

## PSYCHOSOCIAL ASPECTS OF AGGRESSION IN SCHOOL ENVIRONMENT<sup>1</sup>

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### *Abstract*

*We analyzed the phenomenon of adolescent aggression showing a strongly increasing tendency, as evidenced both by professionals in the educational system, parents, and mass - media. Our goal was to identify possible sources of aggression, such as the level of perceived psychological stress, self-appreciation, and conflict solving strategies by our teenager participants. The main approaches of aggression in our analysis refers to individual (gender, self-image, coping modalities) and social (cultural, class type) differences of the surveyed teenagers. We used the following instruments: Anger Expression Scale; Ways of Coping; Perceived Stress Scale; Rosenberg Self-Esteem Scale. The participants were 109, 10<sup>th</sup> grade students, with a mean age of 16 years old. The results show significant correlations between the level of self-esteem, perceived stress, coping modalities and the level of expressed aggression. Internal or external orientations of aggression show differences depending on the subject's gender. Perceived mental stress presents higher values among girls and is closely related to expression and orientation of aggressive behavior. Global self-esteem level is higher among boys and shows correlation with the expression of aggression and the adopted coping modalities. The discussed issues may have impact on planning more efficient aggression prevention programs in schools.*

*Keywords: expressed aggression; external/internal directed aggression; conflict resolution modalities; stress; self-esteem*

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