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A STUDY OF AGGRESSION AND TYPOLOGY

Abstract

The article refers to study the forms, vectors and intensity of aggression in a typological context. In order to search typology we consumed the typology of extroversion-introversion theoretically considered by K. Jung and experimentally processed by H. Eysenck. Introversion-extroversion is a continuum where each person is located on the specific point of the scale. There are 7 groups allocated on the scale: typical extrovert, strong extrovert, weak extrovert, mixed type, weak introvert, strong introvert, typical introvert.

In order to study aggression we consumed Buss and Dark searching instrument which studies different forms, intensity and vectors of aggression. Among 8 forms of aggression hetero-aggression forms are the following: physical, indirect, verbal aggression and negativism, auto-aggression forms are: irritation, resentment, jealousy and guilt feeling.

According to our interest, the hypothesis of our research is the following: extrovert is pronounced outdoor-oriented type, he/she may be characterized with out-directed (hetero) aggression and the aggression vector of an introvert, which is an inside-oriented type, may be directed inside (auto-aggression).

The results of our research partly justify the following hypothesis. All forms of hetero-aggression is characteristic of extraversion: physical, indirect, verbal aggression and negativism. T-test and dispersion analysis revealed the difference between the types. Correlation analysis also showed the following tendency.

Although the auto-aggression forms irritation and guilt feeling are characteristic of introversion, we received statistically important difference only in one group between the types according to irritation in introverts. The difference was not important for guilt feeling. The high level of guilt feeling is characteristic for both types.

Keywords: Typology, Extroversion-introversion, Aggression, Hetero-aggression, Auto-aggression.

Introduction

A study of personal holistic nature is first of all connected to the understanding of typology. Among the various typologies we will outline the typology of extroversion-introversion by Swiss psychologist K. Jung. It has everyday, practical use to solve the issues of psychodiagnostics, psychotherapy, professional selection.

Among the number of studies according to the mentioned typology, we want to add novelty and to study the state of neuroticism of the types: we want to search the forms, vectors and intensity of aggression in a typological context.

Aggression problem is demonstrated in each case of mental disorder, so when we talk about neurotization of types, its role in this case will be special.

To search the mentioned issue has important practical and scientific value, as it gives a new information about types. For example, psychotherapy practice shows that introverts visit to psychotherapy center more often than extroverts. As if their level of neuroticism is higher than extroverts? This fact may be depended on the characteristics of types. It seems that extroverts are better able to divert attention and to relieve themselves emotionally with their expression and active communication than introverts. These last ones are oriented on their own world, are directed inside, so they will not be able to divert attention to other people and environment to express emotions so well as extroverts. The probability of hetero-aggression in extroverts and auto-aggression in introverts should create the source for introverts that neuroticism might be rather disturbing for them.

The main part

Swiss psychologist K. Jung introduced the concepts of introversion-extroversion. English psychologist H. Eysenck, as the result of his experimental work, identified 3 polar characteristics inherent in humans, which were allocated on three scales: extroversion-introversion, neuroticism-stability and psychoticism-strong superego. According to the following each person is located on the specific point of each three continuums.

According to this point of view, people are either introverts or extroverts. The first group members are directed out, to the objective world and tend to be restless, aggressive, impulsive, optimistic, excitable, active, open-hearted, funny, talkative, carefree, leader, etc.

Introverts are on opposite pole. They are directed inside to their own spiritual world and are characterized by such qualities as calmness, tranquility, sadness, pessimism, self-restraint, passiveness, reservedness, boredom, silence, etc. [Merabishvili, 1998:149]

The unhealthy, violent actions of a concrete human being or the whole society are determined by aggression. Aggressive is a maniac behavior for whom killing women is a hobby, but the behavior of the football player fighting for the ball, energetic businessman and mathematician are also considered aggressive. [Merabishvili 1, Merabishvili 2, 2021:118] According to the following, literature talks about constructive and destructive aggression. According to the forms of behavior and openness they distinguish: physical-verbal, active-passive, direct-indirect aggression (Buss, 1961). From the point of view of achieving the goals, instrumental and hostile aggression are distinguished (Baron & Richardson). Depending on the reasons, reactive and proactive aggression are released (Dodge, Coie, 1987). As for vectoral directions hetero- and auto-aggression forms are distinguished (Ilin, 2014:18-22)

It is interesting that aggression as a feature is given in the description of extroversion characteristic, while it is said nothing at this point about introversion. It is important to talk about the aggression shown in two forms: outside and inside directed aggression (hetero- and auto-aggression). It does not mean that we only have aggression by the time when it is expressed and visible, it may not be visible externally, the vector may be directed inside and manifested in fears, obsessive actions, psychosomatic complaints, etc. Introvert's characteristics, steadiness and balance in appearance, do not necessarily mean that he is free of aggression.

Based on the mentioned interest, we outlined our research hypothesis: as extrovert is expressed, out-oriented type, he may be characterized with out-directed (hetero) aggression and the aggression vector of introvert, as he is the inside-oriented type, may be directed inside (auto-aggression).

We used the following proven and standardized research tools of quantitative research as search methods:

1. Eysenck Personality Questionnaire (EPQ) – studies extroversion-introversion and neuroticism-stability levels; Eysenck questionnaire adaptation-standardization (Arutinova L.; Grigolava A.) [Theses, 1999:9]

2. Buss and Dark Aggression Research Test – studies the level, intensity and vectors of aggression; Buss and Dark questionnaire adaptation-standardization (Arutinova L.; Grigolava A.) [Theses, 1999:6]

The description and processing of the research

260 adults, practically healthy respondents of different ages and sexes took part in our research.

Distribution of averages according to extroversion-introversion; t-test, dispersive analysis, correlation analysis

Type Parameter	Typical Introvert	Strong Introvert	Weak Introvert	Mixed Type	Weak Extrovert	Strong Extrovert	Typical Extrovert
Neuroticism	13,3	12,9	13,2	12	13,5	12,9	15
Physical Aggression	3,1	5	4,9	5,4	5,5	6,1	8,1
Indirect Aggression	4,7	4,8	5,1	4,4	5,3	5,7	5,9
Irritation	5,3	6	5,9	5,2	6	5,1	6,4
Negativism	2,6	2,3	2,6	2,6	2,8	3,2	3,4
Resentment	4,6	4,5	4,1	3,9	4,3	4	4
Jealousy	4,7	4,2	4	3,4	4,1	3,8	4,7
Verbal Aggression	5,6	6,5	7,1	7,3	8	8,5	11,7
Guilt Feeling	7,1	6,6	6,4	6,3	6,2	6,5	7,4

The above-mentioned table shows the distribution of averages of all seven level types according to all parameters and shows reliable differences between typical extrovert-introvert, strong extrovert-introvert and weak extrovert-introvert by t-test and dispersion analysis.

The data shows that we have reliable differences between typical introverts and extroverts obtained by t-test in terms of physical and verbal aggression. The obtained data partially justify the hypothesis of our study that hetero-aggression forms are more typical for extroverts compared to introverts.

Reliable statistical differences between strong introverts and extroverts were confirmed in terms of indirect aggression, negativism and verbal aggression. With these characteristics, our hypothesis was again partially confirmed. Indirect aggression, negativism, and verbal aggression are the forms of hetero-aggression that are more pronounced and higher in extroverts than in introverts.

We obtained reliable statistical differences between weakly expressed introverts and extroverts with t-test in relation to verbal aggression.

In addition to the results of the above-mentioned table, we also investigated internal groups and obtained the following data: between typical introverts and strongly expressed extroverts, there is a significant difference by t-test with respect to verbal aggression data.



Differences between a typical introvert and a weak extrovert are found in terms of physical and verbal aggression.

Strong introverts and typical extroverts are distinguished by physical, verbal aggression and negativism in favor of extroversion.

Between strongly expressed introverts and weakly expressed extroverts, we can emphasize high verbal aggression in favor of extroverts.

We also have reliable differences between weak introverts and typical extroverts according to the following parameters: physical aggression, negativism, verbal aggression, hetero-aggression on the side of extraversion.

There is a similar trend in the groups between weakly expressed introverts and strongly expressed extroverts. T-test showed a significant difference between the forms of hetero-aggression: physical aggression, negativism, verbal aggression. In this group, the indicators of irritation are noteworthy: introverts have a higher level of irritation than extroverts, and this difference is statistically reliable. This factor partially justifies our hypothesis, where we talked about more pronounced forms of auto-aggression with introverts. However, research has not confirmed this trend in general. Neither dispersive analysis nor correlation analysis showed us that introverts are more characterized by the forms of auto-aggression, such as: irritation, resentment, jealousy, guilt feeling.

It is worth noting that we got an interesting result from the point of view of the guilt feeling. Guilt feeling is a form of auto-aggression. We distinguished 3 levels on the mentioned scale and 73.5% of the subjects showed a high level of guilt feeling. The mentioned result is significantly higher than the normative indicator of the parameter (3.8 - between low and medium levels) (D. Uznadze Institute of Psychology; Buss and Dark Aggression Research Questionnaire Adaptation-Standardization (Arutinova L; Grigolava A.)). [Theses, 1999:6] As we can see, after the 90s, the level of guilt feeling in our society has increased significantly. However, it should also be noted that according to our research, the level of increased guilt feeling was characteristic not only for introverts, but also for extroverts. No statistically significant difference was found between them by t-test and dispersive analysis.

Dispersion and correlation analysis clearly confirmed the first part of our hypothesis, the characteristics of hetero-aggression for extroverts: physical aggression, indirect aggression, negativism, verbal aggression. Correlational analysis shows that extroversion is positively correlated with physical, indirect, verbal aggression and negativism, that is, the higher the level of extroversion, the higher all forms of hetero-aggression. However, it does not show a negative correlation with the forms of auto-aggression. Also, the dispersive analysis on the extroversion-introversion scales revealed reliable statistical differences on the same characteristics: there is a significant difference between extroverts and introverts in terms of physical aggression, negativism, and verbal aggression.

It will be interesting to talk about the forms of auto-aggression, except for the group mentioned above, why there were no trending reliable differences in terms of auto-aggression between extroverts and introverts? It should be noted that in terms of forms of auto-aggression, both extroverts and introverts have mostly medium and high intensity, high level of guilt feeling, medium level of resentment, mostly medium level of irritation and jealousy. It should be noted that in conditions of neurotic symptoms, aggression is a common expression in all cases. Correlational analysis in our study also confirmed that neuroticism among the forms of aggression is positively correlated with physical, indirect aggression, irritation, resentment, jealousy, verbal aggression and guilt feelings, in fact with all forms of aggression. According to the research data, the average level of neuroticism gives us the medium and high-level forms of aggression according to all parameters in the types. Therefore, the forms of auto-aggression with extroverts are approximately at the level of aggression of introverts, mostly of medium and high intensity, although extroverts are easily able to move from the inside to the outside, the vector of aggression shifts more easily from auto-aggression to hetero-aggression, while the forms of aggression with introverts do not change with significant intensity and interval. To substantiate this fact, we will quote G. Merabishvili's

research on extroverts and introverts, which was carried out to study the dynamic and static attitudes of the mentioned types in a specific social environment.

At the beginning of the experiment, sentences expressing funny and sad actions were selected and grouped. Respondents had to allocate possible bipolar actions on a seven-point scale, by which they would evaluate their own behavior in a given social situation. The instruction was as follows: “Imagine that you are in a fun company (wedding, birthday, party, etc.) and rate your level of behavior in similar situations.” The experiment showed a significant difference between the ratings of extroverts and introverts. Introverts got 5.6 points, extroverts - 2.7. The same scale was used to study role behavior, where the typological character was again confirmed. During the experiment, introverts and extroverts were put in opposite situations and forced to adopt these roles. The instruction was as follows: “Imagine that you are in a certain group. If you want to stay there, you will be forced to act against your will. As much as you can, choose the appropriate quality of action”. In this study, typology was shown to be a strong determining factor. As a result, introverts and extroverts showed more behaviors corresponding to their type in inappropriate situations. However, it should be noted that relatively significant dynamism was shown by extroverts in the role of introverts, their degree of departure between their natural behavior and introverted behavior was higher than that of introverts, and this difference was found to be statistically reliable. Therefore, the types generally show an unchanging, stable nature, although in extroversion we find more of a dynamic attitude, the behavior changes in the opposite direction with more intervals. [Merabishvili, 1990:175]

For more visibility, we cite another study where types showed their attitudes towards medicine and doctors. Using the interval method, the scale offered 4 “reassuring statements” that expressed an authority’s opinion about medicine (e.g., “According to the latest data from UNESCO...”). This information contained conflicting positions. Depending on which positions the respondents chose, they were then given information that contradicted their position. Finally, the respondents had to evaluate the statements again. It was interesting to see what positions the types would choose and how much they would change their position after exposure. The study found that extroverts had a more positive attitude toward medicine and doctors than introverts, and after the exposure, extroverts remained positive and introverts remained negative, although the interval with which they changed positions was higher with extroverts than with introverts. [Merabishvili, 1990:176]

Therefore, extroverts are more dynamic and can change their behavior or attitude in a specific situation or towards a specific event with more intensity. The same can be said about the directions of aggression. Due to greater dynamism, extroverts are more easily able to change the vector of aggression, from auto-aggression to hetero-aggression and vice versa, while forms of aggression with introverts do not change with significant intensity and intervals.

Dispersive Analysis according to Extroversion-Introversion

Types	Differences according to dispersive analysis
Extroversion-Introversion	Physical Aggression Negativism Verbal Aggression

As we saw the general trend from the t-tests, we can also confirm with the common dispersive analysis that the ratio of extroversion-introversion types gives us reliable statistical differences in terms of physical aggression, negativism and verbal aggression parameters. As we mentioned in the theoretical part, extroverts are directed to the outside, objective world, they are characterized by easy excitability and expressiveness. They are characterized by a strict social and political position. As leaders, they are often

autocrats and despots. Introverts are types directed inside, towards their own world and are characterized by: quietness, restraint, passivity. These factors lead to statistically significantly higher expressive, hetero-aggression forms among extroverts.

Correlation Analysis according to Extroversion-Introversion

Types	Positive Correlation	Negative Correlation
Extroversion - Introversion	Physical Aggression Indirect Aggression Negativism Verbal Aggression	–

In discussing the results of the t-test and dispersive analysis, we have already discussed the factors that determine the trend expressed in this table. Extroversion is characterized by a growing tendency in terms of forms of external vector aggression. Extroversion is positively correlated with the forms of hetero-aggression (physical, indirect, verbal aggression and negativism), the higher the level of extroversion, the more the intensity of hetero-aggression increases.

conclusion

Therefore, the study of aggression in relation to the typology partially justifies our hypothesis. Extroversion is prone to all forms of hetero-aggression: physical, indirect, verbal aggression and negativism. The difference according to the types was determined by t-test and dispersive analysis, and the mentioned trend was also clearly seen by correlation analysis.

As for introversion, even though the following forms of auto-aggression are leading for introverts: irritation and guilt feeling, with the t-test between the types, only in one group we got a statistically significant difference in terms of irritation on the side of introverts, but not according to the feeling of guilt. It was found that the guilt feeling is generally high for both types in relation to the normative indicator.

The mentioned research can have an effective use in psychodiagnostics and psychotherapy, because specialists will have specific expectations while working on the problems of aggression with types.

The research can also be used in solving issues of professional selection. Since extroverts are more expressive and dynamic, and introverts are hardly excited and static types, we may have specific ideas about their activities, according to success-failure in a particular job, and the suitability of any activity for them.

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