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Case Analysis (Arham)

Problem: **Aggressive behavior**

Introduction:

This case analysis presents the problem related to aggressive behavior. The purpose of this analysis is to inform the reader about the reasons of aggressive behavior of Arham. Further, it will provide alternative solutions to correct the aggressive behavior with one solution being the most suitable along with the recommendations.

Background:

This case study is about aggressive boy (Arham) who is 10th class student and in previous class he failed and remained suspended frequently. Being frustrated, he had given up all and now he has no any life goal. He has a small family with mother and father. Having his mercurial nature, he had fought his father many times. Even, in the summit of rage, he had broken many utensils and Television. On the other hand, his father is even more aggressive person. Similarly, he does not have much communication with other family member who are under the influence of his aggressive father. Consequently, the impact on the behavior of Arham became indelible and finally leaving him psychological patient.

The cruel environment around Arham has made him psychological patient who behaves now aggressively with everyone. When we observe so much violence around us on daily basis, we might wrongly conclude that people have an built in tendency, or even an instinct, to be aggressive. Some well-known philosophers and psychologists have argued that this is the case. For instance, according philosopher Hobbes (1588–1679) , arguing that humans are by default evil and that only society could constrain their aggressive nature. Secondly, he was frustrated because he had failed and was suspended again and again. On the other hand, the philosopher Rousseau (1712–1778) was more positive on this issue. He believed that humans are naturally gentle creatures who are aggressive otherwise only because we are taught to be so by our society.

Alternative solutions

considering the first alternative solution for aggressive behavior is withdrawal. From the given excerpt, it is clearly visible that Arham's father remained always forcing in his arguments and never surrendered before Arham. Since, according to Rousseau, children learn from surrounding, his father should have surrendered before his child (Arham) to modify his nature. However, this solution seems impractical that a father surrenders before child. On the other hand, children are already stubborn and not submissive in nature. Hence, withdrawal is not a long term solution to control the aggressive behavior of the opponent who might aggravate further. Therefore, this alternative solution is rejected.

Second alternative solution is accommodation in which his father and friends could have managed to satisfy the needs of Arham and neglecting their anger. Be sure to praise good behavior immediately and often. For some children, it is best to explain consequences for misbehavior ahead of time. It is important that the child understands the consequences before they are enforced. But when child remains unresponsive, then this accommodation technique become obsolete. This one way relationship can not be prolonged unnaturally and hence this solution is again rejected.

Proposed Solution:

The best solution to control the aggressive behavior and its consequences is the collaborative style in which issues from both sides are addressed and mutually satisfying solution is achieved. Someone from family member or a teacher could have played an intermediate role between Arham, his friends and his father to inquire the real problem behind the scene. By this technique, problems are identified carefully by speculation and evaluation. The intermediate person needs to stay humble meanwhile.

Recommendations:

Guidelines for collaboration will help the partner to avoid the aggressive behavior. Partners need to describe the problems in term of behavior, consequences and feelings. Arbitrator, do not need to evaluate the motive of other person and needs to refrain from blaming and accusing. Responding ethically with genuine interest and concern is very effective to evaporate the aggressive behavior. Paraphrase your understanding and ask further question to elaborate the situation clearly. Ultimately, find some common ground where both partner can become agreed to resolve the conflict. Arham and father could have found the common problem where they always disagreed and then avoiding this situation could have overcome the aggressive behavior of both father and child.

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