic year 2022-2023. Using Purposive sampling techniques data was collected from 300 samples with Buss-Perry Aggression Questionnaire, AICS (Adjustment inventory for college students) developed by Prof. A.K.P.Singh and Dr R.P. Singh and UCLA Loneliness Scale (Version 3) developed by Russell, D.. The collected data was statistically analysed and the result indicated a higher level of Aggressive behaviour, Loneliness and lesser Social adjustment among the study sample. The study contributes in developing coping mechanisms and systematic programs along with academics for the students in handling these psycho-social problems and making them a responsible Citizen.

Keywords: Aggressive behaviour, Loneliness, Social Adjustment, repercussion of Pandemic Online Classes.

One of the worst situations the world has faced in recent times is the covid-19 pandemic. Though the effects of pandemic are already taking a devastating toll on millions of people, the major impact is on the young adults. As the education mode changed into online, though it helped many students to cope with the educational needs, it also had a severe impact on the behaviour of the students. Aggressive behaviours are any behaviour or act aimed at harming a person or animal or damaging physical property. There were many incidents of Aggressive behaviour. One such incident was reported in Vellore/Coimbatore in April 2022, A student from the 12 th grade abuses and threatens his botany teacher at a government school in Tirupattur, as his temper flared after his teacher woke him up from sleep during the class. Cases of students becoming unusually aggressive have been reported from Vellore, Salem, Theni, Coimbatore, Kanniyakumari, Chennai, Tiruppur, and Madurai, making them pan- Tamil Nadu phenomena. In many incidents, students seem to be verbally abusing, teasing and threatening the teachers. In 2022, a 14-year-old Washington state boy was charged with attempted assault after he was accused of putting his belt around a teacher's neck during class; a South Florida teacher was taken to the hospital after she was attacked by a 5-year-old student, authorities said; and a senior citizen substituting in DeSoto, Texas, had chairs thrown at him. Aggression can take any form, Physical, Verbal and Emotional. When its physical there can have life threatening impacts. Literature studies have revealed that aggressive behaviour has the negative outcomes which include substance abuse and interpersonal aggression (Kaukinen, 2014).

In June 2022, in an article of the New Indian Express on "How online education during the ongoing pandemic changed the behaviour of students", T Veeramani, professor of psychology at Government Arts College in Coimbatore, detailed that aggression which has its roots from frustration, can effect judgment and decision making skills. An individual who had used mobile phones during pandemic will lack these skills and the lack of emotional support online would also have contributed to their aggressive behaviour and loneliness too.

Similarly, Loneliness is defined as a distressing feeling that accompanies the perception that one's social needs are not being met by the quantity or especially the quality of one's social relationships. The internet access towards mobile phones has allowed many people to be aggressive towards others, even their family members without having any direct face to face interactions. Many students being isolated even in their home, which has been reported in the pandemic. Being lonely has several adverse impacts on mental health. Reduced time in bed spent asleep (7% reduced sleep efficiency) and increased wake time after sleep onset have been related to Loneliness (Cacioppo et al., 2002; Fässberg et al., 2012). Increased depressive symptomatology may also be caused by Loneliness, along with poor self-rated health, impaired functional status, vision deficits, and a perceived negative change in the quality of one's life (Lee et al., 2019). During the pandemic, most of the college students spent their time alone or being in the social media and mostly in a virtual world. Online mode of education made the students communicate with many and the relationship is just an

illusion of friendship without friendship and this in turn makes them feel lonely (Wood and Turkle, 2012). Hence when offline sessions started, they got emotionally disturbed as they were restricted from social media during offline classes and they felt isolated, unable to be in their virtual world and as a result felt lonely.

Social adjustment is defined as the degree to which an individual engages in competent social behaviour and adapts to the immediate social context. Environment and its conditions changes continuously. In the realm of nature, we always change our nature to fit into it. Many a times, we modify our behavior to maintain a balance between self and environment. This is what we call as adjustment and this goes upto that extent where ones need is satisfied. Every Individual wants acceptance and recognition from and within society, and when trying to behave as per the norms of the society, we need adjustment. Adjustment is not an easy task since the individual personality is unique in its own way. One of the studies describes that the persons who possess higher level of Covid impact are with higher level of Social maladjustment. (Kochel, et. al, 2022). When there is a negative social adjustment, it will impact academic commitment and achievement. Interpersonal trust is a major ingredient for social adjustment. Being online, the interaction is virtual and many have given a false image of themselves. When it comes to offline, in this real world, interpersonal trust is needed for social adjustment and the trust is reduced due to fake virtual image, and this makes social adjustment difficult. Hence the current study contributes in developing coping mechanisms and systematic programs along with academics for students in handling these psychosocial problems and making them a responsible citizen.

Aim: The major objective of the research is to study on Aggressive Behaviour, Social Adjustment and Loneliness among college students after physical reopening for the academic year 2022-2023.

Methods:

Hypothesis:

- H1 There exists a higher level of Aggression among college students after physical reopening for the academic year 2022-2023.
- H2 There exists a higher level of Loneliness among college students after physical reopening for the academic year 2022-2023.
- H3 There exists a low level of Social Adjustment among college students after physical reopening for the academic year 2022-2023.
- H4 There exists a significant correlation between the level of Aggression, Loneliness and Social Adjustment.
- H5 There exists a significant difference between the male and female gender in the level of Aggression, Loneliness and Social Adjustment.

Sampling: This study enlisted the participation of 60 students between the ages of 17-19, from Tamilnadu, college, inclusive of all genders. The random sampling techniques were used to collect data to measure the level of Aggressive behaviour, Social adjustment and Loneliness among college students after physical reopening.

Measurements:

The following instruments were used to collect data from the sample: Participants are asked to give their demographic details,age,gender and complete the Buss-Perry Aggression Questionnaire(1992). Participants were asked to rate their anger level.AICS (Adjustment inventory for college students) developed by Prof. A.K.P.Singh and Dr R.P. Singh (1968) and UCLA Loneliness Scale (Version 3) developed by Russell, D..(1978) .Participants was asked to give their responses to the statements.

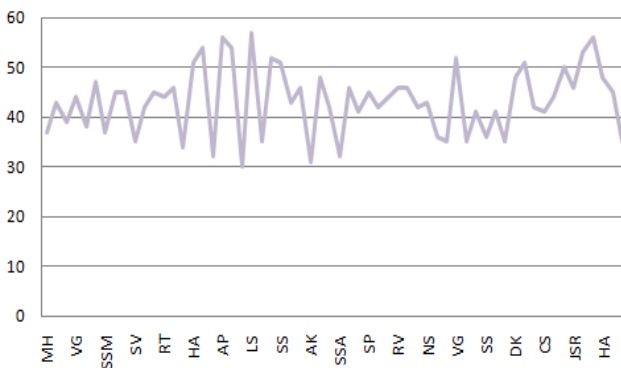
Results:

Table 1: Level of Loneliness across the Sample

Sample (count)	Low	Medium	High
Total	0	22	38
Male	0	9	11
Female	0	13	27

From table 1 it is evident that on the sample size of 60 individuals 43 are female and 17 are male. In the group 38 individuals are with a high level of Loneliness where 27 among them are females and 11 are males. There are 13 females and 9 males with medium level of Loneliness.

LONELINESS

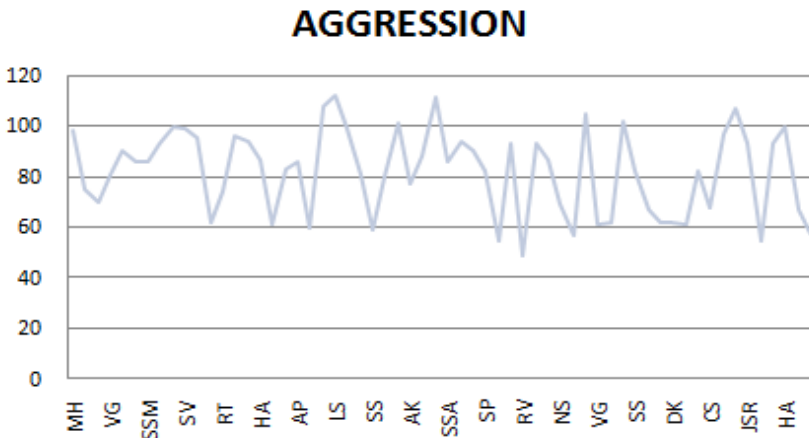


Graph 1 shows the relation between the subjects and their level of Loneliness. It is evident that the level of Loneliness is high among the subjects.

Table 2: Level of Aggression across the Sample

Sample (count)	Low	Medium	High
Total	0	15	45
Male	0	5	12
Female	0	10	33

From table 2 it is evident that on the sample size of 60 individuals 43 are female and 17 are male. In the group 45 individuals are with a high level of Aggression where 33 among them are females and 12 are males. There are 10 females and 5 males with medium level of Aggression.



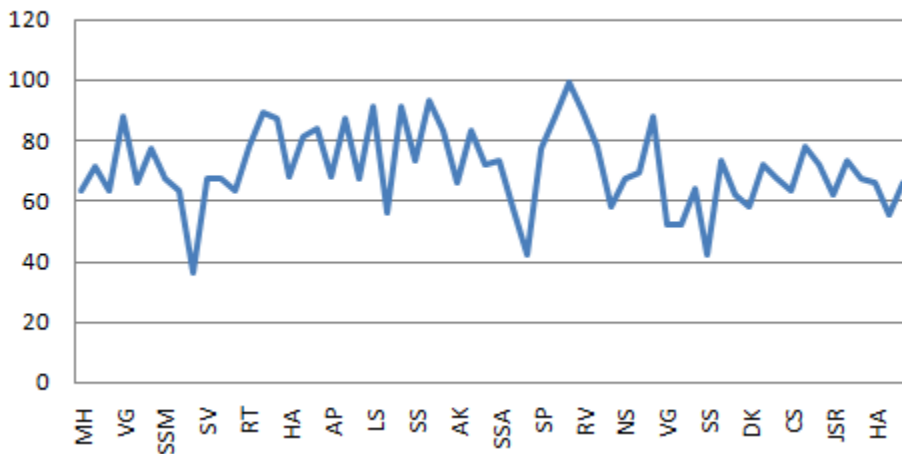
Graph 2 shows the relation between the subjects and their level of Aggression. It is clear that the level of Aggression is high among the subjects.

Table 3: Level of Social Adjustment across the Sample

Sample (count)	Low	Medium	High
Total	51	9	0
Male	15	2	0
Female	29	14	0

From table 3 it is evident that on the sample size of 60 individuals 43 are female and 17 are male. In the group 51 individuals are with a low level of Social Adjustment where 29 among them are females and 15 are males. There are 14 females and 2 males with medium level of Social Adjustment.

SOCIAL ADJUSTMENT



Graph 3 shows the relation between the subjects and their level of Social Adjustment. It is evident that the level of Social Adjustment is low among the subjects.

Table 4: The mean data of the sample

Group Statistics

	gender	N	Mean	Std. Deviation
aggression	FEMALE	43	80.5116	17.64514
	MALE	17	86.4118	13.37002
loneliness	FEMALE	43	24.3953	12.29235
	MALE	17	28.9412	9.64670
social	FEMALE	43	50.1628	14.04573
	MALE	17	49.0588	9.86452

From table 4 shows the mean data of level of Aggression, Loneliness and Social Adjustment of sample. On analysing the mean data, the level of Aggression for males is higher than females, the level of Loneliness is also higher in male than females, and the level of Social Adjustment is lower for females than male.

Table 5: The correlation of Aggression, Loneliness and Social Adjustment

Correlations

		aggression	loneliness	social
aggression	Pearson Correlation	1	.098	-.211
	Sig. (2-tailed)		.454	.106
	N	60	60	60
loneliness	Pearson Correlation	.098	1	-.066
	Sig. (2-tailed)	.454		.615
	N	60	60	60
social	Pearson Correlation	-.211	-.066	1
	Sig. (2-tailed)	.106	.615	
	N	60	60	60

From table 5 the correlation between level of Aggression and Loneliness , Aggression and Social Adjustment ,Loneliness and Social Adjustment , Loneliness and Aggression,Social Adjustment and Loneliness and Social Adjustment and Aggression is less than 0.00 , there is no correlation between Aggression and Loneliness , Aggression and Social Adjustment ,Loneliness and Social Adjustment , Loneliness and Aggression,Social Adjustment and Loneliness and Social Adjustment and Aggression .

Discussion: The current study describes the role of Aggression, Loneliness and Social Adjustment among college students after the physical reopening.The present study consists of a population of 60, inclusive of 43 females and 17 males.The statistical analysis of the collected data revealed a positive correlation between Aggression, Loneliness and Social Adjustment.The result concluded that there is no significant relationship between Aggression, Loneliness and Social Adjustment.It was also found that there is no gender-wise significant difference in the level of Aggression, Loneliness and the Social Adjustment among young adults. Thereby the study suggests that the levels of Aggression, Loneliness are high and level of Social Adjustment is low. This can create behavioural issues and is capable of disturbing the peace of the public and in academic activities of schools. Abiola, T.,et.al..(2011) .At 2022, a 14-year-old Washington state boy was charged with attempted assault after he was accused of putting his belt around a teacher's neck during class; a South Florida teacher was taken to the hospital after she was attacked by a 5-year-old student, authorities said; and a senior citizen substituting in DeSoto, Texas, had chairs thrown at him.

The major part of the research describes the level of Aggression, level of Loneliness and the level of Social Adjustment after the physical reopening of the colleges for the academic year 2022-2023. Our research paper elucidates that there is an increase in the level of Aggression,level of Loneliness and decrease in the level of Social Adjustment among college students. There is no correlation within the level of Aggression,level of Loneliness and the level of Social Adjustment. As there is no correlation among the three, they exist independently. Social adjustment is defined as the degree to which an individual engages in

competent social behaviour and adapts to the immediate social context. The study describes that the persons who possess higher level of covid impact are with higher level of social maladjustment. (Kochel, K. P., Bagwell, C. L., & Abrash, R. W, 2022)

Limitations/ Future Directions: While our small sample size allowed us to detect the observed effects with sufficient precision some of the effects were rather small in magnitude and required interpretative action. Another topic to consider is that our survey was only conducted in a college in tamilnadu. The data collected was also restricted to a certain age group of people who are currently pursuing their first year of college. The total sample size is small where female participants are dominating the male participants. Other gender criteria are not taken into account in the sample population. There is no controlled group in the experiment. The research is carried out with a quasi-experimental method. Despite the fact that this has been proved to yield reliable data, future research should include multi-item measurements of these constructs. Longitudinal or experimental studies that look at this more fully are undoubtedly an area for future research to look into the post-COVID 19 situation.

Future studies could use experience-sampling designs to investigate whether there are any Changes in present relations on a daily basis and with different sorts of infractions. Finally we could analyse the relationship between Aggression, Loneliness and Social Adjustment in college students after the physical reopening. The results of this study can be helpful in personal counselling where clients show aggressive behaviour and less social adjustment which will in turn help to analyse more about them.

Conclusion: Aggression, the behaviour of harming others to fulfil self-desire is an indication of poor mental health. As a result the person has to struggle to fit into the society and he may feel more and lonelier and thus will have poor social adjustment too. When this happens to the youth of a nation, then it becomes an alarming situation. Hence to understand the level of the said variable among college students and to develop necessary intervention program, the current research was carried out. The current pilot study adds to our limited understanding of the level of Aggression, Loneliness and Social Adjustment after the physical reopening of the colleges for the academic year 2022-2023. The statistical analysis of the collected data revealed a higher level of Aggression, Loneliness and Social Adjustment among the college students when physical reopening started after the pandemic. The result also concluded that there is no significant relationship between Aggression, Loneliness and Social Adjustment, while each has its own individual existence.

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