

Aggression Is a Part of Human Nature by John Kim

Aggression is something that you see everyday from turning on the television to watch the daily news to playing one of your favorite video games. This is something that is a part of human nature and will always be a part of our social life. There are many influences in our society and within us that can make aggression arise more frequently. These are genetic influences, neural influences, and biochemical influences.

Some influences on aggression are believed to have been passed down from generations (Myers, 749). This is believed to make an effect on future generations, therefore, inheriting certain traits, one of which could be having a bad temper. For example, when we look at animals to refer to this concept many think of canines that have been specifically bred to be aggressive. Is it possible that over many years of training an animal to act this way that this trait will continue on for generations to come?

Neural influences suggest that brains have systems that when they are triggered, can produce aggressive behavior. There is not a specific area in the brain that controls aggression (Myers, 750). There is a neural system that when provoked, it will create aggression. It is believed if this system, located at the frontal lobe, is damaged it could make aggression more likely.

Recently, a study has been determining that aggression can weaken the brain's impulse control circuits (Asher). The enzyme monoamine oxidase-A, or MAO-A, which is responsible for breaking down mood-regulating chemical messengers, is one of the chemicals that could be responsible. The study contained of ninety-seven subjects and the area that was responsible for impulses and motivations was affected by fourteen percent.

It is believed that some substances in the blood could possibly trigger aggression. Substances like hormones, alcohol, and testosterone are said to be some of the major causes. Men with lower levels of testosterone are less likely to have a lot of aggression. Another factor that can make aggression more frequent is having lower serotonin levels. Serotonin influences mood, hunger, sleep, and arousal. Having lower levels of this in your brain can be linked to depression and possibly more aggressive behavior.

Not only are there neurological influences on aggression but also it is believed that there are also environmental influences that are responsible. Let's take the frustration-aggression principle into consideration. The frustration-aggression principle simply suggests that frustration creates anger (Myers, 751). If you think about this it makes logical sense. For example, if one is being faced with reoccurring bullying situations it could be quite frustrating. Over time, we have been hearing of more about bullying in schools. Could this be the reason for the reoccurring instances of school shootings? If so, this would prove the frustration-aggression principle furthermore.

There are other occurrences that are believed to trigger anger. Physical pain, insults, odors, and smoke are believed to cause hostile behavior. All of these factors can be considered daily occurrences for many. This supports the belief that aggression will always be a part of our social life. No matter what you do, aggression is something that is around us all of the time, you can see it when you turn on the news or you can see it in dogs at the dog pound. It is important for all of us to be aware of it and understand it.

Works Cited

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