

Psychosocial Needs and Reinforcement Approach To Overcome Aggressive Behavior Among Adolescent.

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Abstract *The study aims to identify the aggressive behavior of adolescents who are addressed in terms of psychosocial needs such as family, peers and school and the reinforcement approach. In order to examine adolescent aggression problems, the focus are given on aggression such as bullying, gangsterime and vandalism. This study also examines aspects of reinforcement in addressing aggression among adolescent as a positive reinforcing element. Based on the document analysis records obtained from the schools, a total of five adolescents with behavioral aggression problems were selected as the main sample of the study and five disciplinary teachers as additional sample selected for the study. The findings show that family, peers and school influences play important role in addressing adolescent aggression as well as reinforcing needs such as punishment and punishment in controlling the development of youth behavior and emotions. The findings also found that positive reinforcement such as appreciation and praise also play an important role in controlling and developing adolescent's behavior. This study is seen to provide guidance to teachers, parents and the community about psychosocial needs in guiding teenagers and can help counselors and authorities to use appropriate reinforcement approaches to prevent early teenage aggression problems.*

Keywords: *Psychosocial needs; adolescent; positive reinforcement; aggressive behaviour; qualitative*

Introduction

Numerous reports have been made on the issues regarding behavior problem among adolescent with the emphasis being put into adolescents' aggressive behaviour such as bullying, gangsterime and vandalism. Despite countless program and activities being introduced and implemented at schools, problems relating to aggressive behavior among high school students is still discussed greatly and to some extant has become educational crisis that is difficult to overcome. The issue to be address in order to identify aspects that need to be emphasized to fullfill the needs and demand of the students, in line with the global development of technology and the extensive media influence. This problem can not be left prolonged because it involves many factors that can cause damage especially to adolescents, religions and countries. Failure to curb this problem will surely give a negative impact to the

future of the country. Aggressive is a general term associated with anger, hostility or acts of injury to others by physical, verbal and using threatening facial expression and body movement.

Failure to express emotions often causes adolescents to be aggressive by defaming teachers' instructions or challenging the authority of teachers. At adolescent age, they experience changes in terms of age, thinking and surroundings. During the development process, there will be things they have never seen or experienced (Zainudin Sharif & Norazmah Mohamad Roslan, 2011).

In addition, adolescents involved in aggressive behavioral problems are also due to being in an emotional disturbance. The study by Zainal and Sharani (2006) states that adolescents are encouraged to conduct anti-social behavior as a result of depression and anxiety which is more influenced by psychological deficiency. In light of that, positive reinforcement is a stimulus that a student needs to be so that a behavior is repeated and reinforced (Mohd. Saat, Rohaida, Zulfa Izza Mohamed@Hashim, Mohamad Khairudin Bajuri, Mohd. Yakub@Zulkifli Mohd Yusoff, Noor Naemah Abdul Rahman, dan Durriyyah Sharifah Hasan Adli (2011).

Therefore, appropriate approaches are essential in addressing adolescent problems because at the level of understanding and knowing themselves, they need attention in meeting their needs and wants. The need for strengthening the adolescent's aggressive behavior needs to be investigated so that adolescent behavior can be controlled and guided properly.

Objectives

- i. To identify the need for psychosocial influences in influencing adolescent aggression abuse from aspects of parental influence, peers, communities and schools.
- ii. To identify high school students' aggressive phenomenon from the aspect of the trend and the environmental influences.
- iii. To identify the need for reinforcing approaches in order to meet the intrinsic intrinsic needs of adolescents involved with aggressive behavior.

Methodology

This study adopt a qualitative research by using case study design to explore problems related to adolescent's aggressive behaviour in urban and rural schools. Qualitative case study is chosen as it able to provide in depth understanding about a certain phenomenon under the study which is relating to adolescent's aggressive behaviour from the aspect of psychosocial needs and reinforcement approach needed. A total of five adolescents with behavioral aggression problems were selected as the study sample which based on document analysis record obtained from the schools. In addition to the main sample selected, five disciplinary teachers are includend in the study as additional sample selected for the study. The sample selected for the study are based on the discipline records at the schools and the gender are not considered as the criteria for the sample selection. In order to answer the research questions, semi-structure interview were done with the participants to get in depth understanding as well as document analysis which were used to collect the data needed for the study. The data obtained were analysed interpretive-descriptive based on the emerged themes and triagulations were done for the purpose of validity and reliability of the research findings.

Findings

Findings are obtained from in depth interview done with five adolescents and five disciplinary teachers. In order to answer all three research questions in this study, findings are based on the emerging themes from the interview done with the participants.

Findings for research question 1:

- i. To identify the need for psychosocial influences in influencing adolescent aggression abuse from aspects of parental influence, peers, communities and schools.

A. Theme: Love and Appreciation

The findings shows that the need for love and appreciation are essential which can be obtained from the support of parents, peers and communities. Social support is considered important in meeting emotional and social needs of adolescents at the stage of finding their own identity and the sub-themes that emerged are

1. Taking care of the problem

The findings suggest that social support from the family is very important as adolescents feel that attention from parents is essential for good relationships. According to adolescents, parents who are busy are less concerned about the problems they faced and do not know what they want. They feel less guided in dealing with a problem.

2. Good relationship with family

Kesan dari perceraian ibu bapa menyebabkan remaja mengalami tekanan hidup dan memberontak kerana hubungan yang kurang baik dengan keluarga amat diperlukan.

The impact of divorces parents causes the adolescents to experience stress and rebellion because of poor relationships with the family is crucial.

3. Attentive and student-friendly teachers

Findings show that support from teachers is very important because student-friendly teachers can understand student emotions and students can easily express their problems. Teachers' humor are not only able to please the students, but also able to encourage students to trust the them.

B. Theme: Understanding peers

The findings show that role of peers is important because friends whom they trust can understand their emotion better and they can share their problems better with trusted friend.

Findings for research question 2:

- ii. To identify high school students' aggressive phenomenon from the aspect of the trend and the environmental influences.

A. Theme: Imitating the environment

Adolescent are found to be influenced by the trend which focusing on the family environment or on certain groups such as entertainment trend, drugs and violent movies. Sub-themes that emerged are:

1. Influence from aggressive parents

Aggressive parent are found to affect the behavior of the child and this causes teenagers to mirrored the attitude of their aggressice parents at home.

A. Theme: Peer pressure

The adolescent keep their feelings to themselves when they are at home they prefer peers over parents/family to open up and share their feelings.

Findings for research question 3:

- iii. To identify the need for reinforcing approaches in order to meet the intrinsic intrinsic needs of adolescents involved with aggressive behavior

A. Theme : Painful punishment

1. Caning : based on evidence

Painful and causing one's to feel remorseful for as well as feel embarrassed with friends which later making them wanting to change. Willingly to be caned because of the wrongdoings to a supposedly punishment. Cane as a punishment will give awareness to the other students to not do the same mistakes. Although it will not be guaranteed that the students will change, but it will serve as a reminder to the students and they will feel embarrassed to do any discipline problem. The action teachers should do after punishing the student with cane is to meet them and to slowly explain to them the reason such punishment being made, to understand the student's worldview as well as to treat them more like a friend than a student.

C. Tema : Concerned Teachers

Based on the study findings, it shows that teachers should be an individual who are concerned, and always open to giving chances to the adolescent to change and do their best. Sub-themes emerged are:

1. Giving Important Position

Giving the opportunity to the adolescent to hold a position as a committee member for certain club or organization at schools will teach them about responsibility and train them to better follow the schools' regulations.

2. Problem listener

Teachers at school should lend their ears listening to students' problems. Not only they should be a counsellor, they should have the attitude of openness in giving advice in nurturing students' good behavior.

C.Theme : Suspension or Expelled from School

Findings show, being penalised with suspension will make the students reluctant to repeat the same mistakes and losing their friends.

Conclusion

Research findings show that psychosocial support from parents, teachers and peers are crucial in fulfilling students' need in terms of their moral behaviour and personality development. Aggressive behavior and violence among high school students has been phenomenal that put a pressure on the students themselves, family, schools, society and the country. Adolescents' violence such as bullying, gangsterism and vandalism is giving a negative impact and in such an alarming state as reports show the data is increasing worldwide (Irina, V.V., Olga, V.K., & Marina, S.K., 2015). Hence, psychosocial needs among adolescents need to be looked into with the emphasis being put into intrinsic and extrinsic factors. Failure to understand the students' needs and the demand will lead them to a prolonged rebellious behaviour within them (Graham Davey, Christopher Sterling & Andy Field, 2014).

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