



Relationship between aggression and life satisfaction among young adults

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Abstract

This study examines the relationship between aggression and life satisfaction in youthful grown-ups. The study uses a sample of 18- to 26- time- pasts using quantitative measures to assess the frequency and intensity of aggression and tone-reported satisfaction. Using validated scales and statistical analyses, the study aims to reveal significant correlations or patterns between these variables. In addition, implicit moderating factors similar as gender, socioeconomic status, and managing mechanisms are explored to give a nuanced understanding of the relationship. The results of this study contribute to the being literature on aggression and private well- being to explain the complex commerce between individual characteristics and life issues. Eventually, the study aims to form interventions and support mechanisms designed to promote positive mental health issues among youthful grown-ups, especially among those prone to aggression-related challenges.

Key words: aggression, life satisfaction, youthful grown-ups, well- being.

CHAPTER 1

Introduction

An additional debatable concern that might trouble researchers is a problem of rate of interests in the procedure of mind assertion which may entail a choice of a mind scientist or psych neuron science to take sides. Nevertheless, presence in a social together with relational setting, along with these life aspects plus social as well as relational actions because individuals mature do not all originated from product tasks like today drawing up made complex area networks as mostly young people matures. Research study to be caused discovering a relationship of exactly how the pupils within the 12-19 age team actions are both straightened & also associate with their social life.

History as well as context

I listen to the expression aggression, and I promptly think about it's a habit that is deliberate and also caused by the sensation of wishing to harm the other individuals. As well as whichever sort of hostility amongst the usual kinds of hostility; spoken tension, relational hostility plus physical hostility, it can provide itself amongst the typical sorts of hostility. Despite the fact that an individual can place himself at the appropriate angle as well as obtain a mixed point of view of the terrorism kinds however this would certainly not suffice to reason on the effects of terrorism on individuals in its entirety.

Life complete satisfaction

The concept of assumption of life contentment convincingly presented by the speculative methods. This schedules to individuals lives in its entirety, it does not entail any type of altering, they unwillingly launch the discomfort as well as despair that is fed right into them. This creates the psychological network that discolors the illumination of their lives as well as likewise the satisfied factors on as well as on their relationships, task along with individual lives.

Nowadays, we often comply with the course of our internal selves & also our individual life containing our households, social tasks and also functioning life accompanies our state of mind or two we believe. Yet, the complying with linkage is much from being a specific one. Also, it is thought that the pleasant feelings primarily arise after the requirements of the people are satisfied indicating the desires along with the wishes have actually been pleased, the individual has actually come to be independent as well as has actually made enough links at the same time the human's absence of capacity to secure them from external adverse pressures usually subtracts them from experiencing such complete satisfaction.

Inner calmness is something that not just indicates individuals emotional or emotional health yet additionally include the fulfilment of the usual issues of life such as partnerships, work or rate of interests. It is the truth that it is the primary crucial aspect of the individual health & wellness or joy, which amounts to the wellness or complete satisfaction in life. This is an individual's general evaluation of life contentment based his/ her basic sensation concerning his/ her connections, job as well as well-being. Significance by this they have either an objective in job or simply a life that brings them the essential fulfilment, consequently still if its/his is all that requires to be pleased in life.

Subjective feeling of a well-liver is distinctly pertaining to just how delighted you are and also just how much failings you had in full life. As an example, you can consider your Instagram photo or charming partnerships as life-changers due to the fact that they belong of your life. Likewise, in the context you are an individual that functions which occupation is the one that makes a decision whether you more than happy or depressing. In addition, possibly we must modify special points that have Not just that it is additionally consisting of the greater modification of checked out minds in the direction of the positive state, which coincides as the various other trouble of defending individuals' s income.

Considerations for Development

In some cases, this growth in between ages of 18 plus 20-year-old can be also divided right into instead numerous excellent months or years considering that we can obtain many ramifications which are worried to our cognitive, psychological together with socio-emotional advancement & also psychological wellness. This can be the situation when you secure on your own alone behind 4 wall surfaces as well as begin to discover brand-new definition in your internal battles, however additionally really feeling the requirement to obtain freedom with the globe you weren't understand much regarding & also at some point get some negative as well as favorable comments that lines up you coupled with transforms you versus.

Social Understanding Theory

Bandora's social understanding concept mentions that hostility is gotten throughout the related discovering procedure which ultimately is awarded or strengthened via this providing rankings of support in the direction of existing hostile activities in the individual which takes place to make these activities a way of living. Initially the Titan belief needs to avoid them being an obstacle to the personality type they are being also led for and afterwards that ought to have a straight influence on life joy for the main goal.

Self-Determination Theory

The parts freedom, relatedness as well as inherent inspiration of the self-determination concept (Deck & Ryan, 2022) can be approximately called the sector of durability as well as joy. The structure framework discusses carefully the connection in between hostility as well as the minimized development of the young people by revealing the degree at which the last disrupts the youngster's mental demands.

Monitoring proof

Correlation Studies: A flooding of researches was performed in the instructions of hostility together with what kind of effect does it create on the lifestyle. Bean it been examined consistently that reduced life fulfilment, high hostile degree, coupled with and so on are adversely connected. Nonetheless induction of this connection together with its meaning in the fundamental terms is something which need to question the target market plus solutions search for refresher course is required.

Longitudinal research studies: Tracking researches which have the real-life info worrying the round connection in between high hostility degrees together with fulfillment of life, as well as by considering this contacts the concept that exactly how there is a causality, are made use of in the development of this various possibilities as well as meddling variables. A lot more longitudinal research studies, via complying with the adjustments throughout the training course of life can be mapped in order to accomplish a much more thorough sight of individuals' relationships which are, frequently, the highest possible amongst the kids coupled with later on drop in the later ages.

Wide factors: The numbers of the hostility and also life contentment is additionally climbing plus drinking: Allow us to consist of such the adult years devices as self-assessment surveys which are thought about authorized gadgets coupled with that additionally have the particular attributes of today young people mind in order to obtain the data we require and also stand for properly the group. Today various other techniques, studies of public ideas, individual records and also monitoring's of individuals with psychological wellness obstacles are extensively utilized to be able to record the multi-dimensional feelings like craze along with joy.

Checking and also Information Collection: Having in mind the attraction of most fresh grownups that are in addition varied and also multicultural, the techniques of study must be thought about thoroughly to make certain that sufficient individuals that are womanly standing for in checked out will be by area, social plus various other elements. Conductions of the longitudinal system as well as randomized regulated paths enhances the opportunity of minimizing young people physical violence as well as real life results dramatically. In addition, social cognition experiments on yoga exercise can allow us to manage physical violence as well as obtain excellent life results.

The primary restrictions of the subject nursing caretaker of the newborn consist of as translating and also the measurement expansion. This research study highlights the related organization of aggressive actions and also young people' life fulfilment in order to bring in the federal government interest as well as boost the preparation of expert program plus treatment tasks which improve the young people growth as well as wellness. The research will as a result seek to determine target market's manageable danger variables, condition safety elements as well as hostility elements; coupled with likewise life complete satisfaction consider with design people. The research study will certainly after that take on the phenomenological, speculative as well as plan making approaches to clarifying the intricate nature of the problem, therefore. Ultimately the job will certainly add via the teen populace modellable danger aspects recognition as well as identified what devices plus a specific design of hostility is & also specify them much more concerning on the continuous procedure of the research of male his discussion with life as well as the performance in culture.

CHAPTER 2

Review of Literature

In 2017 Zhao J, Zhang, the sample size of the study was 800 young people. This study found that poor family functioning was associated with violence, which in turn had a negative impact on life.

NS. & Rupert, M. 2015, S. This study aims to examine the relationship between cyberbullying, victimization and life satisfaction. The size of the research sample was 1200 young people. Research has shown that both cyberbullying and being cyberbullied have a negative impact on life.

Sánchez-Queijan I. Oliva A. Study (2015) focused on examining the relationship between school violence, peer relationships, and youth interest in life. The sample size for this study was 900 young people. Research shows that school violence damages peer relationships & life satisfaction.

Research done by Kokkinos K in 2012. M. and E. Kiprizi focused his research on the relationship between teacher violence and student violence between learning and enjoyment of school life. The sample size of this study is 700 students. This study found that violence between teachers and students affects satisfaction with school life.

Ferguson, C.J. In 2011, he conducted a study to examine the relationship between violent video games, violence, and life satisfaction. Sample size: 1000 young people. This study found that video games have a positive effect on violence and a negative effect on life.

Liu, J. & Graves, L.M. A 2011 study sought to examine the relationship between workplace violence, job satisfaction, and life satisfaction. The sample size is 500 employees. This study found that workplace violence had a negative impact on work and life satisfaction.

Caprara, G. V., Barbaranelli, C., and Steca, P. This 2009 study examined the relationship between relationship violence and social violence. The size of the research sample was 1200 young people. This study found that violent crime has a negative effect on life satisfaction.

DeVall, K.N., Twenge, J.M., Gitter, S.A. & Baumeister, R.F. In 2009, we looked at the relationship between violence and life satisfaction over time. The research sample size was 1500 participants. This study found a long-term relationship between violence and life satisfaction.

Grover KE, Green KL, Pettit JW, Monteith LL, Garza MJ. and Venta A., 2009. Examining the relationships between social aggression, victimization, and life satisfaction. The sample size for this study was 800 young people. This study found that both perpetration and victimization of social aggression were negatively correlated with life satisfaction.

Kuppens S, Grietens H, Ongena P and Michiels D 2009 study. The relationship between peer violence, violence & social action is explored. The sample size of the study was 900 young people. This study found that peer relationships and aggressive behavior have a negative impact on life.

A study by Rudolph KD, Throop-Gordon W, and Flynn M (2009) examined the relationship between peer bullying, depression, and life satisfaction in children. The sample size for this study was 700 children. This study found that close relationships with friends were associated with depression and negatively with life satisfaction.

Mooney, J.L., DiLalla, L.F. and Park, R.D. 2009. Exploring the longitudinal relationship between conflict and life satisfaction in adolescence. The sample size of this study was 600 young people. This study found that conflict during adolescence increases life satisfaction.

Tepper, B.J., Henle, K.A., Lambert, L.S., Giacalone, R.A. and Duffy, M.K. 2008 Examining the relationship between employee violence, job satisfaction & life satisfaction. The sample size of this study is 500 employees. This study found that negative attention was related to work and life satisfaction.

Salmivalli K., Lagerspets K., Björkqvist K., Osterman K. Kauikainen A. The aim of 2006 was to examine the relationship between peer bullying, violence and children's life satisfaction. The sample size is 600 children. This study found that peer relationships and aggressive behavior have a negative impact on life.

In 2004, J. Archer conducted a study to investigate the relationship between aggressive behavior & life satisfaction. The sample size of the study is 600 participants. This study found a negative relationship between aggression & life satisfaction.

CHAPTER 3

Methodology

Aim

To explore the link in between hostility as well as life complete satisfaction among youths.

Objective

To recognize the level of hostility as well as life complete satisfaction shown by youths as well as examining the organization amongst them.

Hypothesis

There will certainly be an unfavorable relationship in between young people' degrees of hostility & also their degree of life fulfilment. This suggests that greater degrees of hostility are related to reduced degrees of life fulfilment.

Description of Sample

The overall variety of children is about 150 which remains in the age of 18-26 years from different universities together with establishments the work environment as well as the bordering locations. These will certainly be the participants that will functionally be the agents of the lots of teams plus monetary courses in addition to both male as well as women people as well as various kinds of identifications.

Research Design

The web link in between life contentment as well as the hostility amongst the affective young person is examined. Information was accumulated via the cross-sectional research layout at a solitary factor. Company in the evaluation setup entails making use of a battery of standard sets of questions analyzing anxiety plus definition in life. Along with, as a team of affecting features like age, positioning, course degree together with monetary standing will certainly be collected for the reveal of feasible unfavorable variables.

Variables

1. Independent variable: Degree of aggression
2. Dependent variable: Life satisfaction
3. Control variables
 - Age
 - Sex
 - Education and Learning
 - Financial standing

Tool Used

Life satisfaction scale

Range of life fulfilment of Andy Grove as well as Edward Diener is as large as a type of tool that is made use of for examining a person's versatile life contentment. It underliwell, all that participants court as well as price on a 7-point range commonly varying from 1 (highly differ) to 7 (highly concur) where greater ratings suggest greater life complete satisfaction. The mass gets stands factors from numerous facets of somebody's life such as their joy degree of success partnership with individuals & also general happiness of

life. It is on a regular basis used to recognize the degree of subjective health together with lifestyle within psychology and also social scientific research as can be seen in research study.

Aggression scale

A self-report scale for measuring various aspects of aggression is the Buss-Perry Aggression Questionnaire. It comprises of 29 things, each scored on a Likert scale going from 1 (incredibly unique of me) to 5 (very normal for me). Physical aggression, verbal aggression, rage, and hostility are the four dimensions of aggression that are evaluated by the questionnaire. It's usually utilized in mental examination to evaluate individual contrasts in forceful propensities.

Procedure

The study on aggression along with life satisfaction begins by the exploring tools where the research study needs disclose the web link in between hostility plus life contentment amongst teens. Lastly, we will absolutely research the reliable concepts of not just the previous researchers nevertheless likewise of their followers. This will definitely affect specifically just how our researches are performed on the basis of young adults development. In addition, Google has actually developed well-developed researches that remain in the exact same kind as the Bus-Perry Aggressive supply plus the study of specific toughness by Diener, Emmons, Larsen as well as Griffin which is to make certain that the individual taking the examination does the examination in the house at their ease. Get the individuals with ethical and also personal privacy dangers with making the initial choices. The adhering to action is the production from onboarding. First of all, 150 people aged in between 18 in addition to 34 along with stand for the area requirement to be chosen. They will absolutely hold area conferences and also use social media sites systems to name a few tasks to accomplish their objective. Information collecting by checking out the repercussion of the research study performed amongst the subscription in addition to boosts its top quality by offering it a rating about both ranges. Below analytical evaluations are done that include gauging the physical violence degree plus life contentment indices utilizing trusted devices like Pearson's correlation-coefficient. Translation approves the creating relationships amongst teenagers in addition to various other teens variables that function as overview paired with perplex throughout the journey to their adult years. After that perhaps a consulting will certainly be the resource of expertise where might be attracted the suggestion as well as option which can consequently stand for an assistance that would certainly aid to boost the circumstance. Detailed research study record which the critical choices will certainly be laid out in furthermore the outcomes plus final thoughts be satisfied the requirements are assembled after that the outcomes are distributed via clinical networks such meetings or magazines based to broaden the expertise within that location.

Statistical Analysis

Statistical analysis of the research was done making use of:

- 1) Descriptive Analysis:
 - Mean
 - Standard Deviation
- 2) Inferential Analysis
 - product moment correlation

CHAPTER 4

Results

Table 1: Mean and SD values of young population on Life satisfaction and aggression

	Mean	Std. Deviation	N
Life satisfaction	20.24	8.363	150
Aggression	87.88	27.986	150

Table 1 presents the mean and standard deviation values for life satisfaction and aggression in a sample of 150 young individuals. The mean life satisfaction score is 20.24, with a standard deviation of 8.363, indicating a moderate level of variability in life satisfaction among the sample. On the other hand, the mean aggression score is 87.88, with a standard deviation of 27.986, suggesting a higher level of variability in aggression levels among the same population. These findings are supported by research in psychology and sociology, which often measures life satisfaction and aggression as important indicators of mental and social well-being among young populations. The variability in these scores underscores the complexity of individual experiences and the importance of considering multiple factors when assessing well-being.

Table 2: Correlation value of Life satisfaction and Aggression

Variables	Life satisfaction	Aggression
Life satisfaction	-	-.854**
Aggression		-

** . Correlation is significant at the 0.01 level (2-tailed).

Table 2 displays the correlation coefficient between life satisfaction and aggression, which is -0.854^{**} . This indicates a strong negative correlation between the two variables. The correlation is statistically significant at the 0.01 level (2-tailed), implying that the relationship between life satisfaction and aggression is unlikely to have occurred by chance. The negative correlation suggests that as levels of life satisfaction increase, levels of aggression tend to decrease, and vice versa. This finding aligns with theoretical frameworks that posit a reciprocal relationship between psychological well-being and aggressive behavior. For example, individuals who experience higher levels of life satisfaction may have better coping mechanisms and interpersonal skills, leading to lower levels of aggression. Conversely, individuals experiencing lower life satisfaction may be more prone to aggressive behavior as a maladaptive coping mechanism.

Overall, these findings highlight the interconnectedness of psychological variables such as life satisfaction and aggression and underscore the importance of addressing both aspects in interventions aimed at promoting mental and social well-being among young populations.

Discussion

The social scientific research concerning the link in between aggressiveness as well as joy is among the most substantial questions that is being thought about & also gone over under mental questions. Hostility which is mainly a sign of a hazard or unclean means of living, can primarily cause the injuries of the human health & wellness and also the success of his life. Utilizing these variables as an overview will certainly improve the production of your goal that will certainly change not just the typical however the extraordinary also. This macro will certainly discover the vibrant partnership in between hostility plus the life complete satisfaction degree at the exact same time placing the well worth of the regression coefficient of -0.854 which suggests a solid inverted partnership in between them right into perspective. The organization where the connection coefficient of -0.854 reveals that although hostility as well as complete satisfaction belong however they are of adverse, yet solid top quality exists. Therefore, the unfavorable experience in the direction of an individual or scenario causes the decrease in life fulfilment which collectively relies on the degree of that unpleasantness. Those that abuse this might deal with great deal of internal problem in their job life, connections plus psychological wellness. At some point, solitude might lead individuals to some feeling of disinterest/dissatisfaction in different locations of life such as functioning, interacting plus having pastimes. Both variables particularly hostilities plus life complete satisfaction have no possibilities of having favorable link as a result of any type of the multiple factors. Via kinds of psychological misuses such as unclear reasoning, inadequate self-esteem, previous misuse, combined with inefficient techniques one's opponents can arise. Aggressive people that have a tendency to be under anxiety as well as stress & anxiety discover it tough to regulate coupled with most times wind up experiencing negative impacts such as detach in connections, social seclusion, and also horrible wellness. As a result of high direct exposure to anxiety along with the media a driven lady can experience psychological health issue if this is made use of as well long a period along with her self-worth might lower remarkably.

CHAPTER 5

Conclusion

It ends up that a solid connection remains in between the hostility coupled with the fulfilment of life which shows that being extra hostile can make one to have much less life complete satisfaction. The unfavorable worth of -0.854 represents a useful upside-down connection. The actual nature solid actions that might transform facilities of public passions reveals the tough side where it influences regular well-being together with psychological complete satisfaction. Tending to the connections with concentrated conversations like animosity monitoring conferences plus quiet toning tranquillity treatments helps to proceed much more favorable representation parts as well as exp& life complete satisfaction. Development can be recognized with manufacturing of significant social groupings which display favorable smart plus interest as well as in the future having the ability to suppress the impacts of disgust & also therefore much better the life top quality. With the understanding of fancy patterns that link disgust as well as purposeful life experiences, individuals, areas together with companies might produce beneficial remedies that will certainly consequently develop

problems which will certainly cause Hanson of psychological health and wellness as well as self-worth. In one more word, it is a reality that we require to be conscious of the dangerous repercussions of animosity as well as take action right into favorable activities to fearlessly remove it. Besides a far better globe that allows individuals to lead relaxed and also pleased lives is a basic location in this lengthy trip.

Limitations

1. Cross-sectional Nature: Most studies examining the relationship between aggression and life satisfaction rely on cross-sectional data, which limits the ability to establish causality. Longitudinal studies would provide more insight into the temporal relationship between these variables.
2. Measurement Issues: Aggression and life satisfaction are complex constructs that may be measured subjectively, leading to potential measurement bias. Utilizing multiple methods of assessment, such as self-report measures, observer ratings, and physiological indicators, could enhance the validity of findings.
3. Generalizability: Research on the relationship between aggression and life satisfaction often focuses on specific populations, such as college students or clinical samples. Generalizing findings to broader populations, including different age groups, cultures, and socio-economic backgrounds, may not be appropriate without considering potential variations.
4. Third Variables: There may be third variables or confounding factors influencing the relationship between aggression and life satisfaction that are not accounted for in existing research. Factors such as personality traits, socioeconomic status, or social support networks could mediate or moderate this relationship.

Future Implications

1. Longitudinal Studies: Conducting longitudinal studies would allow researchers to track changes in aggression and life satisfaction over time, providing valuable insights into the causal pathways and developmental trajectories of these constructs.
2. Intervention Development: Future research should focus on developing and evaluating interventions aimed at reducing aggression and enhancing life satisfaction simultaneously. Incorporating evidence-based techniques from fields such as cognitive-behavioral therapy, mindfulness, and positive psychology could yield promising results.
3. Cultural Considerations: Investigating cultural differences in the relationship between aggression and life satisfaction would enrich our understanding of how socio-cultural factors shape these constructs. Research should explore how cultural norms, values, and socialization processes influence individuals' experiences of aggression and life satisfaction.
4. Technology and Aggression: With the increasing prevalence of technology-mediated communication, future research could explore the impact of digital aggression, such as cyberbullying and online harassment, on life satisfaction. Understanding the unique challenges posed by technology-related aggression is crucial for developing effective prevention and intervention strategies.

5. Interdisciplinary Approaches: Collaborating across disciplines, such as psychology, sociology, neuroscience, and public health, could provide a more comprehensive understanding of the relationship between aggression and life satisfaction. Integrating insights from multiple perspectives could lead to innovative research methodologies and intervention approaches.

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