# Task 1: Essay

## Main Body

# 1. Understanding antisocial and aggressive behaviour

Understanding aggression and antisocial behaviour can allow people to understand people's thinking ways with the consideration of their feeling and relation with others across the global environment. In the context of social psychology, aggression can be defined as the behaviour or action of people. Aggression is aimed at damaging physical property and harming individuals within the operating environment (Krahé, 2020). Aggressive behaviour highlights the perceived intent of people, which can be different from various points of view within the existing environment. Intentional harm and unintentional harm both are included as the act of aggression within the context of social psychology. On the other hand, antisocial behaviour can be defined as the action of people that does not incorporate the consideration of social norms. Antisocial behaviour reflects disregard toward other people with the violation of the rights of others within the specific environment (Engelmann *et al*. 2019). Ineffective regard for people's feelings and violation of personal rights across the societal environment is also known as anti-social behaviour. The most common anti-social behaviour present in the global environment includes creating noise, fighting and swearing, which can intimidate people. Moreover, the inclusion of threats and actual violence is associated with anti-social behaviour within the context of social psychology.

Visual system in the context of social psychology is known as the mental representation of the surroundings and world present around us, which allows individuals to navigate within the existing marketplace. Visual perception also helps in facilitating social communication across a particular environment (Hay, 2019). Moreover, the key function of the visual system in psychology includes allowing people to progress within the physical space with the association of effective interaction capability and observing objects around them. Visual system structure in the global environment involves a cognitive system and a negative valence system with the association of aspects like attention, threat, vigilance network, and attention bias. Overall it can be said the visual system of psychology can help in gaining a better understanding of anti-social behaviour and aggression for people across the international market.

The visual system and structure can also influence cognitive control with the association of inhibition and response selection among different individuals. The importance of understanding aggression, interpersonal violence and antisocial behaviour is high because it can help in preventing this behaviour in the social environment. Antisocial behaviour understanding can help in determining the problem's magnitude with the consideration of poor psychosocial prognosis among people (Connor, 2017). Overall, understanding aggression and antisocial behaviour can contribute to mitigating negative social impact with the creation of effective support for people.

The most relevant theory associated with the aspect of antisocial behaviour and aggression is the neuromoral theory. This theory highlights the impairment present within the neural circuitry associating morality with to development of antisocial, psychopathic and violent behaviour among children and adults (Raine, 2019). The key concept of the neuromoral theory is the establishment of the ideal relationship between neuronal function and morality within the existing environment. Moreover, this aggression and antisocial behaviour theory argues that diverse brain part in the human body is impaired and encompassed offender overlap that influence the overall moral action and decision-making. The neuromoral theory can help in better understanding the aggressive and antisocial behaviour of different people in a specific operating environment. Additionally, the key advantage of neuromoral theory is that it encompasses a comprehensive model to demonstrate the neural network of antisocialist and morality. Neruromoral theory also contributes to explaining the neural mechanisms of people to recognise the antisocial extent of people (Raine, 2019). However, ineffective control over aggressive behaviour and lack of control can create difficulty for people to survive within the existing marketplace and social environment.

Top-down processing theory can be included in the ideal visual perception theory, which includes the consideration of the brain functioning approach to gathering information with the association of sensory systems. Moreover, top-down processing theory is known as a cognitive process that helps in thought initiation for people with the association of flow down of lower function levels (Practical Psychology, 2023). Incorporating the consideration of senses and touch is utilised throughout the processing of people within their theory, which can be beneficial in controlling the antisocial and aggressive behaviour of people. Furthermore, the key advantage of this theory is to shorten the perception and sensation pathways for people, which can contribute to attaining ethical decision-making. Moreover, top-down processing theory is included in ideal visual perception theory because it can help in demonstrating the recognition pattern of the brain to ensure better interaction with the social environment. However, the central limitation of the top-down cognitive model is that it cannot explain perceptual processing throughout human action and behaviour.

Social psychology can be defined as the study of group and individual behaviour, which is affected directly and indirectly by the social environment and others' behaviour in the specific marketplace. Moreover, social psychology includes the description of human behaviour, action, feelings and value reflected in a particular location (Hewstone & Stroebe, 2021). In the modern environment, the role of social psychology in society is extensive as it allows people to the existing attitudes and beliefs of individuals. Social psychology can help in identifying the social prejudice and harmful perception of people, which can support in recognising antisocial and aggressive behaviour of people. This highlights that social psychology encompasses an intertwined relationship with antisocial behaviour and aggression in the global context. In psychological studies, aggression is associated with the range of actions and behaviour of people, which can lead to psychological and physical hamper for others and own self, which can disrupt the social environment.

In the social environment, people encompassing antisocial personality, behaviour and disorder encompasses the tendency to make people angry purposely, which can affect the feelings and emotions of others. Cruel indifference and harsh treatment of others are associated with some of the antisocial behaviour of people, which comes under the context of social psychology (Krahé, 2020). Various behaviours, characteristics and action tendencies are evaluated within the social psychology aspect, which can determine the social disruptive behaviour. Overall, it can be said that social psychology can help explain the antisocial behaviour and aggression extent of people across the existing market environment.

# 2. Understanding the influences of media on antisocial behaviour

In this modern and technological environment, the role of media on anti-social behaviour is significant as the portrayal approach of media extensively influences people's behaviour. Moreover, media violence can affect the attitudes and emotions of people, which can lead to the emergence of anti-social behaviour and aggression outbursts in the global environment (Abbas *et al.* 2021). Ineffective presentation of sensitive topics and violence can lead to desensitisation, which can arouse aggression among people significantly. The sensitive topic presentation can contribute to anti-social behaviour with the inclusion of physical harm across the operating social environment. Moreover, people spending more time on social media platforms also contribute to the development of social isolation feelings, which can commercialise unintentional antisocial behaviour across international scenarios. According to Abbas *et al.* (2021), the relationship between media violence due to insensitive information sharing is critical as it also encompasses the controversial acquisition and maintenance process of information. The subsequent effects of information sharing include attitude change, cognition and emotional influence on people.

Perceptual ability is included as one of the key aspects that can contribute to controlling the aggressive behaviour that emerged with the influence of media in the global marketplace. Moreover, perceptual ability allows people to make sense of the surrounding environment by effectively seeing and observing various situations (De Waelle *et al*. 2021). Integration of perceptual ability can help in attaining effective analysing and interpreting the basis of the existing marketplace by gaining a detailed understanding of the current situation and external environment. Overall, it can assist in gathering sensory information with environmental simulation.

## 2.1 Identify examples where the media has influenced antisocial behaviour

***Cognitive priming*:** It is a way in which media influences antisocial behaviour as it states that viewing violent content on television pushes an individual to behave aggressively. As mentioned by Furnham (2019), the content keeps on coming into the brain triggering it to behave aggressively memorising it. An individual may create a violent scenario if he/she feels any feeling of violence in the environment. As an example, if newspapers present news which provokes the sentiments of that person, it may develop into negative thinking towards others.

***Social learning theory:*** It says that antisocial behaviour is first observed by the children and copying the behaviour of people on screen then it may be performed by the child. As suggested by Ahn *et al.* (2020), in this, the children identify the character, act or feel the character, and feel the situation to such an extent that they start connecting with the character. The major assumption is that the violence shown on television is real and feels real to the children. For instance, when a person is broadcasted violent content repeatedly, one may start to implicate those actions in his daily life.

***Desensitisation:*** This is another way how media can lead up to influencing antisocial behaviour. This states that content with more violence when watched by children on a regular basis gets acceptable to them. As per the view of Noten *et al*. (2019), the lowering in physiological arousal gets the child to less inhibit from acting violently by watching violent shows continuously. The boys who watch violent shows and content on television tend to be low in physiological arousal than average. As an example, if one person is watching violence regularly it will be acceptable to him and can be replicated on some other person having improper outcomes.

***Justification:*** The antisocial behaviour might be caused due to observing violent acts via television, social media platforms or in real life. In case the content is shown in a justifying manner, such as a hero killing a villain, the child or individual would be using this to justify his/her antisocial behaviour. As opined by Rodriguez & Storer (2020), the content presented online might suggest that the only way to resolve an issue is through violence. As an example, when a person is shown that the only option to resolve issues is by fighting it can affect his way of seeing the problem-solving situations.

# 3. Understand research studies relating to social psychological theories of aggression-

## 3.1 Identification of research studies focussing on social psychological theories of aggression

***Cognitive neo-association theory***states that concepts, memories, actions and emotions are connected in the brain’s associative neural network. In case, a person is having a strong disliking feeling then it can be assumed that the individual will immediately respond aggressively. As mentioned by Obaidi *et al.* (2023), this will be an impulsive decision but if they have time and cognitive resources, a period of appraisal and reappraisal might happen. They might get calmed down and consequences are thought, revision of actions is done and a revised response can be seen. The end result might not be aggressive but all the actions feedback and impacts on their personality. Sometimes people are not able to control their vacation and act whatever they feel.

***Learning theories*** suggest that one time individual pairs things mentally together it becomes conditioned to expect those situations to occur often. As per the view of Marshall *et al.* (2021), people tend to repeat certain behaviours when they are appreciated and are more likely to stop using those behaviours that are punished in the past. Children are taught to behave aggressively but when punished after some time can lead to disappointment in them. They tend to understand situations where consequences can be there so they avoid behaving aggressively. As per the opinion of Abdullah *et al.* (2020), children tend to imitate behaviours that have been rewarded in the past for behaving aggressively which can result in a bad childhood. It affects the mental state of the child which can be resulting in its adulthood. In case a person hits another person, it can be observed by someone else and it gives a sense of acting towards the same situation when provoked afterwards.

## 3.2 Evaluation of research studies on aggressive behaviours

***Behavioural neurogenetics:*** It depends on the environment as well on how to react to situations which provoke the person in behaving aggressively. People get uncomfortable when they feel that something is disturbing their personal space. Research on two mice was taken place on their neurogenetics of them (Atkins & Durrance, 2020). Both reacted aggressively while being in the cage paradigm whereas responding angrily towards any opponent.

***Child abuse:*** The school teachers have seen that mediating conflicts in school reduce the chances of conflict between students. Mediation with peers has been effective in teaching them empathy, self-regulation, critical thinking and problem-solving skills. As mentioned by (Atkins & Durrance, 2020), programs schools have taken to perform a few conflict-regulated programs that will help them to control aggression. These programs help in reducing the chances of facing a risk of physical abuse by a younger child or a junior. Resolving the problems related to mental health abuse or physical abuse is necessary to avoid the risk of improper personality development. Significant emphasis are laid on multiple media stakeholders during violent scope of displaying disturbing events.

***Sexual abuse:*** Sexual abuse prevention campaigns and programs have the motive of creating community awareness, and educating parents and teachers with the correctly aged student programs are designed for the students. These programs help in teaching the students and parents to identify and tackle any abusive situations in the future. As opined by Gewirtz-Meydan & Finkelhor, (2020), it empowers students to prevent themselves from getting victimised by the violence caused by others. These programs have helped the students, teachers, parents and the community to address sexual abuse and talk about it. These factors are important for all people to understand the consequences and tackle the situations. Due to these programs people nowadays can speak and discuss the issues openly. However, the potential culprits will be disappointed if the people start reporting the cases with immediate effect and take lawful actions against them.

## Conclusion

Based on the proposed evaluation made so far, it can be concluded that both pro and anti-social behaviours are the results of social influence as well as some degree of genetic influence. Positive and developmental aspects of society develop an individual’s pro-social behaviour while negative influences create anti-social behaviours in individuals. However not only just society but also influenced media can be responsible for both provoking and diminishing anti-social behaviour in individuals as well. Cognitive priming can be held as an example of media influencing anti-social behaviour in individuals. Social learning theory can be presented in support of that statement as the theory identifies children being influenced by the most attractive elements of society leading to situational behavioural change. Thus behavioural aggressiveness can be considered as largely influenced by society.

# Task 2

## 4. Understand human altruism and bystander behaviour

### 4.1 Definitions

* ***Human altruism***: Human Altruism refers to a behaviour of human beings that benefits another individual at the cost of oneself (Apa.org, 2023).
* ***Bystander behaviour***: Bystander behaviour or bystander effect is an influence of inhibition by others on a person willing to help someone in need (Britannica.com, 2023).

Human altruism is not commonly seen in individuals. However, it is a selfless gesture shown by people in helping others at the cost of themselves and one’s well-being. On the other hand, the Bystander behaviour effect is seen in individuals influenced by the environment and preventing actions of Human altruism. People may be subjected to their long-practised behaviour or an emergency situation to show such bystander behaviour even in time of need.

### 4.2 Analyse the reasons behind ‘helping behaviours’

* Helping behaviour though is a noble gesture, might have motivations or can be selfless as well.
* Helping and prosaically acts can be motivated by selfish and egoistic desires.
* Altruistic goals can also be the source of helping behaviour as well (Abdillah, Wu & Anita, 2022).

Most of the time helping behaviours has been seen as having some form of selfish goals either mutually benefiting individuals or only benefiting the helper. However altruistic motives have also been seen when the individual does not account for or miscalculates self-gain from the help.

* Helping behaviour may also be initiated through selfless acts of kindness as well.
* In such cases, individuals help others out of an empathetic feeling.
* Altruistic goals can also be seen in such cases; however, they are knowingly done.
* Sometimes helping behaviour can be the result of both selfishness and altruism (Etter, 2019).

In very rare cases helping behaviour is also observed that are unmotivated, underived or have a completely positive intention. Unmotivated or selfless helping behaviours can result in the positive development of both parties and just one party involved. However, knowing done altruistic goal-based helping behaviours are met to only positively affect the party receiving the help at the cost of the helper. Such an act can be counted as selfless helping behaviour.

### 4.3 Analyse explanations of how people behave completely differently from the expected

* One cause of behavioural change in individuals is the effect of hereditary changes.
* From parents to offerings, genes change significantly.
* The changes in the gene affect chemical functions in the brain altering behaviour from that of the parents (Harden, 2021).

Genetic changes are one of the most common causes of behavioural changes in individuals. The scale of such changes can be better observed in assessing family-based gradual behavioural changes.

* Another major reason for behavioural change is societal influence.
* Long-term exposure to a particular society can influence an individual’s behaviour and change it significantly (Cianconi, Betrò & Janiri, 2020).
* This can change the behaviour of the individual from an initially acquired hereditary behaviour.

Socially influenced change of behaviour can be either positive or negative. For example, societal behaviour can either influence an individual to quit drinking or further indulge in drinking.

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## Task 2

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