



# **WHO DO YOU THINK YOU ARE?**

A THEORETICAL EXPLORATION OF  
SELF-IDENTITY IN PREDISPOSITION TO  
AGGRESSIVE BEHAVIOUR

BAHRUDIN SREBRENICA

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### **ABSTRACT**

Aggressive behaviour seems to be an extensive and severe problem negatively affecting both the victims and the offenders. Many factors affect aggression. In this study, one factor was examined: self-identity, in relation to societal strain and emotions. The study aims to explore the relations between self-identity (what do we think we are) societal strain and emotions with aggression. A theoretical exploration of the importance of self-identity in relation to aggressiveness and more specifically, explore the significance of additional concepts as a potential marker for the predisposition to aggressiveness. Also, verifying if these concepts are a stronger contributor than obstructor to aggressiveness. Evidence from interdisciplinary literature is used to answer the questions in this degree project. This thesis is based on a set of relevant scientific papers. Two theories, General Strain theory and Self-Control/bond theory, contrasted with the idea of self-identity. Findings - Self-identity influences the performance of an individual in everyday scenarios. Not being able to obtain a goal and improve our social status, can result in a higher probability of looking for illegal options. Further, there is a difference in the way emotions affect aggressive conduct and the way this conduct is expressed between genders. Finally, one's self-identity seems to be a relevant marker for the predisposition to aggressiveness. This thesis provides insights to some of the most important markers for the predisposition to aggressiveness in society.

*Keywords:* Aggressiveness, Criminology, Societal Strain, Self-identity, Self-control

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# 1 INTRODUCTION

Not a lot of researcher focuses on self-identity to answer questions related to aggressive behaviour. But, there is a quite decent amount of research focusing on the emotions, strains, and other environmental events that interfere with aggressive behaviour, thus I am referring to these concepts together. It is essential to study and support these central concepts in research topics such as aggression. Because, in this paper, attention is going to be on Self-identity. It is unclear how self-identity operates when offending opportunities arrive, thus this thesis is conduction theoretical exploration with the aim to uncover these unclarities. The hypothesis of this thesis states that: what we think of ourselves contributes to the construction of our role in society and our professional positions, which (if unfulfilling) adds to the feeling of unfairness and resentment. These negative emotions can result in aggressive behaviour which varies substantially between genders. There is a social concept of self-identity, some scientists viewed the self-identity through social association that roles actually acquire meaning and individuals come to know their self-identity(Reeves, 2010). In this thesis identity is observed in the senses of those comprises and those highlights we take to characterise ourselves as individuals or make ourselves the individual we are. Self-identity in this thesis compares with factors of societal strain and emotions then explored through theories of Social Strain and Self-control theory. These two factors could be described as a sum of all the highest risk factors of behaving aggressively. This study will try to answer the question of how what we think of ourselves contributes to the construction of our self-identity and its link to aggressive behaviour. Do the emotions of unfairness and resentment adds to aggressiveness? Can negative feelings result in aggressive behaviour? There will also be a short description of how we construct our goals, and how we react on obstacles. How we socially influence each other and how interventions towards one accomplishment are made. With systematic literature review as a method; the research field is going to be studied to see how our self-i and emotions of resentment and envy are formed and used today and what pros and cons they have towards aggressiveness. This thesis is looking up in way self-identity through social structure accumulates negative emotions that lead us to aggressiveness. Our societal structure, strains, emotional processes, and self-identity are what the thesis is theoretically exploring. The importance for Scientific field of Criminology can be seen in the exploration of relevant fields and concepts from different perspectives with the aim of understanding behaviours such as aggressiveness.

## 1.1. Aim and research question

The aim of this systematic literature review is a theoretical exploration of how self-identity can be a predisposition for aggressive behaviour. Some theories emphasise the impacts that our self-identity have on our lives, which heavily influences aggressive conduct. There is a need to consider these variables in the purpose of avoidance of such aggressive pathways. The research question that this review is based on is: *How does who do you think you are, societal strains and*

*emotions influence your aggressive conduct?*

## **1.2 Ethics**

No ethical review was done before this literature review was started. Since this is a literature study, there are no specific ethical principles to relate to. This thesis is original and contributes to the science of Criminology because it examines the self-identity and other predispositions to aggressive conduct. This thesis is tackling the issues from a unique perspective, meaning there is neglected the importance of personal responsibility in the spheres of crime.

## **2 NOMENCLATURE**

*Table 1.* Definitions and meaning for terminology and concepts used in this document

Self-Identity - the perception or recognition of one's characteristics as a particular individual, especially in relation to social context.

Professional position - relating to a job that requires special education, training, or skill. : done or given by a person who works in a particular profession. : paid to participate.

Achievements - something accomplished, especially by superior ability, special effort, great courage, etc.; a great or heroic deed

Predisposition - a liability or tendency to suffer from a particular condition, hold a particular attitude, or act in a particular way.

Aggressiveness - hostile or violent behaviour

General Strain theory of crime (GST) - General strain theory (GST) provides a unique explanation of crime and delinquency. In contrast, to control and learning theories, GST focuses explicitly on negative treatment by others and is the only major theory of crime and delinquency to highlight the role of negative emotions in the aetiology of offending.

Value - the regard that something is held to deserve; the importance, worth, or usefulness of something

Social constructivism is a sociological theory of knowledge according to which human development is socially situated and knowledge is constructed through interaction with others.

Social Structure - is the system of socioeconomic stratification (most notably the class structure), social institutions, or, other patterned relations between large social groups. On the mesoscale, it is the structure of social network ties between individuals or organizations.

## **3 BACKGROUND**

Previous research debates on aggression as if it's an external component of every person (Yaratan & Uludag, 2012). With the aim to find what are the triggers to aggression and which ones characterise the modern man, it is beneficial to find out what are the concepts and processes that regulate these predispositions. Self-identity is the main focus of this thesis because of the influences that it has on decision making (Hirschi, 2011; Westbrook, 1979).

According to some researchers, there are different types of predisposition to aggression (Blümke & Zumbach, 2012; Salmivalli & Kaukiainen, 2004). This paper focus is on self-identity, due to the fact that the idea of oneself, and how does one see the purpose of life, all of this plays a dominant role in aggressive conduct of humans (Hird, 2000; Frick, 1998). It is necessary, however, to anchor such complex phenomena within the specific reference, mostly to fortify clarity in this research paper. Firstly, how we see ourselves is one of the most important precursors to the decisions we make. (Hunter & Farrall, 2017; Dahlem, 2005) Secondly, goal-oriented behaviour is the necessity of humans to satisfy basic motivational needs. And together with goals comes and societal strain and the necessity to create and incorporate skills to satisfy these needs (Constantinos & Kokkinos, 2015; Wesley, 1977). Given the nature of humans, this incorporation of needs eventually has to expand to include the other, motivated or forced others. And, we humans use aggressiveness as a tool to force others to do things in a way we want (Vidal, Burle, & Hasbroucq, 2018). We have to keep in mind that emotions such as resentment together with the feeling of unfairness are considered triggers to aggressive conduct (Rehman, 2015; Stocker, & Hegeman, 1996).

### **3.1 Societal strain and values**

The issue of self-identity and aggressiveness can be addressed through the values that society imposes (Yaratan & Uludag, 2012; Blanton, 2007). Societal Value Structure, the process of living, being rational primarily requires values, requires a set of rules on which something has to operate. The way society is organised is based on values. Values help us to get where we want to go. We can say we have a set of values, the values that create the initial presupposition of how society is organized (Swann & Talaifar, 2018; Salmivalli & Kaukiainen, 2004). The way the system operates, and the way the system has come about. According to Nietzsche, it is articulating the authentic one's self, or in other words, saying the truth that helps us create a functional society. Societal structure is very complex to understand (Sorrentino, Seligman, & Battista, 2007). Also, human behaviour has its psychological aspect and some of it is conscious and some of it unconscious, but nevertheless constrained and regulated through the societal structure. (Hunter & Farrall, 2017; Shapin, 2001).

### **3.2 Emotions and idea of future selves**

Some research projects have attempted to identify the importance of the idea of ourselves in the future by putting emphasis on emotions (Hunter et al., 2017). Because we are also emotional beings, and the way we arrange our desires and manners have been conditioned by the emotional processes. We act a pattern of behaviour, which is a complicated set of actions (Hunter & Farrall, 2017; Baylis & Haggarty, 1988). Society includes correct and allowed types of behaviour, guided by social standards that are generally known to determine expectations (Hunter & Farrall, 2017; McNeill, 2014). Some theorists have put forward the idea that idea of oneself is essentially expectations of how an individual should behave in a given situation, while others consider it to mean

how individuals, when affected with emotions, in a given social position actually behave (Hunter & Farrall, 2017; McTernan, 2014). Others have suggested that emotions are an uncharacteristic behaviour or unexpected behaviour when we are aiming to achieve (Hunter & Farrall, 2017; Hirsch, Clark, Mathews, & Williams, 2003).

### **3.3 Theoretical framework**

Two theories have a clear relation to the topic. Social bond theory due to a direct effect on the creation of self-identity and General Strain Theory due to a clear correlation to aggressive behaviour. Furthermore, on the framework, this paper is divided into two parts. The first part consists of a systematic literature review highlighting the most discussed terms and those facts that delve deep into the core of the development of the concept of oneself and the concept of aggressive behaviour. This part of the dissertation is focused on the systematic review of the research done about self-identity and concepts related to the development of the self-image. The purpose of the second part of this Master's Thesis, which focuses specifically on theories in criminology. As said, the General Strain Theory and Social Bond theory.

## **4. MATERIAL AND METHOD**

In this part, I will link methods and materials with the research question. I have selected research done on self-identity from various perspectives. Next, I divided the sample set into criminological, sociological and psychological subsets depending if the research is done about aggressive behaviour. Additionally, to thesis critique aspect, and to avoid bias I have distanced myself professionally, aiming for as clear as possible argumentation, both approving and disapproving my claims. Databases that were used were British Journal of Criminology, SpringerLink, Cambridge University Press, Socio Site, ERIK, Libsearch, Lund University Library, Sarajevo International University Library and ResearchGate.

### **4.1 SYSTEMATIC LITERATURE REVIEW**

A systematic literature review has been used as a method in this study. The definition of this method is a research question with the purpose to sum the primary research in the chosen field. In this study, all the articles that are part of the study are peer-reviewed. Because of the peer review-filter, there was a minor loss of articles in most of the searches. I turned to publicly available libraries and sites that enjoy academic support as my primary information source. I have spent substantial time and effort ensuring the accuracy of my data. Reading articles in Psychology Today and newspapers such as the Observer sparked my interest in this topic. The never-ending desire to control aggressive behaviour made me determined to expand my understanding of this occurrence which is already established contributor to violence and all over the world. Lastly, to fortify the exploration between

aggressiveness and crime. I have tried to rely on famous research conducted on this topic. When using a systematic literature overview, there are both advantages and disadvantages. An advantage is that the replicability is high since the process is described in detail. To this study results table, searches in databases, and other approaches are made as detailed as possible. Cons with using literature review as a method to this study have been to find research on the specific area that was aimed to be studied. This paper has a focus on methods and models that are aimed at self-identity to aggressive behaviour. Finding research with that specific focus is a difficult process.

#### **4.2 Research in Databases**

Databases that were used were British Journal of Criminology, SpringerLink, Cambridge University Press, Socio Site, ERIK, Libsearch, Lund University Library, Sarajevo International University Library and ResearchGate. Variety of databases were used to minimise biases and to increase the validity of the research. Books, articles, PhD dissertation and variety of empirical data can be found there. ResearchGate was used because it resulted in more than one valuable research paper which relates to the research question. For example, ResearchGate includes the databases of full articles on sociological, criminological and psychological disciplines among others, with a focus on this thesis' issue.

The keywords that gave the most useful results were aggression, self-concept, aggressive behaviour, social roles, identity, gender, male aggression, goals and aggression. Other keywords that were tested, but who were not as successful, was, aggression among humans, Identity aggression, response to aggression, crime and aggression, youth aggression, and roles and aggression. When the test searches were done, the real searches for the systematic literature review was started. To precise the research even further, by researching among the reference list of the studies that were related to this thesis question. It is a quite time-consuming process but gives us an in-depth overview of the found research. When the test searches were done, and the systematic search was done, looking at the reference list of some of the research was much more useful than just using mentioned databases.

At the end of the systematic searches, the keywords strain and aggression, control and aggression and aggression and crime were added in a couple of searches. It was because they were the preventive models that repeatedly was shown in the results list during the searches. By using them in the searches, it opened a possibility to find more information about these methods that might have been missed in the previous searches. Also, only the process in Libsearch that led to that specific article is being presented in appendix 1. Since searches through reference lists gave unreliable results, due to different research aims, these articles are excluded from Appendix 1. All searches that were made, including reference list search, even if they were useful or not, are presented in appendix 1. In the end, eight articles are presented in the results of this study, due to their predominant relevance for this paper.



### 4.3 Analysis

The methods used for data collection were: processing and reflection are reported and justified in relation to the research issues. There were outlined specific interrelationships among dispositions, goals, and ideological beliefs that help to shape negative emotions that cause aggressive behaviour among individuals. All chosen articles are read several times to get an overall picture of what the articles are about. The second step in the analysis process will be to identify different reliability points with my research question.

In this study, after reading the articles, the chosen themes were the self-identity, and societal value structure, in relation to goal-oriented behaviour. Theme number one, self-identity, is selected with the aim to answer research hypothesis number one: What we think of ourselves contributes to our role in society. Theme number two is picked to answer hypothesis number two about professional position and feeling of unfairness in the world. Theme number three is related to hypothesis number three, how aggressiveness differentiates among genders.

All the scientific papers were carefully selected from either the independent publishing library or the official university library. The selection criteria were based on an inclusive approach. All studies considered must have explored self-identity, strain and emotion concerning aggression. Included studies must be researched within the field of criminology, psychology, sociology or a related field and selected studies must have been peer reviewed.

### 4.4 Validity and reliability

The inclusion and exclusion criteria were formed at the beginning of the process and to make sure that the replicability remains high, results table and search table are being presented in the essay.

## 5 RESULTS

In this section, I am including materials, data I used, and how I created my arguments that are used to respond to study aims. Discussion and concluding of finding in relation to scientific background and in relation to society and to the field of criminology.

Table 3. Result table of the explored papers

| Author and publication year                   | Title and database                         | Method          | Discipline           | Relevance to this thesis  |
|---|--|-----------------|----------------------|---|
| Hüseyin Yaratana<br>Orhan Uludag<br>Year:2012 | The Impact of Verbal Aggression on Burnout | Data Collection | Behavioural Sciences | Verbal aggression has a positive relationship with emotional exhaustion, cynicism and reduced professional efficacy. The effect of verbal aggression on emotional |

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|  | <p>Online access:</p> <p><a href="https://doi.org/10.1016/j.sbspro.2012.05.064">https://doi.org/10.1016/j.sbspro.2012.05.064</a></p> <p>Database:</p> <p>ScienceDirect</p> |  |  | <p>exhaustion, cynicism, and reduced professional efficacy correlates with how we see ourselves.</p> |
|--|--|--|--|--|

|  |   |                                    |                          |   |
|--|---|------------------------------------|--------------------------|---|
| <p>Robert A. Westbrook</p> <p>Year: 1979</p> | <p>An Exploratory Study of Assertiveness, Aggressiveness, and Consumer Complaining Behavior</p> <p>Online access:</p> <p><a href="http://acrwebsite.org/volumes/9540/volumes/v06/NA-06">http://acrwebsite.org/volumes/9540/volumes/v06/NA-06</a></p> <p>University of Arizona</p> | <p>Qualitative and Exploratory</p> | <p>Social Psychology</p> | <p>One hundred nineteen undergraduate students at a major private university participated in the research study by completing a self-administered questionnaire. In the final analysis, it is up to the subjective judgment of each party involved to determine whether or not a specific action is to be considered aggressive. This relates to the chapter of social value structure and strain, and the importance of having common regulations.</p> |
|--|---|------------------------------------|--------------------------|---|

|   |   |                   |                             |  |
|---|---|-------------------|-----------------------------|--|
| <p>Matthias Blümke and Jörg Zumbach</p> <p>Year: 2012</p> | <p>Assessing Aggressiveness via Reaction Times Online</p> <p>Online access</p> <p><a href="http://dx.doi.org/10.5817/CP2012-1-5">http://dx.doi.org/10.5817/CP2012-1-5</a></p> | <p>Experiment</p> | <p>Sociology Psychology</p> | <p>The results are partly in correlation with the concept of self-identity what can be expected on the basis of on attitudes and self-concept.</p> |
|---|---|-------------------|-----------------------------|--|

|                                      |  |                                     |                              |  |
|--------------------------------------|--|-------------------------------------|------------------------------|--|
| <p>Myra J.Hird</p> <p>Year: 2000</p> | <p>An Empirical study of adolescent dating aggression in the U.K.</p> <p>Online access:</p> <p><a href="https://doi.org/10.1006/jado.1999.0292">https://doi.org/10.1006/jado.1999.0292</a></p> | <p>Quantitative and qualitative</p> | <p>Sociology Criminology</p> | <p>The study also combined quantitative and qualitative methods to investigate when the meaning and context of aggression are considered, male physical and sexual aggression is a significant problem in adolescent heterosexual relationships. Which relates to differences between male and female aggression</p> |
|--------------------------------------|--|-------------------------------------|------------------------------|--|

|  |   |                       |                           |   |
|--|---|-----------------------|---------------------------|---|
| Ioanna Voulgaridou<br>Constantinos M.Kokkinos<br>Year:2015 | Relational Aggression in Adolescents: A Review of Theoretical and Empirical Research<br><br>Online access:<br><br><a href="http://dx.doi.org/10.1016/j.avb.2015.05.006">http://dx.doi.org/10.1016/j.avb.2015.05.006</a> | Literature review     | Criminology               | Although this is a review, I have listed it here because it emphasizes empirical research. It relates to this thesis in a way that sees aggressive acts in relation to roles in society.                        |
| Zamira Hyseni Duraku, Linda Hoxha<br>Year:2018             | Self-esteem, study skills, self-concept, social support, psychological distress, and coping mechanism effects on test anxiety and academic performance  | Convenience sampling. | Sociology<br>Psychology   | To test the relation between firm stress behaviour and performance.Academic performance specifically, self-concept and self-esteem.   |
| Ben Hunter and Stephen Farrall<br>Year: 2017               | Emotion, Future selves and the process of desistance. A longitudinal study of 15  | Qualitative Study     | Criminology<br>Psychology | This paper talks about the desistance in relation to the idea of the future self. Individuals who had a clearer idea of themselves were more prone to longer and stronger desistance behaviour. This relates to |

### 5.1 General Strain Theory

Strain Theory outlines three startling strain sorts. The main important type of strain includes people's failure to achieve their goals. The second real strain involves introducing toxic or adversely appreciated boosts, such as disturbing conditions, provocation, antagonistic relationships. The third major strain includes the loss of definitely appreciated stimuli. For example, the burglary of esteemed property, the passage of a sentimental relationship, or the withdrawal of parental love (Merton 1938). Aspirations usually include perfect goals or results and are idealistic in character to some degree. Thus, a key source of strain or dissatisfaction may be unfulfilled desires.

### 5.2 Control Theory: Self-control and Bond theory

Unlike other theories in Criminology, Control Theories are trying to find out why

people are *not* criminals. Four, main obstructors were identified: attachment to others, belief in the moral validity of rules, commitment to achievement, participation in conventional activities (Reid, 1969).

### **5.3 Respond to study aim**

The aim of this systematic literature review is a theoretical exploration of how self-identity can be a predisposition for aggressive behaviour. Or, rephrased and more specific: How does who do you think you are, societal strains and emotions influence aggressive conduct? General strain theory emphasises the impacts that strain has on emotions that influence the decision-making process, and how we think of ourselves. Strain changes who we think we are and thus heavily influences aggressive conduct. Variables that Control Theory is examining, such as attachment to others, belief in the moral validity of rules among others play a predominant role in the avoidance of aggressive pathways. Because they are a source of positive emotions, such as proud and feeling of belonging, and the effect positive emotions have is a construct of self-identity with strong morals, thus lower probability of aggressive conduct.

## **6. DISCUSSION**

The idea of the self-identity has been particularly compelling in research since it reflects a concern about how the social behaviour of individuals fluctuates as a component of different social roles (Petryna, 2013). The issue of this thesis is to conceptualize as a meaning of self-identity as an extinct type of behaviour in relation to aggression. Note that role hypothesis centres around oneself characterizing the role that individuals have in the public arena as opposed to the wider scope of different social qualities that can be attributed to oneself, for example, sex, race, or ethnicity (Kupperman, 2007). In this way, the general view of the role hypothesis makes the reason for a moderately enormous assemblage of small-scale sociological writing worried about predicting role-related behaviour (Montealegre & Jimenez-Leal, n.d.). Physiology analysts may have been increasingly interested in using self-identity to enhance our understanding and forecast of the connection between mental and activity frames (Ayduk, Gyurak, & Luerssen, 2009). Self-identity has been argued the main factor in decision-making processes, meaning deciding goals and practices. For example, political activists may participate in dissent activities as activism has become a focal piece of their self-ideas. However, as behaviour is rehearsed, goals turn out to be less controlled by subjective factors, such as self-character and progressively controlled by routine powers, such as past behaviour (Zahn-Waxler, Radke-Yarrow, & Brady-Smith, 1977).

As mentioned before, verbal aggression has a positive relationship with emotional exhaustion, cynicism and reduced professional efficacy. The effect of verbal aggression on emotional exhaustion, cynicism, and reduced professional efficacy correlates with how we see ourselves. As Robert A. Westbrook in his study on assertiveness with one hundred nineteen undergraduate students at a major private university participated in the research

study by completing a self-administered questionnaire. In the final analysis, it is up to the subjective judgment of each party involved to determine whether or not a specific action is to be considered aggressive. This relates to the chapter of social value structure and strain, with regard of the importance of having common regulations. The study by Myra J.Hirid also combined quantitative and qualitative methods to investigate when the meaning and context of aggression are considered. For instance, male physical and sexual aggression is a significant problem in adolescent heterosexual relationships according to Myra.

### **6.1 Strain Theory Discussion**

The relevance of the Strain theory to the thesis issue is in the fact that explains the aggressiveness in a very original way. Observes roles, and social structure and defines as a key role in aggressive behaviour. The problem with Strain Theory is that explains strain in a narrowed way, and sees a strain as an external factor(Voulgaridou & Kokkinos, 2015).

This study's critical evaluation is in that this paper does not try to compare concepts with all criminology theories. The choice was made due to a logical relationship to aggressive behaviour. The experience of strain, as indicated by Strain Theory, produces negative feelings such as outrage, disappointment, sadness, and desperation (Merton, 1938). Therefore, these negative feelings are said to make weights for restorative activity, with one conceivable reaction being wrongdoing or misconduct. Which social strain hypothesis did not notice, even when we do not feel any strains, we feel negative feelings(Oatley & Johnson-laird, 1987).

The theory of strain perceives that the experience of objective blockage can also result from the inability to achieve anticipated results (e.g. the inability to obtain a normal salary) as well as the inability to achieve any results reasonably. Therefore, these last kinds of objective blockage are dependent on having a more grounded relationship with the frustration and disappointment experience. All things considered, the Strain theory also perceives that people are searching for an assortment of goals past financial achievement or white collar status(Agnew, 2017). The strain may arise when the demands of roles conflict when an individual does not agree with others ' assessment of his or her performance in his or her role or accepting roles beyond the capacity of an individual. At the same time, a person may have limited power to negotiate away from accepting strain-causing roles because they are constrained by societal norms, or they have limited social status to negotiate from. This results in frustration that increases the risk of aggressive behaviour.

Also, poverty as a social status per se does not indicate that a person will commit a crime. Not every poor person is a criminal. We know that. There is a possibility to calculate the index of income distribution inequality in a certain geographical area. With this calculation, we can establish relative poverty

among inhabitants of one geographical area in particular. Relative poverty refers to a person being above the poverty line, but in comparison to his or her neighbour is seen as having less. So there is a difference between absolute and relative poverty. In places where there is low-income distribution, and people are considered poor by national standard there is minimum crime rate. The same thing can be applied to high-income areas. When it comes to relative poverty is, and this refers to an area where some people have high income and some people have a moderate income. The range of aggressive behaviour starts to increase for these areas. Additionally to this if the opportunities for the growth are stiff, while doing and following common and already established social requirements, the chances for obeying the rules and aggression are higher. If we are looking for status and status is hard to achieve, and we feel incompetent, we will start to create our own societal values. Another logical argument can be added, those who already have achieved social status, don't feel easy on sharing their status with people who are trying to gain their status in society. It is very logical that rules are set up, and those who can't achieve their status aim for changing those roles, to facilitate their benefits. So it is not about some people having more than others, it is the lack of opportunities that causes aggression. Advancing our positions in society should be attained through civilized behaviour. We should be allowed to advance through status, as long as we don't disrupt others.

## **6.2 Control Theories, Self-control and Bond Theory discussion**

A fundamental precedent: someone needs something, but they don't have the means to get it. If the individual is unlikely to strive for control, he or she may attempt to get it in an unlawful manner, while someone with self-control will either pause, prevent him or herself from securing what needs to be acquired, or seek solutions without damaging social standards. Social bonds can counteract one's low self-control through friends, family, and others. For low financial status groups, the control applied by parents or chaperonage is a factor that recognizes families with delinquent children from those who are not delinquent(Hirschi, 2011).

The relation between control theory and aggressive and self-identity might seem at first glance quite blurry, but it is evident. Control theory places the main responsibility on one individual, from stopping the crime from happening, and this thesis focal point is self-identity, a predisposition.

Finally, Control theories place self-control as an imperative component of their misconduct hypothesis because it is the main reason for misconduct and wrongdoing(Voulgaridou & Kokkinos, 2015). Despite the fact that they refer to in their hypothesis to numerous different reasons for wrongdoing. Thus, we can disregard simple self-control and solution to aggressive behaviour. Although it does relate, self-identify to a degree where one individual might identify themselves as a gentleman or a lady and this perceived identity might hold them back from behaving in an aggressive manner in aggressive provoking moments(Schmidt, 2003).

### 6.3 Results discussion

To start, the explanations and interpretation of the findings seem appropriate. Self-identity gives to my research question very clear perspective on how an aggressive person positions oneself about situations encountered in life. Then, when talking about the answers on the stated research question - Does who do we think we are, together with social value structure triggers the aggressive conduct? The following can be seen as one of the answers.

Who we are and what we want in life regulates our aggressiveness. General Strain theory, by Merton, states that we are willing to obey the societal rules of conduct, in order to get instant access to our want or wish. The values that we have learned, that one that constitutes the idea of ourselves, are mutually exclusive(Savett, 2000). In other words, Societal Structure dictates the values that we integrate with our persona, gradually we adopt values and disregard regarding the aims that we have(Deflem, 2007). If we have an aim that counters the current value structure, we are ready to become aggressive to achieve an aim(Pollmeier, 2009). One of the essential parts of the connection between self-identity and aggressiveness is the idea of social standing(Durkheim, 1984), which contributes to roles that are in their essence maleficent. it is reliable to expect certain practices and roles to be determined by social standing if we want to climb the hierarchical ladder. What we think of yourself positively contributes to our role in society. As mentioned in Control Theory and Social Bond theory, by Hirschi (1969), people endorse behaviours that improve their social standings. The certain working environment reflects critically on how we act and affirms our self-identity which in return improves our social standing(Carver & Scheier, 1998). The benefits are mutual. Previous research of Social Strain and Social Bond Theory explains professional positions in a context crime, thus and aggressiveness(Faseur, 2004). Professional positions play a part in aggression due to a fact many individuals find themselves doing jobs, roles that they don't want to at the moment and they want to progress to better positions(Gelles & Berkowitz, 1994).

General Strain Theory and Control Theory in relation to thesis issue  
Both theories give insights on how external factors affects our thought processes, our aspirations etc. It does not directly relate to this thesis research question(Rehman, 2017). The reason why they are incorporated is that this thesis has supported the argument that self-identity plays a dominant role in aggressive conduct, and self-identity is constructed through processes that are defined in both General Strain Theory and Self-Control theory give insights about accuracies and phenomena but very purely about gender differences, this is why I have also highlighted gender within this paper. Women are more likely to commit suicide and men is more likely to kill themselves(Daly & Wilson, 2001). Women don't like to use force to execute stuff(Wilson, Daly, & Pound, 2009) So man is predominantly manifest lethal force when express aggressiveness and women are predominantly aggressive in bullying and

passive aggressiveness(Gregg & Siegel, 2001). It takes longer for women to resolve conflict, which results in accumulating negative emotions. When in researcher scientists observed boys and girls in a playground. Boys were fighting more, but girls were entering in verbal conflict and not resolving it for the next entire school year. Whereas boys would resolve it after shot time, sometimes less then an hours stuff get resolved. To sum up, aggressive behaviour does variates among genders, but mostly in a way of expression not in the quantity. It takes longer for women to resolve conflict, which results in accumulating negative emotions(Tint, 2004). Hence, aggressive behaviour does variates among genders, but mostly in the way of expression.

#### 6.4 Critique and limitations

Critically observing, enthusiasm for self-identity and its behavioural suggestions is widespread(Hutchinson & Gigerenzer, 2005). But, self-identity can only be framed in a certain number of frames, and individuals will inevitably end up imitating each other all the time. Not like there is an endless amount of identities that one can choose to relate oneself. The relationship between self-identity and aggressiveness can be seen in somebody's dissatisfaction with their current role in society(Ackerly, n.d.; Shapin, 2001) Conclusively, self-identity is constructed through the incorporation of a particular job or role characteristic(Griffith and Combs 2015). It has argued that measures of self-identity can basically set goal proportions of behaviour and goals relate roles that are moulding and directing activities(Wright and Michele Kacmar 1995). We act out our behaviour, unconscious, due to learned values of the certain culture(Menninger, 1935). This can be altered, changed, and upgraded. Additionally, our behaviour is based on evolutionary aspects, in a sense biological. Meaning, our behaviour is conditioned by needs(Eysenck, 1974). And this behaviour is unconscious, and it takes an evolutionarily long time to alter it, but it can be conditioned but set of values. In order to move forward, to prosperous oneself, and together with others around us, we have created a set of values that help us manage it(Prochaska, 1999). Once the individual breaks this set of values it disrupts the entire process. Limitations of this methodology are that the terms are user multidisciplinary, and there is no clear definition of terms. For instance, self-identity can be understood in multiplied ways. Regarding the perspective, the definition might slightly change the meaning. Thus, it is tough to compare two disciplines looking only through concepts and terms. The advantage of this research is that it uses a variety of sources and reviews cross-disciplinary literature.

#### 6.5 Discussing the correlation between concepts and theories

Table 2. Speculative correlation between concepts and theories discussed in this paper

| Concepts            | Correlation  |
|---------------------|--|
| Control theory<br>& | Self-identity and control theory correlate in identity development processes.<br>Self-image as high or low in occupational (professional) identity certainty plays |



|                               |  |
|-------------------------------|--|
| Self-Identity                 | importance for an individual. Receiving feedbacks from workplace colleagues induce identity modifications.   |
| Strain Theory & Self-identity | Strain theory suggests that a number of conditioning factors affect those who are more likely to respond with the crime to strain. Self-identity refers to the number of identities individuals perceive as important to themselves, and the varied characteristics they attribute to these identities. Those who have lower in the opinion of should be more susceptible to the negative emotional and behavioural effects of strain.                 |
| Social Roles & Self-identity  | Self-identity and social roles are often strongly influenced by social comparison. And, we are comparing ourselves with others and ourselves. For example, we compare to determine the accuracy and appropriateness of our thoughts, feelings, and behaviour. When we are able to compare ourselves favourably we feel good about ourselves. Self-identity also refers to the identity that we acquired through the social roles of some social group. |
| Social Roles & Control Theory | The identities of the individuals are rooted in their social structure. Based on the traditional symbolic interaction views where people choose their own behaviour and how their behaviours correspond to the meanings of their identity, gives a clear obvious relationship between Control Theory and Social Roles.   |
| Social Roles & Strain Theory  | The difficulty of fulfilling role demands is normal. The larger social structure is held in place by role strains. The cumulative pattern of all such role bargains determines the flow of performances to all institutions. The research utility of this conception is explained.   |

## 7 CONCLUSION

In sum, the results in this systematic literature review show that the criminological theories in particular Strain and Social bond theory together with the concept of self-identity is limited. The most research focus is on causes and prevention. But the research on self-identity and societal structure as an influence are important in the development of resentment which leads to aggressive behaviour. It is not inequality in society but rather resentment of the inequality that drives people to aggression. In conclusion, the lack of involvement in our progress in life rather than a lousy job, or our current role contributes to a feeling of unfairness(Crick & Dodge, 1996). In the small majority of investigated, the inability of progress results of actual unfairness in life, but does not by any means lead to aggression, more than just a feeling of conformity. Aggressive behaviour varies drastically between genders Both men and women are aggressive. Men and women express aggression in very different ways. Men express it physically and women express it verbally and in another way(Campbell, 2008). The world is unfair, but people don't just become aggressive because the world is unfair. People rather starts to become aggressive when they use unfairness as a starting basis for the development of resentment towards other people who got more than they do. If we start with the idea that the world is an unfair place then someone must have gotten the fair part and someone the one that's less fair. We build up the point of unfairness and inability of attaining

success, that results in constructing negative emotions towards society overall. Built up irritation cause things didn't work out well for us, we are irritated because for some people it did work out, and then we feel incompetent, but we don't want to blame ourselves, so we blame the system and the way the world is set up. At this point we are irritated and resentful, so we feel entitled to destroy the world.

### **7.1 Future aspirations**

The definition of violence and aggression differed widely between studies. This complexity means that the review could not accurately describe rates for individual categories of violence. Therefore in the future, research on aggression could focus on individuals who are responsible for their lives. And, not only on people who are without any aim, or goal. People without committing much crime, due to disappointments and frustrations that inevitably come along in life. Wanting or not, the concept of life is understood as a timeline, things are going forward, and if aimlessness is countering these natural processes, it will result in a crime. Thus, researching individuals who are less prone to aggression could help us impart knowledge to those who are more prone to aggression.

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## **APPENDIX**

Table 4. List of research sites used to access various research papers

| Sites                                     | Link  |
|---|---|
| SpringerLink                              | <a href="https://link.springer.com/">https://link.springer.com/</a>   |
| Cambridge University Press                | <a href="https://www.cambridge.org/core/journals/behavioral-and-brain-sciences">https://www.cambridge.org/core/journals/behavioral-and-brain-sciences</a> |
| Social Science Research Network           | <a href="https://www.ssrn.com/index.cfm/en/">https://www.ssrn.com/index.cfm/en/</a>   |
| Social Sciences Citation Index            | <a href="https://clarivate.com/product-category/scientific-academic-research/">https://clarivate.com/product-category/scientific-academic-research/</a>   |
| SocioSite                                 | <a href="http://www.sociosite.net/">http://www.sociosite.net/</a>   |
| SocioWeb                                  | <a href="http://www.socioweb.com/">http://www.socioweb.com/</a>   |
| ERIC                                      | <a href="https://eric.ed.gov/">https://eric.ed.gov/</a>   |
| Malmö University Library                  | <a href="https://www.mah.se/english/Library/">https://www.mah.se/english/Library/</a>   |
| Lund University Library                   | <a href="https://www.ub.lu.se/en/">https://www.ub.lu.se/en/</a>   |
| Sarajevo International University Library | <a href="https://library.ius.edu.ba/">https://library.ius.edu.ba/</a>   |
| ResearchGate                              | <a href="https://www.researchgate.net/">https://www.researchgate.net/</a>   |
| British Journal of Criminology            | <a href="https://academic.oup.com/bjc">https://academic.oup.com/bjc</a>   |

Table 5. Searches in databases and chosen articles. Before the searches, “peer review” was marked, and searches were only made on articles published in relation to aggressive behaviour and crime.

| Database      | Keywords                            | Author(s)  | Publication Year                          | Date of Search |
|---------------|-------------------------------------|--|---|----------------|
| SpringerLink  | Aggressiveness<br>and self-identity | Karina V.<br>Korostelina   | 2007                                      | 2019-01-20     |
|               |                                     | Jan E. Stets   | 2014                                      | 2019-01-20     |
|               |                                     | Ryan Trettevik   |   |                |
|               |                                     | Jay L. Lemke   | 2008                                      | 2019-01-20     |
| Libsearch     | Aggressiveness<br>AND identity      | Hofer, J.  | 2018                                      | 2019-02-10     |
|               |                                     | Spengler, B.   |   |                |
|               |                                     | Swanson SR   | 1999                                      | 2019-02-10     |
|               |                                     | Huang, Xu.   | 2018                                      | 2019-02-10     |
|               |                                     | Nicholas;<br>Kavussanu,<br>Maria; Ring,<br>Christopher.              | 2017                                      | 2019-02-10     |
|               |                                     | Bonifacio, Luisa;<br>Gushue, George<br>V.; Mejia-Smith,<br>Brenda X. | 2018                                      | 2019-02-10     |
| ScienceDirect | Aggression                          | Russell G. Geen<br>and Edward<br>Donnerstein                         | 1998                                      | 2019-03-02     |
|               |                                     | Vincent van<br>Hasselt   | Journal<br>Publication from<br>2019-02-28 | 2019-03-02     |
|               |                                     | H.A.<br>DENGERINK  | 1976                                      | 2019-03-02     |

British Journal  
of Criminology

Self-Identity  
and emotions

Ben Hunter and  
Stephen Farrall

2018

2019-03-04