Introduction

It is expected that there will be a positive predictive relationship between anxiety and aggression. College students who have anxiety will experience higher levels of aggression, in particular it is believed that anxiety will be experienced first then the aggression will follow. Many college students struggle with anxiety, and aggression. In order to determine how to help college students get a better grasp on their anxiety and aggression. This research will be performed by using Cumberland University students in the psychology program. They will complete a survey in order to determine how high their levels of anxiety and aggression are.

Hypothesis

College students who experience higher levels of anxiety will also experience higher levels of aggression. It is believed that anxiety will be experienced first then followed up by aggression.

Variables

Anxiety is defined as having an anticipation about future threats (American Psychiatric Association, 2015). It is important to note that there are many forms of anxiety. Aggression is defined by having hostile behaviors towards another individual. There are many forms of aggression as well.

Types of Anxiety:

• Generalized Anxiety disorder: “anxious worry, tension, and fears about everyday events and problems.” (Ströhle, Gensichen, and Domschke, pg. 613)
• Panic Disorder: indicated by anxiety attacks that have both physical and mental symptoms
• Agoraphobia: is manifested as a fear of leaving one’s home, travelling, or entering public places.
• Social Phobias: described as fearing social interactions due to the fear of criticisms and due to low self-esteem
• Selective Mutism: commonly known for having the ability to speak in some situations but not in others
• Separation Anxiety: being afraid of being away from one’s significant other (Ströhle, Gensichen, and Domschke, pg. 613)

Types of Aggression

• Relational Aggression: behaviors that excluded a person in a social setting, damage a person’s feeling of acceptance and/or damage a person’s relationships (Artz, et al. 2008).
• Indirect: where one person targets another and will use manipulation on others to have them attack said person

Literature Review

Types of Anxiety:

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References

