

# ANXIETY AND AGGRESSION AMONG ADULTS

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## Abstract

Adulthood is an age an individual falls under 20s to 59s where everyone has lots of confusion in their life. In this peculiar age group there will be emotional, hormone and cognitive changes. Anxiety and aggression can make an individual more prone to violent behaviour. Anxiety is a normal emotion in which a person feels stressed and day to day life will be disturbed and a person who has aggression with anxiety makes the person more curious. He may have some mood disorder. Anxiety and aggression are a combination in which anxiety is a disorder and aggression, taking the anxiety to the next level that leads the person to commit serious crimes like killing, robbery, rapes and drug abuse. The amygdala is the brain area that is in charge of anxiety and aggression. A person having one of the above problems is vulnerable to having others too. This thematic paper applies content review methodology and gone through the contents related to the topic and analytically summarised the ideas. The conclusion of the thematic paper states that the anxiety and aggression in adulthood are high and it need to be catered at an early. This paper also discusses the strategies to resolve it like CBT, Exposure therapy, Anti anxiety-medications etc. This paper also indexes the trouble these issues create in society.

**Keywords:** Anxiety, Aggression, Adulthood, Amygdala

## INTRODUCTION

Adulthood is the age group of people who belongs to 20 ad 59. The people who come under this group will be young and energetic. In a developing country like India the lifestyle Changes are drastic with this people with psychological disorders and the number of crimes is increasing day by day. At this age group lot of struggle and confusion occur, lot of responsibilities came to us . Anxiety and aggression these two can make a huge change in a person's perception and behavioural pattern which may lead them to illness or antisocial. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure (AMERICAN PSYCHOLOGICAL ASSOCIATION). Anxiety can make a person's day to day life in trouble. Anxiety is a major concern for individuals in their 20s and 30s. Anxiety is least understood and most extensively studied of all the emotions. It is a result of both emotional and personality trait. It is a normal reaction to stressor or stress, anxiety is something that everyone faces. Loneliness may be regarded as the painful longing for the lost object or for the loss of the love of the object.(Freud 1926). Loneliness can be normal, and is only an indicator of the underlying disease when feelings become excessive, all-consuming and interfere with daily living. Aggression as behaviour that is intended to harm another individual who does not wish to be harmed (Baron & Richardson, 1994) Aggression is any behavior that hurts other people. Aggression also can be social, the reason for more aggressive than others is complex. Aggression can also be a sign of a mental health problem such as bipolar disorder or ADHD. But having these conditions can't mean that a child will be aggressive.

## ANXIETY

Anxiety is an emotion characterized by feelings of tension, Worried thoughts and physical changes like increased blood pressure (American psychological association). Anxiety may be defined as apprehension, tension, or uneasiness that stems from the anticipation of danger, which may be internal or external (Diagnostic and Statistical Manual of Mental disorders, 1980)

## AGGRESSION

Aggression is any behaviour that hurts other people. Aggression also can be social, the reason for more aggressive than others is complex. Aggression as behaviour that is intends o harm another individual who does not wish to be harmed (Baron & Richardson, 1994). Aggression is a harmful act towards a living being. Frustration is one of the reasons for aggressive behaviour. Aggression can be also linked to certain disorders like depression, anxiety and post traumatic stress disorder.

## METHODOLOGY

This thematic paper applies content review methodology and gone through the contents related to the topic and analytically summarised the ideas.

## RELATIONSHIP OF ANXIETY AND AGGRESSION

Adulthood is a stage of life in which lot of confusions and doubts will arise. These confusions can lead to anxiety in These stages People who feel anxiety in their life may also have aggression, the reason for anxiety and loneliness varies from person to person. Results from whole-brain VBM analyses showed that individuals with higher loneliness scores tended to have smaller gray matter volumes in three clusters comprising (i) the left amygdala/anterior hippocampus, (ii) the left posterior Para hippocampus and (iii) the left cerebellum (Sandra Düzel et. Al 2019). The brain amygdala plays a key role in modulating fear and anxiety. Patients with anxiety disorders often show high amygdala response to anxiety. The amygdala and other limbic system structures are connected to prefrontal cortex regions (Nita V Bhatt 2019).Two brain areas involved in the neural network of aggressive behaviour are the amygdala and the hypothalamus (Flavia venetucci Gouveia, PhD et.al 2019). The given above three studies it shows the relationship of anxiety, loneliness and aggression these three have a connection with the amygdala in the brain. The amygdala is a region of the brain; which associated with emotional process. A person who has anxiety and aggression will surely have severe problems with his amygdala and this anxiety will make a person curious about things that he doesn't experience in his life. At this time the aggression will also join with this anxiety to commit criminal behaviour in the society. In most of the person, who has done serial killings and resides in prisons will have a problem with the function of the amygdala of his Brain. In most of the crimes anxiety is the main reason to do a crime.

## TREATMENT

1. Cognitive behavioural therapy (CBT):-is the most common type of psychotherapy used with anxiety disorders, loneliness and aggression. CBT for anxiety teaches you to recognize thought patterns and behaviours that lead to troublesome feelings. It needs to be worked on changing them Cognitive-behavioural therapy for anxiety disorders: an update on the empirical study by Antonia N. Kaczurkin, PhD and Edna B.Foa,PhD (2015).
2. Exposure therapy: It focuses on dealing with the fears behind the anxiety disorder. Provider may also use relaxation exercises and imagery with exposure therapy (Exposure therapy for Anxiety Disorders ( Johanna S.Kaplan,PhD,David F.Tolin,PhD Psychiatric Times (2011).
3. Anti-anxiety medications: Anti-anxiety medications, such as benzodiazepines, may decrease your anxiety, panic and worry (Drugs to Treat Anxiety Disorder. Rebecca Barnhart, PharmD, BCPP (2021).
4. Anti depressant medications: -It can also help with anxiety disorders. They tweak how your brain uses certain chemicals to improve mood and reduce stress (Used to treat Mental Disorders (Smitha Bhandari MD (2021).
5. Deep brain stimulation: - studies have shown evidence using deep brain stimulation to treat symptoms by amygdala damage. Specifically, deep brain stimulation can help relieve some psychological and behavioural side effects (Deep brain stimulation for aggressiveness: long-term follow-up and tractography study of the stimulated brain areas (Cristina V.Torres PhD et.al (2020).
6. Meditation: - A set of techniques that are intended to encourage a heightened state of awareness and focused attention (The effects of meditation on individuals facing loneliness: Gurleen K.Saini et.al.(2021).
7. Yoga: - The application of Yogic principles to a particular person with the objective of achieving a particular spiritual, psychological, or physiological goal (Yoga as a practice tool. Amy Novotney (2009).
8. Family therapy:-Family therapy can be a big help for adults struggling with aggression to mend broken bonds with loved ones that may have occurred as a result of their aggressive behaviour (Family therapy activities for anger (2021).

9. Group therapy: - Working with others in group who is similarly struggling with aggression and other mental or physical problems can be a great relief for those who have aggressive tendencies. Through the group, we will learn anger management skills, coping mechanisms, relaxation exercises, and guided imagery to help you learn new ways of expressing your feelings (Cognitive group therapy for aggressive boys: Yifrah Kaminer. J Am Acad child Adolescent Psychiatry.(2005).
10. Exercises:- Exercise improves mental health by reducing anxiety, depression and negative mood and by improving self-esteem and cognitive function (Anxiety Exercises to help You Relax: Erica Cirino (2020).

## CONCLUSION

Adulthood is a stage of life that possesses a lot of uncertainties. This study deals with how anxiety and aggression works in adulthood. It has been also discussed about the relationship of anxiety and aggression in adulthood and the areas which controls these problems in the brain. The study hints at how it affects the individual and society, also mentioned some treatment strategies to reduce or resolve it. Mental health issues should be diagnosed and treated promptly. The conclusion of the thematic paper states that the anxiety and aggression in adulthood are high and it need to be catered at an early. This paper also discusses the aftermath of the sudden rise of Covid pandemic on mental illness such as anxiety and aggression in adults and strategies to resolve it like, CBT, Exposure therapy, Anti anxiety-medications etc. This paper also indexes the trouble these issues create in society. The article presented the importance of mental health and the problem that adulthood faces. Anxiety is one of the main concerns that nowadays faces. Adulthood is a stage in life lot of changes occurs which affect in psychologically also there will be lots of confusions and frustrations. Anxiety and aggression is a combination of problem that has some physiological background in amygdala which is one of the reasons for them. These problems that a person faces will have a chance of becoming antisocial. A person is having a problem of anxiety or aggression have some problem with the function of emotions and cognitive processes there were curing methods which they can get rid of the problem they are facing. Amygdala is the area of brain which have controls on anxiety and aggression. A person is having some amygdala problem will surely met anxiety and related mental illness. There are some coping strategies to overcome these problems which have been given above. Anxiety is not fully curable, but it can be reduced to some extent by using some strategies, for overcoming aggression CBT is the best way to reduce it.

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