

In this essay I am going to discuss how the psychoanalytic, biological and social learning perspectives explain how they can show the causes of human aggression. I am going to describe different perspectives in psychology to show where certain behaviours come from. I will also demonstrate awareness of historical context and show key debates in psychology. To define aggression Richard Gross (2015) states that aggression is a form of a physical attack with the intention of harm to hurt another, or at least with a lasting effect. Moyer (1976) and Berkowitz (1993) believe that there are different forms of aggression such as hostile which is focused on hurting another. Instrumental aggression that means it is controlled and premeditated and violent which is automatic and impulsive. Aggression can be an action resulting from environmental factors and can be carried out with force. Lorenz's ethological approach states that all aggression in all species is instinctive and it is important for evolutionary development to be aware of as it allows all different species to adapt, survive and reproduce in future.

Atkinson & Hilgard's (2014) state that the biological perspective focuses on the brain and its electrical and chemical processes within the human body. It aims to look at the neurobiological processes that can underlie mental processes in the brain and behaviours displayed. It tries to focus on abnormal changes to the human which can change any new behaviour shown. The biological approach is rather helpful within brain injury, head injuries and impairments because if a certain part of the brain is damaged it can cause certain changes and especially change someone from how they used to be bring on behaviours. For example phineas Gage had a horrific accident where a tamping iron had went through the left side of his face, skull and into his brain and still survived, his life never exactly lead the same again. He became blind in one eye and displayed behaviour that went from polite and sociable to psychopathic according to Kotowicz (2007) the behaviour had been displayed after he suffered brain damage which shows that accidents to cause trauma can

bring on aggression. Biological psychology tries to explain how we think, feel and behave in terms of physical factors within human body and it links to our genes and hormones. The nature/ nurture debate has a big argument towards the biological perspective because twin studies that have been split have shown different results due to genes and environmental factors. Collins, W. A et al. (200) conducted a study of a child's behaviour after being exposed to their parents behaviour after controlling children's characteristics and interactions with parenting in a non familiar environment, it indicated that influences in a child's development are neither as unambiguous as earlier researchers suggested and neither as insubstantial as recent critics claim.

The psychodynamic perspective stems from thoughts, feelings and emotion. Freud (1859-1939) believes that behaviour is driven by unconscious thoughts and dreams which then show in our behaviour. This can be a big influence of childhood because events in early childhood can shape adult life and a person's personality. Traumatic events taken place from early childhood can come back later in life and can cause stress and that can show a high change in behaviour. An example of Freud can be that in his personality development shows ID which is selfish and dominant, ego which is manipulative, sensitive and slightly boring and the superego is the ideal self or the perfect version of themselves. This is a great example because it is a big contribution to behaviour as children develop they only start with ID which is high demanding and always wanting when their personality doesn't say no they think only of themselves. Maybe a human displays more ego than superego they can display more of a relaxed behaviour or can show shyness or more aggression and this will result in different behaviour dependent in a person's individual personality. Much of what is unconscious has been made through by repression which would be done by threatening or unpleasant experiences that are forgotten and do become inaccessible which is a big ego defence. Freud recognised aggression to be an instinct distinct from sexuality (libido) as a response to

the horrific world war. The ego and the ID (1923) distinguished between the life instinct or (Eros) including sexuality and the death instinct (Thanatos). Thanatos represents an inborn destructiveness drawn to the self. The aim of all instincts in Freud's view is to reduce tension and then to eliminate it completely which is the idyllic state that we enjoyed in the womb and where all our needs were met when they had gone. We had our mother's breast but after that the only way was to achieve nirvana is through death. Self-directed aggression conflicts with the life instinct but because the impulse to self-destruct is so strong we must destroy some other thing or person if you can't destroy yourself. This is why we aim to turn our aggression into more positive things such as sport, work and many more things to enjoy. Freud and Lorenz argued that the self needs to acknowledge the aggression and deal with it in a way that is manageable and enjoyable.

The social learning theory focuses on Bandura's (1977) social learning theory saying that people learn from one another by observing behaviour displayed. But this has a link between cognition and behaviourist because it takes paying attention, memory and motivation. The cognitive perspective can be looked at as the narrowness of psychology according to Atkinson & Hilgard's. It is focused towards perceiving, remembering, reasoning and problem solving. It says that we can focus on studying towards mental processes to conclude human behaviour and it has similarities with the brain and a computer with how we encode and store things. The result of people observing one another's behavior can show a positive and negative result because if the person displays bad behaviour the person can also show aggressive behaviour. For example if a child was to grow up with a parent who was aggressive towards them or within the household it's more than likely for the child to follow the same footsteps. Wofford & Elliot (1997) state that men and women are both impacted differently by early childhood experiences but women have a more substantial effect in them

later in life. Bandura's BOBO doll experiment (1961-1963) studied children's behaviour. There was a controlled group and experimental and the first group had witnessed a role model that displayed aggressive behaviour to the doll and the second group had witnessed the role model not display any aggression towards the doll and the results show that the children who had witnessed the aggressive role models behaviour were more likely to display the same behaviour as that is what they had witnessed so they thought it was correct. The behaviour had significant influence on the children because the children followed the example. Whereas the children who witnessed the other role model who did not display any aggressive behaviour were calm when it was their turn to go into see the doll. This experiment shows that children do follow adults behaviour and can easily observe and think it is correct to do so.

To conclude this essay it has shown that an explanation of potential causes of human behaviour from a number of different psychological perspectives has been met. It has come to light that aggression can be shown in many different ways mainly intentionally but also discreetly for when adults need to control it but in a manageable way. This essay has stated that the social learning theory is big part in psychology. I found that when children are young they observe behaviour which is a positive but can also be a negative because from studies we have seen that children copy aggressive behaviour but it is not healthy for when they grow up as they may display it in different ways. The psychoanalytic approach has shown that freud's ideas show that aggression can be shown from things that are unconscious and not even thought about when the aggression is being displayed and that is where maybe as a child or even an adult if you suffered any trauma or anything negative for you to hold onto it can show in your day to day behaviour but for someone to not be aware of where it all comes from. This essay has also pointed that all species need to display a form of

aggression to survive and reproduce into future and learn how to look after themselves and babies.

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