# The Effects of Psychological Factors on Male Youth Violent Behavior in Pakistan.

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## Abstract

At the national and international levels, Pakistan is a violent country. Preconceived notions about the relationship between religion and young violence in Pakistan persist. Similar to other nations where specific causes of violence have been identified, violence against youth in Pakistan has multiple causes. Pakistani kids are disproportionately thought to be violent and delinquent. This research set out to try to make sense of the aggressive tendencies among young men. The primary goal of the research was to determine what variables contribute to violent incidents among young men in District Rawalpindi. Three hundred and fifty-five people from the Rawalpindi district in the province of Punjab filled out the survey. The study areas' total population was utilised to draw the sample using a proportionate random sampling technique. From aggressiveness in childhood to violent acts committed by young people, there is a strong correlation. In addition, the results demonstrate that psychological and familial factors are significant long-term predictors of aggressive behaviour in male youth. Positive parenting techniques were also found to have a negative correlation with aggressive conduct, according to the study. These results highlight the significance of having physically appealing children living with their parents as a means of fostering constructive parenting styles that reduce aggressive conduct.

**Keywords:** Violence, Psychological, Youth, Behavior, Aggression,

## Introduction

Various potential individual risk factors for violence have been thoroughly investigated. There is a notable disparity between males and females when it comes to their propensity for engaging in severe acts of violence, with males exhibiting a far higher likelihood.

The 2002 World Health Organization's global report on violence and health defined violence as the deliberate utilisation of power or physical force, whether threatened or actual, against oneself, another individual, a group, or a community. This behaviour has the potential to cause injury, death, psychological damage, impaired development, or deprivation.

Violence is commonly believed to stem from hostility, social norms, and moral standards of human behaviour (De Haan, 2008). The prevalence of youth violence is particularly concerning due to the country's exceptionally high youth population,

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which ranks among the highest globally. Pakistan has a population of 36 million individuals between the ages of 20 and 24 and 58 million individuals below the age of 15, which is 60% of the total population's youth (Yusuf, 2008). Of these, about 70,000 youngsters are classified as "street children" (Iqbal, 2008).

The research that was carried out by Perron and colleagues in 2004 was titled "Parental Efficacy, Self-Control, and Delinquency: A Test of a General Theory of Crime on a Nationally Representative Sample of Youth." An examination of the relationship between parental efficacy, self-control, and delinquency was carried out in the study. Researchers from the Carolina Population Centre were responsible for collecting the data acquired during the first phase of the Add Health study (Bearman et al., 1997).

According to the findings of several research, aggressive behaviour in childhood is a significant indicator of violent behaviour during adolescence and early adulthood. In a study that was carried out in Orebro, Sweden, Stattin et al. (2010) found that out of a group of 1,000 male adolescents who had demonstrated violent behaviour up until the age of 26, about two-thirds of them displayed heightened levels of aggression between the ages of ten and thirteen. In comparison, one-third of all boys who participated in the study had this condition.

One of the four ways that violence manifests itself is through verbal violence, which includes the use of profanity, abusive words, yelling, insults, humiliation, and mental suffering. Physical violence, which falls into the second category, refers to the intentional infliction of damage, debilitation, or abuse against individuals. Wrath is the third component, and it is a reaction that occurs due to being insulted, threatened, or having an uninvited intrusion. The autonomic nervous system is responsible for regulating the various facial expressions and movements that are included in this range of expressions. According to Buss and Perry (1992) and Southam-Gerow and Kendal (2002), these terms can imply overt or covert forms of violence or defence. The cognitive part of hostility leads to enmity, which is the culmination of violent behaviour. According to Anderson and Bushman (2002), the phenomena comprises a range of feelings, including unfairness, bitterness, contempt, severe rage, and hatred directed towards oneself or others.

## Self-control theory

Gottfredson and Hirschi's (1990) low self-control theory is a well-known criminological theory that has gained recognition in recent decades. Children exhibiting reduced self-regulation are more susceptible to engaging in criminal behaviour, which persists throughout adulthood. Insufficient self-discipline is seen in several forms. Individuals without self-discipline cannot postpone immediate gratification, as their attention is primarily directed towards the present moment. In a research conducted in Cambridge, Farrington (1993) found that the reasons behind violent altercations varied depending on whether an individual engaged in a fight individually or as part of a group. The group skirmishes, however, were generally more grave.

Behavioural, psychological, and biological features are individual-level elements that influence the likelihood of engaging in violent behaviour. These variables may manifest during childhood or adolescence and can be influenced to different extents by familial, peer, and socio-cultural influences. The individual risk factors may encompass various domains..

## Objectives

1. To know about the socio-economic determinants of the area.
2. To investigate the effects of psychological factors (empathy and self-esteem) in preventing or promoting violent behaviour among youth.

## Study Hypothesis

### Psychological Factors

1. Lower Level of Empathy will cause Violent Behaviour
2. Lower Level of Self Efficacy will cause Violent Behaviour
3. Lower Level of Self Esteem will cause Violent Behaviour

## Review of literature

This investigation was carried out by Perron et al. (2004). Data from the first Add Health survey, carried out by the Carolina Population Centre and documented by Bearman et al. in 1997, were employed in this study. This study aimed to investigate the connection between parental efficacy, self-regulation, and criminal behaviour.

The authors Herrenkohl et al. (1999) carried out an exhaustive investigation into the risk variables that are connected to the emergence of violent behaviour among young people. Through their research, they were able to uncover the underlying elements that contribute to youth violence and the subsequent influence that it has on development. Researchers Valois et al. (2006) looked into the aggressive conduct of middle school kids in southern Columbia and their general level of contentment with their entire lives. We gathered information from both the MSYRBS and the BMSLSS. For this study, interviews were performed with a total of 2,138 students. A substantial number of people voiced their dissatisfaction with their particular lifestyles.

Agbaria and Atamna (2014) researched Israeliresearched whether there was a connection between the classroom environment, self-regulation, and aggressive behaviour. One hundred and twenty individuals who are still in the formative years of their lives make up the sample. According to the findings of the study, there is a positive association between age, self-control, physical violence, and the atmosphere in the classroom.

Harper and McLanahan (2004) did a study on the relationship between the absence of fathers and the incarceration of young individuals. The researchers assessed the probability of juvenile detention among teenage males who come from households

where the father is absent. The findings indicated that the likelihood of young individuals becoming incarcerated was higher for adolescents who grew up in houses without a father figure. According to Henry et al. (1996), family structure plays a significant role in predicting future aggression and violence. Residing with a lone parent at the age of 13 in Dunedin, New Zealand, was found to be a significant predictor of violent criminal convictions until the age of 18.

## Methodology

The current investigation relied on first-hand information gathered through surveys. The three Punjab province districts surveyed were Gujranwala, Gujrat, and Jhelum. The three districts that comprised the sample size were 153, 93, and 109 respondents each, for a total of 355 respondents. We drew our sample from the whole population of the three research locations using a proportional random sampling technique. Currently, enrolled college students from each district were the subjects of an interview schedule that included open-ended and closed-ended questions to elicit helpful information. Statistical Package for the Social Sciences (SPSS) was used for data analysis following data collection. Various statistical tests were used to determine how strongly the independent and dependent variables were related.

## Social7Psychological7Factors

### i)    Empathy7

The social psychological factors this variable was comprised four indicators. The first item of this variable was that students listen other fellows when they were talking to one another. The second item of this variable was about the students' feelings that they get upset when their friends were looking unhappy. The third indicator of this variable was that the sample believes those people who were not their fellows. The last indicator of above mentioned statement was that respondents were sensitive about other people who were not their friends.

### ii)    7Self7Esteem

In terms of the self-esteem variable, there were four different things. In a manner comparable to that of other age groups, this variable included a component that included the students' evaluation of their level of popularity. In addition, there was evidence that the pupils aspired to differentiate themselves from their peers. Three indications of this characteristic proved that respondents want attention from their families within their households. The fourth indicator of this variable was the respondents' perception regarding their ability to attain the employment they wishedfor successfully.

The names of the colleges attended by the individuals who participated in the research are printed in Table 4.1.1, with their ages, the number of siblings they have, and their family incomes. In order to determine the outcomes of the data analysis, the demographic and background characteristics of the respondents are considered. In the table, the classification of the respondents, their place of residence, their household income, their age, the educational attainment of both the father and the mother, the

structure of their families, and the father's occupation are displayed. A significant number of individuals stated that they were members of nuclear families.

Twenty-five respondents were from Gujranwala, 116 were from other districts, and 84 were from other areas. The majority of the respondents were from Gujranwala. They ranged from 16 to 24 years old for them. A total of 49.3 per cent of the sample comprises individuals between the ages of 19 and 21.

**Social-Psychological Factors**

*Social-Psychological Factors Empathy*

## DATA ANALYSIS AND PRESENTATION

*Distribution of the Respondents with Respect to Demographic Variables*

| Variable (College name of the students) | Frequency | Percentage |
|---|---|---|
| i. Government College G.T Road Jhelum | 69 | 19.4 |
| ii. Government Post Graduate College Jhelum | 40 | 11.3 |
| iii. Government Post Graduate College Islamia Gujranwala | 48 | 13.5 |
| iv. Government College G.T Road Kharian | 55 | 15.5 |
| v. Government Degree College Sarai i Alamgir | 38 | 10.7 |
| vi. Government Degree College Islamia Gujranwala | 105 | 29.6 |
| **Age of the Respondents** | | |
| i. 16-18 | 122 | 34.3 |
| ii. 19-21 | 175 | 49.3 |
| iii 22-24 | 58 | 16.4 |
| **Family Income of the Respondents** | | |
| i. Up to 10000 | 27 | 2.6 |
| ii. 10001–20000 | 81 | 22.8 |
| iii. 20001–30000 | 73 | 20,6 |
| iv. 30001–40000 | 34 | 9.5 |
| v. 40001–50000 | 72 | 20.3 |
| vi. 50001+ | 68 | 19.2 |
| **Area of the Respondent** | | |
| i. Urban | 199 | 56.1 |
| ii. Rural | 156 | 43.9 |

| Empathy | Always | Often | Sometime | Seldom | Never |
|---|---|---|---|---|---|
| I can listen to others. | 106(29.9) | 172(48.5) | 67(18.9) | 5(1.3) | 4(1.4) |
| I get upset when my friends are sad. | 124(34.9) | 127(35.8) | 78(22.0) | 12 (3.4) | 14(3.9) |
| I trust people who are not my friends | 81(24.8) | 84(29.7) | 102(20.7) | 39(11.0) | 49(13.8) |
| I am sensitive to other people's feelings, even if they are not my friends. | 99(27.9) | 104(33.3) | 102(21.7) | 24(10.8) | 26(7.3) |

The table describes social-psychological independent variable results. This variable was tested with four items. The first item is respondents' opinions on "I can listen to others." The research showed that 48.5% of respondents consider others' opinions. The third item measures respondents' trust in non-friends. Of 33.3% of respondents, I thought of unaware people.

*Social-Psychological Factors Self Esteem*

| Self Esteem | Always | Often | Sometime | Seldom | Never |
|---|---|---|---|---|---|
| I am popular as other people of my age. | 97(27.2) | 117(33.0) | 98(27.6) | 24(6.8) | 19(5.4) |
| I wish I were a different person. | 102(27.8) | 109(31.9) | 85(23.9) | 18(5.1) | 40(11.3) |
| I feel like people pay attention to me at home. | 135(38.0) | 110(31.0) | 84(23.7) | 11(3.1) | 15(4.2) |
| After my study, I will get a job I really want. | 160(45.1) | 102(28.7) | 65(18.3) | 18(5.1) | 10(2.8) |
| Note: F (%) | | | | | |

The table shows the results for the independent variable (student self-esteem). Four items measured this variable. One-third (33%) of respondents believed they were popular among their age group. The second question showed that 31.9% of respondents wanted to look different. One-third of respondents (38%) said they felt watched at home.

The fourth sample item was their belief that they would acquire a job they wanted. Less than half of respondents (45.1%) said they always thought they would receive a career they wanted.

*Delinquency violent behavior of the respondents*

| Delinquency | Always | Often | Sometimes | Seldom | Never |
|---|---|---|---|---|---|
| I carried a hidden weapon to hit someone. | 18(5.1) | 17(4.8) | 37(10.4) | 36(10.1) | 247(69.6) |
| I damaged, destroyed or marked up somebody else's property on purpose. | 14(3.9) | 18(5.2) | 41(11.5) | 41(11.5) | 241(67.9) |
| I made obscene telephone calls, such as calling someone and saying dirty things. | 21(5.9) | 22(6.3) | 48(13.5) | 53(14.9) | 211(59.4) |
| I avoided paying for things, like taking bus rides without fare. | 43(12.1) | 28(7.9) | 72(20.3) | 45(12.7) | 167(47.0) |
| I set fire on purpose or tried to set fire to a house, building, or car. | 12(3.5) | 18(5.1) | 68(19.2) | 37(10.4) | 220(62.0) |
| I went into or tried to go into a building to steal something. Note: F (%) | 17(4.8) | 30(8.5) | 48(13.5) | 38(10.7) | 222(62.5) |

The table shows student delinquency descriptive results. The first item suggests the sample had a secret weapon to hit someone. Most responders (69.6%) said they never carried a covert deterrent to hit someone.

The second item reveals whether respondents tried stealing a pen, book, notes bag, etc. The statistics showed that 67.9% of respondents denied engaging in such behaviour with college or non-college friends.

The third item found that 59.4% of respondents never made an obscene call or used filthy language when calling others. The majority of responders (62%) never intentionally set fire to someone's house, building, or car to damage it. The results showed that most respondents (62.5%) should have remembered they went inside others' homes or took something.

The table shows the results for the independent variable (student self-esteem). Four items measured this variable. One-third (33%) of respondents believed they were popular among their age group. The second question showed that 31.9% of respondents wanted to look different. One-third of respondents (38%) said they felt watched at home.

The fourth sample item was their belief that they would acquire a job they wanted. Less than half of respondents (45.1%) said they always thought they would receive a career they wanted.

**Null Hypothesis:** There is no inverse relationship between students' Empathy and bullying violent behavior among college youth.

**Alternate Hypothesis:** There is an inverse relationship between students' empathy and bullying violent behavior among college students.

*Relationship between Bullying as a violent behavior and Students Empathy at college levels*

|  |  | Students Empathy |
|---|---|---|
|  | Pearson Correlation | $-0.031^{**}$ |
| Bullying | N | 355 |

*P<.01=, P<.001=**, P< .0001=***

The table indicates a negative connection (r= -0.031** p<.001) between student perception of social support and bullying as a violent behaviour. Social support was inversely connected to violent bullying, according to these statistics. Social support improvements among college students were likely to affect bullying aggressive behaviour, and vice versa. Violence (bullying) increases when social support is low.

Self-esteem and college youth delinquency as violent behaviour

**Null Hypothesis:** There is no inverse relationship between students' Self-Esteem and Delinquency as a violent behavior among college students.

**Alternate Hypothesis:** There is an inverse relationship between Students' Self Esteem and Delinquency violent behavior among college youth.

*Relationship between Self Esteem and Delinquency as a violent behavior among college youth*

|  |  | Self Esteem |
|---|---|---|
| Delinquency | Pearson Correlation | $-0.018^{**}$ |
|  | N | 355 |

*P<.01=, P<.001=**, P< .0001=***

The table indicates a negative association (r= -0.031** p<.001) between students' perceptions of social support and bullying as violent behaviour. These results suggest that social support negatively affects bullying as violent behaviour. Social support improvements among college students were likely to affect bullying aggressive behaviour, and vice versa. Violence (bullying) increases with low social support. Self-esteem and college youth delinquency as violent behaviour

## Conclusion

Even though no one factor can precisely predict all occurrences of hostility or violence, several factors increase the likelihood of such behaviour. To evaluate the issue of adolescent violence, a well-structured strategy that emphasizes having a full grasp of all relevant elements is required. In the absence of protective variables, the environment and experiences of young people have a considerable impact on the likelihood that they would engage in violent activity. In this study, the psychological factors that influence aggressive behaviour in adolescents were explored.

The current study was conducted to determine the underlying cause. The comprehension of the behavioural characteristics of Pakistani society will be facilitated as a result, and the development of specific remedies to address these characteristics will be made possible. In addition to providing more precise forecasts of violent behaviour, research that makes use of a wide range of psychological components also illustrates the intricate relationships that exist between these influences, which ultimately leads to an increase in the overall risk. At an early stage, this study aims to discover the significant factors that are antecedents of aggressive behaviour. According to the findings of studies conducted on respondents, the prevalence of youth violence is higher in urban and economically disadvantaged groups. The respondents were in complete agreement that the most critical factors that contributed to the development of violent behaviour among adolescents were self-esteem and self-efficacy. Specifically, Gottfredson and Hirschi's "Self-control theory," which proposes that children develop self-control by the age of seven or eight and maintain it throughout their lifetime, was found to have substantial connections with the sociological theory of deviance identified by the study. Individuals who lack self-regulation during childhood are more likely to engage in criminal activity, a propensity that continues into adulthood. This means that these individuals are more likely to commit crimes.

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