



Visualization – Reason Behind Teenaged Anger

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ABSTRACT: *The contemporary world presents innumerable opportunities to people. With the advancement of technology, especially media which have brought forth revolutionary changes in human culture and civilization and make unique trends all over the world. In today's society, media are thoroughly integrated into our life including electronic gadgets such as TV, Videogames, Smart phone, Internet, IPod etc. Adolescents are highly impressionable by the influence of media. It has both positive and negative impacts on adolescents' lives. This study has shed light on the fact that the media has a disturbing potential to negatively affect many aspects of adolescents' healthy development, store up anger, angry feelings and angry outburst.*

Keywords: *Media, Adolescent, Aggression.*

I. THE AGE OF ADOLESCENCE

Adolescence has always been an interesting stage of life to explore. Adolescence can be viewed as a tunnel, through which all must pass. It is a unique period in life cycle that presents challenges and full of excitements. At the same time it demands adjustment on many fronts. It is the vulnerable age group in the society. Adolescence is a time of life when the child is on the threshold of adulthood. It is a period of intense and rapid development and is characterized by numerous developmental tasks including gaining new and more mature relationship with others, achieving emotional independence from parents and the cognitive and psychological resources to face the challenges of adult life (Hazen, Schlozman & Beresin, 2008). Thus this is the time when the responsibilities of a mature adult are slowly becoming manifest in the child's mind. The adolescent mind is filled with dreams of future, and perhaps even some fantasy. Adolescents acquire the increasing ability to think abstractly and hypothetically.

WHO (2013) identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood. Adolescents aged between 10-19 years account for more than one-fifth of the world's population although more recent research suggests that adolescence can continue into the early 20s (Egbert, 2002). Adolescence is a transitional period of development from childhood to adulthood with evident biological and emotional changes. These changes bring transformation and reorganization in family relationships (Steinberg, 1990). According to Sunmola (2002), the transition is characterized by an increase in personal control, responsibilities and independence.

Adolescence is the transitional period between late childhood and the beginning of adulthood. Adolescents experience numerous developmental challenges which includes increasing need for independence, evolving sexuality, transitioning through education and beginning employment, negotiating changing relationships with family, peers and developing personal ethics and a healthy identity (Cameron & Karabanow, 2003). Adolescence is much more than one rung up the ladder from childhood. It is a transition period for ego-development, levels of aspiration, socialization, religious beliefs, achievements that play a significant role in adolescent development. Adolescents also experience significant changes in their ability to assess and comprehend complex situations and information and in their desire to become independent and unique individuals (Stang & Story, 2005).

II. AGGRESSIVE BEHAVIOR OF ADOLESCENCE

Modern society is full of complexity especially for adolescents because, this stage is turbulent, but crucial. Adolescents also experience significant changes in their ability to assess and comprehend complex situations and information and in their desire to become independent and unique individuals (Stang & Story, 2005). Concurrently, adolescents are perceived as active participants who want to be in charge of their own surroundings (Olsson, 2011). Adolescence is the age of doing new things and gathering new experiences.

Adolescents are confused with new kinds of stress arising from new relationships with parents, friends, teachers (Krenke-Seiffge, Aunola, & Nurmi, 2009). Adolescence is a period when boys and girls are still subject to the vagaries of parental whims on the one hand and wanting to break free from parental control on the other. In this arena of opposing forces and loyalties, confrontations and clashes emerge. This can result in a well of anger or frequent emotional outbursts as so often seen in many homes. Children are seen to be loitering in the streets and spending more time in video arcades and social networking sites, and playing truant. Media regularly portrays the problems of adolescence like, gang violence, school shootings, alcohol-related accidents, drug abuse, and suicides..

Women's empowerment, exposure to media (Mahmood, 2000), social-networking sites (Winterberg,2010), increasing competitive demands of the market economy and higher standards of academic achievement, especially parents' high educational expectations, and pressure for academic achievement (Deb, 2001) are some aspects that very much influence the personality traits of adolescents. This transitional period accompanied by many needs, problems and responsibilities along with the various changes in all aspects of personality of adolescents leads to emotional instability, anxiety and aggression among them. On the other hand, to search for self- identity and status of their lives, adolescents are frequently confused about what is right and what is wrong and this increases their anger and problem behavior and results in aggressive tendencies (Kaur & Kaur, 2014).

There are some factors that influence the transition period of adolescence. During this stage, there may be some changes in their thinking process, attitude as well as their behavior. During the adolescent stage, outside influences are particularly capable of affecting youngsters' behaviors, attitudes and thoughts. The factor that influences the teenager most—is the media

III . EFFECT OF MEDIA ON ADOLESCENTS LIFE

In the modern society, electronic media has become one of the most pervasive forces which are thoroughly integrated into the fabric of life including electronic gadgets such as TV, Videogames, Smart phone, Internet, iPod etc. Many people said that, media is used as a third parent. All these new technologies have tremendous resources for learning and knowledge acquisition as compared to the past. Media can be used effectively as a teaching tool which gives direction in day-to-day life, work, entertainment, health care, education and in many other aspects of life. Electronic media helps to reinforce and activate the latent attitude significantly in the formation of new attitude of the child (Gitten,1998). That have an effect on attention, memory, executive functions, language and communication, visual spatial processing, reasoning and social emotional functioning. It also has a major influence on children's social and cognitive development (Huston et al., 1992). While these media outlets can provide education and entertainment to children, many researches are concerned with the negative impact of electronic media is having on children especially on adolescents life.

In urban busy schedule, people don't have time to meet or call up their friends and relatives. Social media helps to make a bridge. Youngsters use social networking sites to search their friends online and communicate with them through chat, share photos, ideas etc. According to Winterer (2010), websites like Face book and twitter come with unbelievable techniques to communicate with family, friends and other social communities. Benson, Filippaiso and Morgan (2010) have studied the use of social networks in career development of students and also building the relationships with their employers. Backer (2010) investigated the role of new technologies like Face book and smart phones on student. He found that such applications create a sense of motivation and responsibility and thus enriches learning experiences.

he study by Bickham et al.,(2006) stated that, as children spend more time on watching TV, it increased the risk for social isolation from their parents, peers and many other relationships. This results in anxiety disorder, agoraphobia, antisocial that causes in appearing anxiety disorder, agoraphobia, antisocial behavior and gang involvement. On the other hand, adolescent want to buy what they see on TV and what their favorite celebrity advertise. Moreover, business advertising tasty fast food, high in calories & low nutrition, on TV entire children with their waves. Though children became their ready customers, they become prone to the harmful effects of the product (Dave, 2011). Thus, anorexia and obesity has been increased among of adolescents. Kuritan et al., (2007) reported that, there was a strong association between TV watching and children's obesity. Steller et al., (2004) also found evidence of a significant relation between electronic media and children's obesity. However, many teenager girls are often obsessive with losing weight to look like a thin super model. Thus they get eating disorder that leads to severe health problems (Dave, 2011). Another study by Field et al.,(1999) found that the majority of preadolescent and adolescent girls were unhappy with their body weight and shape. This was strongly related to dieting, weight loss of adolescent girls and reading fashion magazines to improve body shape. The study by Van den Berg et al., (2007) identified that, frequent reading of magazine articles about weight loss significantly associated with unhealthy weight control behavior in adolescent girls as compared to boys.

Another negative impact of media on adolescents life is media violence. This is disseminated through TV, movies, video games and tends to increase aggression on teenagers. Dave (2011) stated that, media violence exposure like murder, mystery TV shows and movies depicting torture and violence have negative impact on children's behavior and can result in increased aggression. Violent video games tend to be more aggressive. Yama et al., (2001) explored that, fears, tensions, bad dreams, delinquent behaviors were observed when children saw violent movies on TV and played violent video games. According to Ray et al., (2006). In India, those children having violent exposure through media had poor academic performance in school and their psychosocial adjustment were detrimental. So, media violence has been positively related to aggressive behavior, ideas, anger and arousal (Ray & Jat, 2010). Sexual promiscuity of teenagers has also been found to be rooted in the media. In India, there are reports of messaging sexual contents through mobile among school going adolescents (Dave, 2011).

IV. MEDIA INFLUENCES AGGRESSION OF ADOLESCENT

Exposure to media violence has been positively related to subsequent aggressive behavior, ideas, arousal, and anger. According to Garofalo (1981), three possible media effects on adolescents are (i) imitation that means, learning of new behavior(ii) disinhibition means weakening of internal or external controls on aggressive behavior and (iii) desensitization that means weakening of emotional reactions to violence. Another studies conducted by Bandura(1965) and Belson (1978) reveal that individuals perform some of the violent behaviors viewed in the media and have a higher chance to exhibit violent behavior with increased exposure to media .Many studies have revealed that media exposure shapes an individual's perception of criminals and victims, fear of crime, and desensitize individuals to violent acts (Hubbard, DeFleur, and DeFleur, 1975; Doob and Macdonald, 1979; Eysenck and Nias, 1978, as cited in Garofalo, 1981).

Most of the research focused on the fact that, viewing violence in the media makes the children and adolescents more violent. The most direct and obvious way in which watching violent content results violent behavior through imitation. Anderson et al.,(2003); Bushman & Huesman,(2006); Huesman,(2007); Huesman & Kirw et al.,(2007) conducted some studies which enumerated that, watching violent T.V shows, movies, playing violent video games increase aggressive behavior among adolescents. Many cross-sectional studies found that children who have regularly experienced more violent media have an increased probability of behaving more aggressively in real life. Anderson et al.,(2008) also supported the above evidence. Yama, *et al.*(2001) described that some of the fears, tensions, bad dreams and tendencies towards delinquencies of children are a result of frequent and a regular exposure to murder-mystery movies, and stories filled with violence and torture that children view on TV and movies. Hopf, *et al.*(2008) showed that the more frequently children view horror and violent films during childhood, and the more frequently they play violent electronic games at the beginning of adolescence, the higher will these students' violence and delinquency be at the age of 14.

A correlational study by Anderson and Dill (2000) shared that, violent video game play is closely associated with aggressive behavior and delinquency. Harmful effect of playing video games may be even greater for children who are already at higher risk for aggressive behavior. In another study by Anderson & Dill (2000); Anderson & Bushman (2002) have enumerated General Aggression model to explain the theoretical perspective of the relation between violent video game and aggressive cognition, attitude and behaviors. It is a multi stage process in which personal (aggressive personality) and situational (video game and provocation) input variables lead to aggressive by influencing many internal states and that results outcome of automatic and controlled appraisal or decision. American Academy of Child and Adolescent Psychiatry (AACAP); American Psychological Association (APA); American Academy of Pediatrics (AAP) and American Medical Association (AMA) (2000) jointly stated that, there is a causal relationship between media violence and aggressive behavior. Adolescents with greater levels of hostile are more likely to be involved in violent activity than low hostile adolescents. When they engage themselves in violent video games, then their aggression level increases in a greater way.

Bickham, *et al.*(2006) investigated the relationship between TV viewing time, content, context, and peer integration. As children spend more total time watching TV, they spend a significantly shorter amount of time with friends as compared to those who don't. Thus, viewing television causes poor peer relationships and thereby increases the risk for social isolation, anxiety disorder, agoraphobia, and antisocial behavior, including aggression and gang involvement(Thakur,2001). Some authors found that the more time children spent watching TV, the less time they spent with their families(Vandewater et al.2006). While TV may isolate children, the reverse causal direction is also plausible – lonely children may turn to TV for entertainment and companionship. Conversely, children who are socially integrated spend less time watching TV(Krosnick et al.2003). Thus, it can be argued that it is social isolation that motivates excessive media use. Overall, it is most likely that both effects

occur – children who watch more TV become more socially isolated, which leads them to spend more time watching TV.

V.MANAGING THIS DETRIMENTAL EFFECTS

It is imperative that parents and education together nurture the adolescent to become humane citizens. Media regularly portrays the problems of adolescence like, gang violence, school stabbings, alcohol-related accidents, drug abuse, and suicides etc. Parents should spend more quality time with their children, particularly during their growing years. They should consider giving their children the gift of healthy parenting instead of showering them with material presents. Parents along with teachers, have to take the reins in their hands and strive towards the development of well rounded personalities. Close relationships, strong parenting skills, good communication, and positive behavior towards them, make it more favorable conditions for the enhancement of psychosocial competence of the children and adolescents. Adequate monitoring, control, supervision irrespective of the gender and age are paramount factors in positive and effective child rearing. Adequate parental love, warmth, care and attention are factors for effective parenting. Dialogue, communication, explanations and establishment of good and cordial relationships between parents and adolescents could enhance positive and effective parenting which prevent adolescents' problem behaviors like aggression. Schools could offer programs for children and a parents to work together to establish closer bonding. This close bond could increase self-control and decrease the probability that the child will turn to deviant behaviors. Therefore, there is every need for parents to be aware of their actions and attitudes as parents so that the future citizens can build a happy, peaceful and prosperous India. Be active- talk and make connections with your children while the program is on. Co-viewing adult (parents) can make television viewing an active process and can facilitate learning from it. Take the time to discuss with your children the games they are playing or other media they are watching. Ask your children how they feel about what they observe in these video games, television programs or movies. This is an opportunity to share your feelings and grow closer with your child.

VI. CONCLUSION

In twentieth century, we live in a society that depends on communication and information technology. The media such as, television, movies, videos, video games, computer networks etc all these electronic gadgets have assumed central roles in our daily lives. For better or for worse, the mass media are having an enormous impact on our values, beliefs, and behaviors. The media is good for socializing and shaping the modern culture by reporting people essential information but sometimes it often wastes precious time and distracts children attention.

In this study, many literature reviews ensure that exposure to violence on television and in video games increases the risk of violent behavior in the adolescents life. When our children are starting to grow and are shaping their personality, values and beliefs can become aggressive or they can lose a sense of reality because they usually watch violent programme on T.V, and video . In the past years there have been some cases of kids carrying a gun at school and even hurting others with it. Those kids have been linked to excessive use of violent video games and war images. Though media have enormous negative impact, if managed properly, media can be effectively used to generate awareness amongst teenagers about issues like sexually transmitted diseases, pregnancy, drugs, alcohol and smoking. Parents and teachers should try to find out the ways and possibilities to optimize the role of media in our society, taking advantage of their positive attributes and minimizing their negative ones. The ultimate goal is to reach youth with positive attributes of media.

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