Contents

FOREWORD

xix

	PREFACE	xxi
1	THE PROBLEM OF AGGRESSION	1
	What Is Aggression?	<u>3</u>
	All Too Many Meanings	3
	Following Everyday Meanings 4 / Defining Aggression without Motivational Assumptions 5 / Aggression as Wrongful Behavior 5	
	The Goals of Aggression	7
	Aggression's Noninjurious Goals 8 / Different Kinds of Aggressive Goals 10	
	Wanting to Hurt	10
	The Present Definition 11 / Is Injury Always the Primary Goal? 11 / Other Distinctions 15	0.0
	Some Words about Anger, Hostility, and Aggressiveness	19
	Anger Differs from Aggression	20
	Hostility	21
	Aggressiveness	21
	Summary	21
	Notes	23
P	ART 1 EMOTIONAL AGGRESSION	25
	What Is Emotional Aggression?	26
	Impulsive (or Expressive) Emotional Aggression	26
	•	

2

Other Possible Aggressive Aims 27 / They May Also Want to Hurt 27	
Notes	29
EFFECTS OF FRUSTRATIONS	30
The 1939 Frustration-Aggression Hypothesis	<u>31</u>
Definition and Basic Propositions Activities	31
Applying the Frustration-Aggression Hypothesis	33
Do Only Some Kinds of Frustrations Produce Aggression?	34
Only Arbitrary (Illegitimate) Frustrations 35 / Thwartings Attributed to Another's Deliberate Misbehavior 37 / Why Attributions Can Influence Aggressive Reactions <u>38</u>	
Frustrations Can Lead to Aggression Even When the Thwarting Is Not a Deliberate Mistreatment	40
Naturalistic Observations 40 / Experimental Findings 41	
Some Conditions That Increase the Likelihood of Aggressive	
Reactions to Frustration	43
Revising the Frustration-Aggression Hypothesis	44
Attributions Influence the Degree of Felt Displeasure	45
Can Frustrations and Insults Be Compared?	45
Summary	45
Notes	47
WE'RE NASTY WHEN WE FEEL BAD	48
Negative Affect as the Root of Emotional Aggression	49
Animal Studies of Pain-Elicited Aggression	4 9
Fight and Flight Tendencies Can Occur Together 50 / Is the Aim of Aversively Stimulated Aggression Only the Cessation of the Noxious Stimulation? 50	
Human Aggression in Response to Aversive Events	51
The Great Variety of Negative Conditions That Can Evoke Aggression 51 / The Aggression Is Aimed Not Only at the Elimination of the Unpleasant Event 53	
Negative Affect, Aggressive Inclinations, and Anger	55
Negative Affect, Not Stress	56
A Brief Summary of the Present Theoretical Model 56	
Anger Often Accompanies Other Negative Emotions	60

	Anger Often Coexists with Other Negative Emotions 60 / Some Qualifications and Limiting Factors 64 / Are All	
	Negative Feelings Alike? 68	
i t"	Pulling Out Impulsive Aggression: The Role of Aggressive	60
i	Cues Reactions to External Cues	<u>69</u> 70
	The "Weapons Effect" as an Example of Reactions to	70
l	Aggressive Cues 70 / Cues Associated with Unpleasant Events 75 / The Available Target's Connection with Unpleasantness 76	
	Summary	79
	Notes	81
4	DOES THINKING MAKE IT SO?	
-	Cognitions and Emotion	84
	Theories of Emotion	85
	What Determines the Emotional Experience?	85
	Cognitive Formulations of Emotion	85
	What Interpretations Produce Anger? 85	
	Experimental Demonstrations of the Role of Attributions in	
	Emotions	89
	The Schachter-Singer Two-Factor Theory of Emotions 89 / The Misattribution Experiments 91 / Attributions in	
	The Misattribution Experiments 91 / Attributions in Excitation Transfer 93 / Attributions and the Effects of	
	Mitigating Information 95 / Reinterpreting Attribution	
	Effects from the Associative Network Perspective 96	
	Cognitions Don't Always "Make It So": Evidence of	
	Noncognitive Influences upon Emotion	97
	Effects of Expressive Reactions	98
	The James-Lange Theory of Emotions 98 / Effects of Facial Expressions and Other Muscular Reactions 99	
	Bodily Reactions and Cognitions: An Associative Network	
	Interpretation	101
	Displaying Signs of Anger 101 / Moods Can Influence	
	Thoughts 102 / Hostile Thoughts Can Result from Unpleasant Feelings 103	
	Thoughts Do Matter	104
	Keeping Hostility Alive: The Ill Effects of Brooding	104

	Sharpening and Strengthening a Negative Conception 105 / Thoughts Can Stimulate Angry Feelings and Aggressive Inclinations 105 / The Concept of "Priming" 106	
	Thoughts Influence Restraints on Aggression	107
	Anonymity, the Risk of Being Caught, and Self-Control 108	
	Why People Can Hold Nonaggressive Values and Still Be Aggressive	112
	Out of Mind 112 / Not Seeing Any Inconsistency 113	
	Summary	119
	Notes	121
)	ART 2 AGGRESSIVE PERSONALITIES	125
,	THE IDENTIFICATION OF THE VIOLENCE PRONE	. 127
	Are Some People Consistently Disposed to be Aggressive?	127
	The Controversy about the Existence of Traits 127 / Two Kinds of Consistency 128	
	Demonstrations of Different Forms of Contemporaneous Consistency	129
	Consistency Between the Laboratory and "Real Life" 129 / Consistency between Forms of Aggression (Response Generalization) in Everyday Life 130 / Consistency Across Situations: Combining Stimulus and Response Generalization 131	
	Stability in Aggressive Behavior through the Years: Longitudinal Consistency	134
	The Olweus Review of Research on Longitudinal Stability of Aggression 134 / Two Noteworthy Investigations 135	
	How Aggressive Personalities Operate	142
	Different Kinds of Aggressive People	142
	Emotionally Reactive versus Instrumental Types of Frequent Aggressors 142 / Some Examples of Instrumentally Oriented Aggressors 143 / Emotionally Reactive Aggressors 148 / The Type A Personality as Reactively Aggressive 154	
	Summary	157
	Notes	159

6	THE DEVELOPMENT OF VIOLENCE PRONENESS	
	Familial and Peer Influences on the Development of	162
	Aggressiveness	
	Childhood Experiences	164
	Families Can Influence the Development of Antisocial Dispositions 164 / What Kinds of Rearing Promote the Development of Antisocial Tendencies? 165	
	Direct Influences on the Development of Aggressiveness	167
	Rewards for Aggression	167
	Rewards Provided by People Other Than the Victim 168 / Rewards Provided by the Victim 172	
	Unpleasant Conditions Established by Parents	175
	Parental Mistreatment 175 / How Effective Is the Use of Punishment in Disciplining Children? 178 / An Integration: Patterson's Social Learning Analysis 183	
	Indirect Influences	186
	Conflict within the Family	187
	Do Broken Homes Breed Delinquency? 187	
	Modeling Influences	189
	"Do as I Do": Providing Examples for Children to Copy 189	
	Summary	191
	Notes	193
P	ART 3 VIOLENCE IN SOCIETY	197
.7	VIOLENCE IN THE MEDIA	
	Entertaining, Informative, Instructive and Dangerous?	199
	Violence on the Screen and Printed Page: Immediate Effects	202
	Copycat Crimes	202
	"Epidemics of Crime Follow the Line of the Telegraph" 202 / Statistical Evidence of the Contagion of Violence 203 / Phillips' Studies of the Contagion of Violence 204	
	Experimental Investigations of the Short-Lived Effects of Media	
	Violence	207
	Does Media Violence Increase the Likelihood of Aggression? 207 / Placing Media Violence under the	

	Microscope: When and Why Violent Movies Have Aggressive Consequences 208 / Disinhibiting and Desensitizing Effects of Observed Aggression 223	
	The Prolonged Influence of Repeated Exposure to Media	
	Violence	224
	Shaping Children's Conceptions of the Social World	225
	The Cultivation Thesis 225	
	Acquiring Aggressive Inclinations	226
	The Eron-Huesmann Group's Research on the Long-Term Effects of TV Violence 227	
	Understanding Why: The Formation of Social Scripts	230
	A "Script-Theoretical" Conception of the Effects of TV Violence 230 / Mitigating the Harmful Influence of Violent Television 232	
	Summary	233
	Notes	235
8	DOMESTIC VIOLENCE	24 0
	Explaining Domestic Violence	241
	Perspectives on Domestic Violence	241
	Factors That Can Promote Domestic Violence	243
	Research Indications	245
	Societal and Community Norms and Values 245 / Norms Are Not Enough 249 / Family Background and Personal Dispositions 252 / Stress and Negative Affect as Contributors to Family Violence 262 / The Precipitating Encounter 265	
	Summary	267
	Notes	268
9	MURDER	272
	An Introduction to Murder	273
	Law, Homicide, and Murder 274 / What Most Murders Are Like in the United States 274 / Different Precipitating Events for Killers 276	
	Conditions That Influence Murders	281
	Personal Dispositions	282
	Ara Murdorers Prone to Violence? 282 / Different Personality	

		CONTENTS	χV
	Types? 283 / Some Observations on the Prediction of Dangerousness 286		
	Social Influences		288
	Socioeconomic Stressors 288 / Social Disorganization 290 Subcultural Influences, Shared Norms, and Values 290	/	
	The Violent Interaction		300
:	Different Kinds of Violent Interactions 300 / Killing a Stranger: Instrumental Aggression 300 / Killing a Known Person in a Conflict: Emotional Aggression 301		
	Summary		303
	Notes		305
PA	RT 4 CONTROLLING AGGRESSION		309
	The Different Prescriptions		309
	Notes		311
10	PUNISHMENT AND SOCIETAL CONTROLS		312
	Using Punishment to Deter Violence		312
	The Pros and Cons of Punishment		312
	Arguments against Punishment as a Deterrent 313 / Punishment Can Be an Effective Deterrent—Sometimes 33	14	
	Does Punishment Deter Violent Crimes?		315
	An Example: Arrests Deterring Domestic Violence 315 / Severity and Certainty of Punishment 319 / Does Capita Punishment Deter Homicides? 320	The al	
	Would Gun Control Lessen Violent Crimes?		323
	Some Objections to Gun Control 325 / Some Answers t Objections 326	o the	
	Summary		331
	Notes		332
	THE TOTAL PROGEDURES FOR COVEROLLE	IC.	
11	PSYCHOLOGICAL PROCEDURES FOR CONTROLLING AGGRESSION	IG	336
	Catharsis: Reducing One's Violent Urges By Aggressing		337

Ventilating Feelings

337

	What's Involved in Revealing One's Feelings? 337	
	The Catharsis Hypothesis	339
	Catharsis through Imaginary Aggression 339 / Does Make-Believe Aggression Reduce Aggressive Inclinations? 341	
	The Aftereffects of Realistic Aggression	344
	Some Factors that Spur Heightened Aggression 345 / Evidence of a Postaggression Reduction in the Instigation to Aggression 348 / The Long-Term Dangers of Aggressive Satisfactions 353 / It Could Be Beneficial to Talk about One's Troubles 353 / Self-Awareness and Self-Control 356	
	Developing New Ways of Behaving	358
	Teaching that Cooperation Pays: Improving Parental	
	Management of Problem Children	359
	Lessening Emotional Reactivity	362
	Novaco's Study of Anger Control Methods 362 / Some Recommendations and Implications 365	
	Does Anything Work with Incarcerated Offenders?	367
	The Doubts 367 / But Is There Hope? 368	
	Summary	369
	ouninus y	505
	Notes	371
PA	·	
`	Notes RT 5 SOME SPECIAL QUESTIONS	371 375
PA 12	Notes RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION	371 375 376
`	Notes RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"?	371 375 376 376
`	Notes RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"? Are People Instinctively Driven to Violence?	371 375 376 376 378
`	Notes RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"? Are People Instinctively Driven to Violence? What Is an Instinct?	371 375 376 376
`	Notes RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"? Are People Instinctively Driven to Violence?	371 375 376 376 378
`	RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"? Are People Instinctively Driven to Violence? What Is an Instinct? Darwin's Conception 378 / Freud's Notion of the "Death Instinct" 379 / Lorenz's Conception of the Instinct to	371 375 376 376 378
`	RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"? Are People Instinctively Driven to Violence? What Is an Instinct? Darwin's Conception 378 / Freud's Notion of the "Death Instinct" 379 / Lorenz's Conception of the Instinct to Aggression 380	375 376 376 378 378
`	RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"? Are People Instinctively Driven to Violence? What Is an Instinct? Darwin's Conception 378 / Freud's Notion of the "Death Instinct" 379 / Lorenz's Conception of the Instinct to Aggression 380 Critique of the Traditional Instinct Conception Inadequate Empirical Support 383 / The Questionable Notion of Spontaneously Generated Instinctive Drives 383 /	375 376 376 378 378
`	RT 5 SOME SPECIAL QUESTIONS BIOLOGY AND AGGRESSION A "Lust for Hatred and Destruction"? Are People Instinctively Driven to Violence? What Is an Instinct? Darwin's Conception 378 / Freud's Notion of the "Death Instinct" 379 / Lorenz's Conception of the Instinct to Aggression 380 Critique of the Traditional Instinct Conception Inadequate Empirical Support 383 / The Questionable Notion of Spontaneously Generated Instinctive Drives 383 / Different Types of Aggression 384	375 376 376 378 378 383

	Early Genetic Conceptions: Lombroso's Theory 387 / Modern Evidence of Genetic Influences 388 / The Danish Studies of Genetic Influences 389	
	Gender Differences in Aggression	392
	Some Research Findings 392	
	Hormonal Influences	396
	How Male Hormones May Operate 396 / In Conclusion 400	
	Alcohol and Aggression	400
	Questions about the Effects of Alcohol	401
	Summary	405
	Notes	406
(13)	AGGRESSION IN THE LABORATORY	411
	The Typical Laboratory Procedure	411
	The Buss Aggression Machine 411 / Modifications and Variations 412	
	Some Considerations in Support of Laboratory Experiments	415
	The Problem of Validity 415 / Evidence of the Validity of Laboratory Procedures 416 / On the "Unrepresentativeness" of Laboratory Subjects and Conditions 418 / On Possible Experimental Artifacts 420	
	Summary	424
	Notes	426
14	IN CONCLUSION: SOME LESSONS TO BE DRAWN	428
17		
	Different Kinds of Aggression: Instrumental and Emotional	(428)
	Is Violence Inevitable?	430
	The Determinants as Risk Factors	432
	Controlling Violence	434
	BIBLIOGRAPHY	437
	INDEX	463