

**PSYCHOLOGICAL CHARACTERISTICS OF THE MANIFESTATION OF
AGGRESSIVE BEHAVIOR IN ADOLESCENTS**

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V. Introduction

Understanding the intricate psychological characteristics that underpin aggressive behavior in adolescents is crucial to addressing and mitigating this pervasive issue. Adolescence is a critical developmental stage marked by significant emotional and cognitive changes, which can manifest in varying degrees of aggression. Research suggests that factors such as environmental influences, peer relationships, and individual temperament play pivotal roles in determining aggressive behaviors during this period. For instance, awareness of rejection sensitivity in school settings highlights how peer dynamics can exacerbate feelings of isolation, ultimately leading to increased aggression, especially in vulnerable students (Elballah K et al., 2025). Furthermore, the influence of digital interactions cannot be overlooked, as the rise of internet-related crimes underscores the complexities of behavior formation in an online context (Lodde L et al., 2025). This essay will explore these dimensions, aiming to provide a comprehensive understanding of how psychological factors interact to manifest aggression in adolescents.

A. Definition of aggressive behavior in adolescents

Aggressive behavior in adolescents can be defined as a manifestation of intentional harm, whether physical, verbal, or relational, with the aim of inflicting damage to another individual or themselves. This behavior often arises as a response to both internal psychological states and external environmental factors. For instance, the phenomenon of internet addiction has been positively correlated with increased aggressiveness, highlighting how mental health issues can exacerbate aggressive tendencies (Soriano-Molina E et al., 2025). Furthermore, the presence of rejection sensitivity can create environments in which adolescents feel compelled to react aggressively to perceived social slights or rejections, often resulting in both academic and social repercussions (Elballah K et al., 2025). In addition, irritability has been identified as a significant emotional dysregulation marker in adolescents, linking it to various psychopathologies, thereby framing aggression within a broader context of emotional and mental health disorders (M K Chin et al., 2025). Addressing these psychological characteristics is essential for developing effective intervention strategies.

B. Importance of understanding psychological characteristics

Understanding the psychological characteristics associated with aggressive behavior in adolescents is crucial for developing effective interventions and support mechanisms. Adolescents are in a critical developmental phase where their emotional regulation skills



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are still maturing, and aggressive manifestations can be indicative of deeper psychological issues such as anxiety and depression ((Sz Aücs et al., 2025)). The interplay between personality traits, such as neuroticism and aggression, often influences help-seeking behaviors, which are essential for addressing mental health challenges ((M K Chin et al., 2025)). Additionally, factors like family dynamics and peer relationships significantly impact the prevalence of aggressive behaviors, as evidenced in discussions surrounding cyberbullying and social context ((Arifin I et al., 2025)). By analyzing these psychological characteristics, educators, parents, and mental health professionals can better tailor approaches to mitigate aggression and promote resilience, ultimately fostering healthier emotional and social environments for adolescents ((Predoiu A et al., 2025)). This understanding is foundational for creating comprehensive programs that recognize the multifaceted nature of adolescent aggression.

C. Overview of the essay structure

To effectively address the psychological characteristics related to aggressive behavior in adolescents, the essay is structured to guide readers through a comprehensive exploration of the topic. It begins with a contextual introduction, outlining the significance of understanding aggression in this demographic. Following the introduction, the second section delves into the theoretical frameworks that underpin aggressive behaviors, drawing on various psychological theories to enhance readers comprehension. In subsequent paragraphs, empirical evidence is analyzed, linking childhood experiences and environmental factors to aggressive manifestations, while also incorporating findings from related studies, such as those on internet behaviors and psychological harms ((N/A, 2025), (Dr. Ashraf F, 2025)). The penultimate section evaluates intervention strategies and therapeutic approaches aimed at mitigating aggression, emphasizing their psychological basis. Ultimately, this structured approach not only clarifies the complexities of adolescent aggression but also illuminates potential pathways for constructive behavioral change ((Rivers et al., 2025), (Painley et al., 2025)).

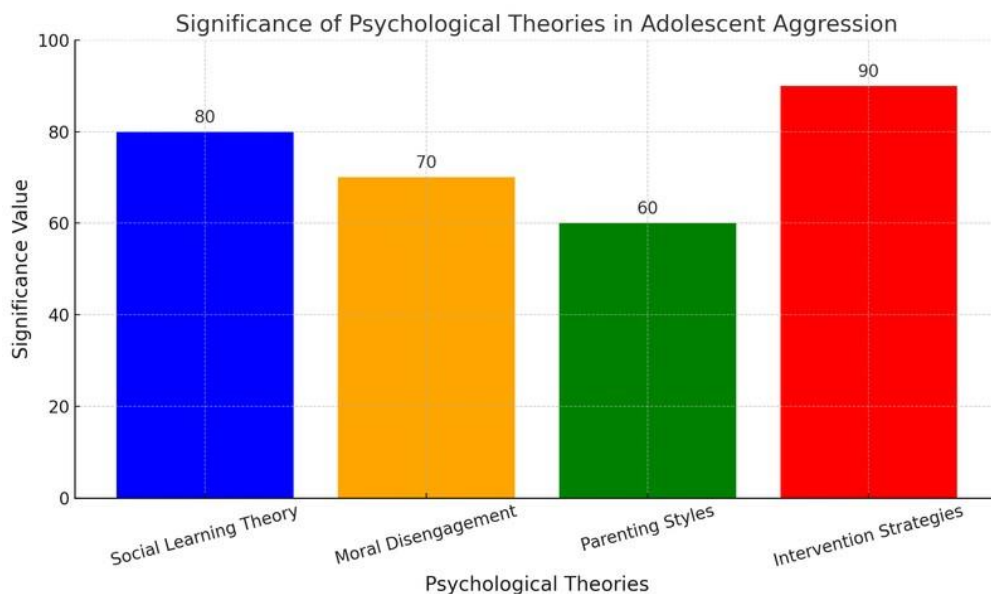
VI. Psychological Theories Explaining Aggression

Understanding the psychological theories that explicate aggression is vital in examining its manifestation in adolescents. One prominent framework is the social learning theory, which posits that aggressive behavior is learned through observation and reinforcement within one's environment. Adolescents often emulate aggressive behaviors exhibited by peers or media figures when these behaviors yield positive outcomes, establishing a cycle of aggression reinforced by social success. Furthermore, moral disengagement, a concept highlighted in recent studies, correlates significantly with bullying behaviors, illustrating how individuals rationalize harmful actions without remorse (Siddiqui S et al., 2025). The reciprocal interplay between parenting styles and academic adaptation also offers insight, as authoritative parenting tends to foster resilience and empathy, mitigating aggressive tendencies (Yi Z, 2025). Ultimately, these theories emphasize the multifaceted nature of aggression in adolescents, necessitating



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comprehensive intervention strategies aimed at altering both environmental influences and individual psychological mechanisms (Kobata I et al., 2025).

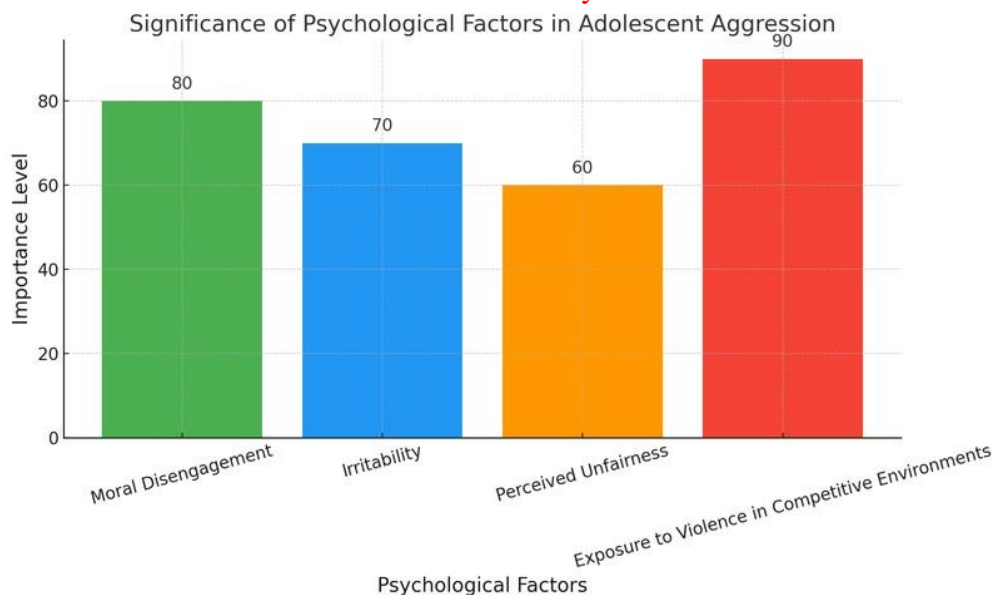


The chart displays the significance of various psychological theories in understanding adolescent aggression. The highest emphasis is on Intervention Strategies, followed by Social Learning Theory and Moral Disengagement. Parenting Styles have the least significance in this context.

A. Frustration-Aggression Hypothesis

The Frustration-Aggression Hypothesis posits that aggression is a direct result of frustration, particularly when an individual feels blocked from achieving their goals. This concept holds significant relevance in understanding adolescent aggressive behaviors, as this developmental stage is often marked by heightened emotions and increasing social pressures. Research indicates that irritability, a key component of frustration, correlates with various mental health issues, showcasing its profound influence on aggressive tendencies in adolescents (M K Chin et al., 2025). Furthermore, studies reveal a substantial link between moral disengagement and bullying behaviors, indicating that frustration can serve as a driving force for aggression in social contexts, particularly when adolescents perceive situations as unfair (Siddiqui S et al., 2025). The amplification of aggressive behaviors is also evident in competitive environments, where exposure to violence can exacerbate feelings of frustration and lead to maladaptive social interactions (Gonz Jález Hernández et al., 2025). Understanding these dynamics is crucial for developing effective intervention strategies that address the root causes of aggression in youth (Zhang P et al., 2025).

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This bar chart illustrates the significance of various psychological factors related to adolescent aggression. "Exposure to Violence in Competitive Environments" is the most emphasized factor, followed by "Moral Disengagement," "Irritability," and "Perceived Unfairness." Each factor is rated on its importance level, highlighting the need to understand these influences in addressing aggression in adolescents.

B. Social Learning Theory

The role of Social Learning Theory is pivotal in understanding the manifestation of aggressive behaviors among adolescents, particularly as these behaviors are often acquired through observational learning. This theory posits that individuals learn behaviors by observing others, especially influential figures such as parents and peers. For instance, the aggressive tendencies displayed by adolescents may be modeled after parental dysregulation, where students observe emotional volatility and impulsivity in their home environments, leading to an internalization of such behaviors (McLeod C, 2025). Furthermore, the increasing rates of stress and anxiety highlighted in the current adolescent demographic, exacerbated by external factors like the COVID-19 pandemic, also create a fertile ground for aggression to flourish as these youths may mimic maladaptive coping strategies observed in their surroundings (M Tafà et al., 2025). Therefore, addressing the cyclical nature of these learned behaviors is essential for designing effective interventions that target both individual and familial dynamics (Choi E, 2025)(Liu J, 2025).

C. Cognitive-Behavioral Perspectives

Cognitive-behavioral perspectives provide critical insights into the understanding of aggressive behavior in adolescents, linking cognitive processes with emotional and behavioral responses. This framework posits that maladaptive thoughts can contribute to heightened aggression, particularly during conflict-laden situations found in school environments, where peer rejection and interpersonal strife can exacerbate aggressive responses (Predoiu A et al., 2025). Research indicates that emotional dysregulation, often marked by irritability, correlates strongly with various mental health disorders in adolescents, suggesting a transdiagnostic factor that may trigger aggressive behavior (M K

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Chin et al., 2025). Furthermore, the implementation of structured educational programs aimed at improving emotional and social competencies has shown promise in reducing aggression by fostering resilience and positive social interactions among students (Chasciar DR et al., 2025). By recognizing and addressing cognitive distortions that fuel aggression, such as those rooted in rejection sensitivity, effective cognitive-behavioral interventions can significantly mitigate the expression of aggression in adolescents (Elballah K et al., 2025).

VII. Factors Influencing Aggressive Behavior

Understanding the factors influencing aggressive behavior in adolescents is critical for developing effective interventions. Research indicates a strong correlation between heightened levels of internet addiction and aggressive tendencies, with studies revealing positive correlations between internet addiction and aggressiveness ($r+ = 0.391$) as well as negative correlations with self-esteem ($r+ = -0.306$) and psychological well-being ($r+ = -0.312$) (Soriano-Molina E et al., 2025). This demonstrates how online behavior can exacerbate psychological distress, potentially leading to externalizing behaviors such as aggression. Furthermore, familial dynamics are pivotal, with ineffective parenting practices and exposure to domestic violence significantly contributing to aggressive manifestations (Heneralova A, 2025). The school environment, often rife with conflicts, also presents a breeding ground for aggression, highlighting the interaction between social contexts and individual psychological factors (Predoiu A et al., 2025). Overall, these interconnected influences underscore the need for a holistic understanding to effectively mitigate adolescent aggression.

Factor	Description
Family Environment	Hostility within the family, including harsh, lax, or inconsistent disciplinary practices, has been linked to higher aggression in adolescents. Family warmth alone does not significantly protect against aggression when family hostility is present. ([ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov/pmc/articles/PMC3399934/?utm_source=openai))
Peer Influence	Association with delinquent peers or gang involvement increases the risk of violent behavior among adolescents. Peer deviance plays a significant role in maintaining and aggravating adolescent aggression. ([ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov/pmc/articles/PMC3399934/?utm_source=openai))
Exposure to Violence	Witnessing violence at home, in the community, or through media can contribute to aggressive behavior in adolescents. Exposure to violent video games may desensitize children to violence, making them more accustomed to aggression. ([merckmanuals.com](https://www.merckmanuals.com/home/children-s-health-issues/behavioral-problems-in-children/violent-behavior-in-children-and-adolescents?utm_source=openai))
Socioeconomic Status	Living in economically or socially disadvantaged conditions, such as unsafe neighborhoods or poorly run schools, increases the likelihood of aggressive behavior in adolescents. ([camh.ca](https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/aggression-in-children-and-youth/?utm_source=openai))
Media	Exposure to violent media, including television and video games, has been associated with



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Exposure	increased aggression in adolescents. The amount of time spent watching violent media correlates with higher levels of self-reported violent behavior. ([neupsykey.com](https://neupsykey.com/aggression-by-children-and-adolescents/?utm_source=openai))
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Factors Influencing Aggressive Behavior in Adolescents

A. Biological influences (genetics and neurobiology)

Understanding the biological influences that contribute to aggressive behavior in adolescents is crucial for a comprehensive analysis of this phenomenon. Genetic predispositions play a significant role, as variations in specific genes have been linked to increased susceptibility to aggression. For example, elevated testosterone levels, as evidenced in studies comparing young male offenders to non-offenders, suggest a correlation between hormonal influences and aggressive tendencies (Crystal A Cadena-Molina et al., 2025). Furthermore, neurobiological changes, particularly in brain structures associated with emotional regulation and impulse control, are critical in elucidating the mechanisms behind aggression. Research indicates that childhood trauma may exacerbate these neurobiological stress responses, leading to maladaptive personality traits that manifest as aggression in adolescence, especially in relation to specific personality disorders (Sudarsanan S et al., 2025). Therefore, recognizing the interplay between genetics, neurobiology, and environmental factors is essential for devising effective interventions to mitigate aggressive behavior in at-risk youth (Dr. Lal R et al., 2025).

B. Environmental factors (family dynamics and peer influence)

The influence of environmental factors, particularly family dynamics and peer relationships, is critical in understanding the manifestation of aggressive behavior in adolescents. A tumultuous family environment characterized by frequent arguments and substance abuse significantly heightens the risk of aggressive behaviors, as evidenced by the correlation between family issues and increased bullying victimization (Low E et al., 2025). Moreover, peer influence can exacerbate these tendencies, with adolescents often emulating aggressive behaviors they observe in their social circles, thus reinforcing harmful patterns (Soriano-Molina E et al., 2025). This interplay is further complicated by the impact of early exposure to violent media, which has been shown to correlate with later antisocial behaviors, particularly in boys (Linda S Pagani et al., 2025). Such findings underscore the necessity for interventions targeting family interactions and peer dynamics, as addressing these factors may mitigate the development of aggressive behavior and promote healthier psychological outcomes in youth (Lodde L et al., 2025).

C. Socioeconomic status and its impact on behavior

Research consistently highlights the profound impact of socioeconomic status (SES) on adolescent behavior, particularly in the manifestation of aggression. Adolescents from lower SES backgrounds often face increased exposure to stressful environments, which can exacerbate emotional and behavioral issues, including aggressive tendencies. For instance, the correlation between parental involvement and adolescent outcomes shows that those with diminished resources frequently experience higher rates of discrepancy in behavioral assessments, as discussed in (Gonz Aález-Lorza et al., 2025). Additionally,



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early exposure to violent media has been linked to long-term aggressive behaviors in boys, suggesting that environmental factors interplay with SES to shape behavioral development (Linda S Pagani et al., 2025). Parenting interventions targeting these vulnerable populations have proven effective in modifying aggressive behaviors, underscoring the importance of addressing socio-economic contexts to foster healthier development (Ara LPújo Maciel A et al., 2025). Thus, understanding the dynamics of SES not only informs policy but also directs clinical practices aimed at reducing aggression among adolescents.

VIII. Psychological Characteristics of Aggressive Adolescents

Adolescents exhibiting aggressive behavior often display a complex interplay of psychological characteristics that can significantly affect their development and well-being. Research has indicated that these individuals may experience heightened aggression linked to developmental stages and gender-specific traits, as outlined in the analysis of aggressive states in adolescents (Ikhtiyor KU qizi et al., 2025). Furthermore, disparities in how parents and teachers perceive oppositional defiant symptoms may amplify this aggression; parents often report higher levels of disruptive behavior compared to teachers, suggesting that familial dynamics and emotional factors such as irritability play critical roles in these adolescents behaviors (Gonz Aález-Lorza et al., 2025). Therapeutic interventions, including psychodynamic psychotherapy, have shown promise in addressing these issues by leveraging insights and emotional regulation strategies that can mitigate aggressive tendencies (Sammer-Schreckenthaler S et al., 2025). Lastly, fostering psychological awareness among educators can create a supportive environment, thus preventing rejection sensitivity, which may further exacerbate aggressive behaviors in adolescents (Elballah K et al., 2025).

Characteristic	Description
Temperament and Personality	Aggressive adolescents often exhibit a difficult temperament, including impulsivity, irritability, and distractibility. These traits are linked to higher levels of aggression from preschool years through high school. ([digfir-published.macmillanusa.com](https://digfir-published.macmillanusa.com/siegler4e/siegler4e_ch14_5.html?utm_source=openai))
Social Cognition	Aggressive adolescents tend to interpret social situations through an 'aggressive' lens, often attributing hostile motives to others and generating aggressive responses to provocation. ([digfir-published.macmillanusa.com](https://digfir-published.macmillanusa.com/siegler4e/siegler4e_ch14_5.html?utm_source=openai))
Personality Traits	Personality traits such as aggression, egocentricity, narcissism, and low tolerance to frustration are associated with aggressive behaviors in adolescents. ([prc.springeropen.com](https://prc.springeropen.com/articles/10.1186/s41155-019-0122-7?utm_source=openai))
Self-Esteem	The relationship between self-esteem and aggression in adolescents is complex. Some studies suggest that low self-esteem may contribute to aggression, while others indicate that inflated self-views are linked to aggressive behavior. ([ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7056689/?utm_source=openai))
Aggression Subtypes	Aggression in adolescents can be overt (observable behaviors like physical fighting) or covert (hidden behaviors like stealing or lying). Both types are predictive of maladaptive



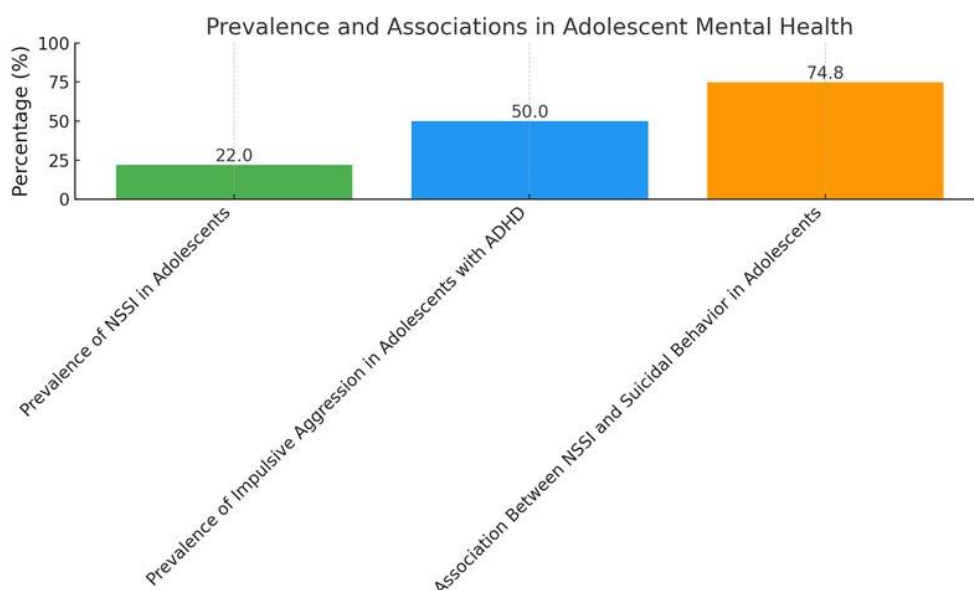
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aggression	in	adulthood.
([liebertpub.com](https://www.liebertpub.com/doi/10.1089/cap.2019.0039?utm_source=openai))		

Psychological Characteristics of Aggressive Adolescents

A. Emotional regulation and impulse control

The interplay between emotional regulation and impulse control is a critical factor contributing to the manifestation of aggressive behavior in adolescents. Emotional dysregulation can lead to impulsive reactions, particularly under stress or provocation, often culminating in aggressive outbursts. Research indicates that adolescents with difficulty in managing emotions are at a heightened risk for engaging in non-suicidal self-injury (NSSI), which can manifest as a maladaptive coping mechanism to alleviate psychological distress and control aggressive impulses (A A Muradian et al., 2025). Similarly, studies reveal that students with mental disorders often struggle with emotional regulation, underscoring the need for therapeutic interventions that enhance emotional awareness and coping skills (Xu T, 2025). Additionally, characteristics of Intermittent Explosive Disorder (IED), such as impulsive aggression, highlight the importance of understanding and addressing emotional control deficits to prevent potential escalations into violence (Zohuri B, 2025). Ultimately, fostering emotional regulation and impulsivity management can significantly mitigate aggressive behaviors in this vulnerable population (Benedetto LD et al., 2025).



This bar chart illustrates the prevalence of non-suicidal self-injury (NSSI) among adolescents, the prevalence of impulsive aggression in adolescents with ADHD, and the strong association between NSSI and suicidal behavior in adolescents. The data highlights significant mental health concerns, with NSSI at 22%, impulsive aggression at 50%, and a notable 74.8% association with suicidal behavior.

B. Personality traits associated with aggression (e.g., narcissism, impulsivity)

Central to understanding aggressive behavior in adolescents are certain personality traits, particularly narcissism and impulsivity, which significantly influence their



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interactions with peers. Narcissism, characterized by grandiosity and a lack of empathy, often leads to a sense of entitlement that renders adolescents less able to temper their aggressive impulses, resulting in heightened conflicts with others. Simultaneously, impulsivity is marked by a tendency to act without forethought, a trait that exacerbates aggressive responses during emotionally charged situations (Ronningstam E, 2000). These adolescents may struggle to recognize the consequences of their actions, further perpetuating cycles of aggression. The interplay between these traits fosters an environment where aggressive behavior becomes a primary means of communication or conflict resolution, highlighting the need for targeted interventions that address both narcissistic tendencies and impulsive behaviors in therapeutic settings (Ronningstam E, 2000). Consequently, recognizing these personality factors is essential in mitigating aggressive behaviors in this demographic.

C. Mental health issues (e.g., anxiety, depression)

Adolescents grappling with mental health issues such as anxiety and depression exhibit psychological characteristics that can significantly influence their aggressive behavior. Research indicates a robust correlation between perceived parental conflict and aggressive tendencies, revealing that adolescents under stress from familial discord are more prone to develop emotional insecurities and symptoms of depression, which can escalate into aggressive actions (Lal P et al., 2025). Furthermore, experiences of bullying exacerbate these mental health struggles, fostering an environment where victims may retaliate or engage in aggressive behaviors as a coping mechanism (Tang J, 2025). The recent impacts of the COVID-19 pandemic have also intensified these issues, contributing to a notable rise in anxiety and distress among young individuals (Han Z-Y et al., 2025). As these complexities intertwine, it becomes increasingly evident that addressing mental health challenges is crucial for mitigating aggressive behaviors in adolescents, thereby highlighting the need for comprehensive intervention strategies within familial, educational, and social contexts (Agustina S et al., 2025).

IX. Conclusion

In conclusion, the exploration of the psychological characteristics that contribute to aggressive behavior in adolescents underscores the complexity of this multifaceted issue. Factors such as emotional dysregulation, social dynamics, and individual personality traits play critical roles in shaping aggressive tendencies. For instance, discrepancies in perceptions of behavior among parents and teachers, linked to gender and socioeconomic status, reveal significant insights into the reporting of aggressive behaviors in adolescents (González-Lorza et al., 2025). Furthermore, interventions such as psychodynamic psychotherapy have been shown to alleviate these aggressive tendencies by leveraging specific therapeutic processes, highlighting the potential for effective treatment options (Sammer-Schreckenthaler S et al., 2025). Additionally, understanding the neurological implications of certain conditions, such as celiac disease, elucidates the connection between dietary factors and behavioral manifestations, thus broadening the scope of consideration in aggressive behaviors origins (Milena Żochowska-Sobaniec et al., 2025).



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Finally, incorporating teachers' awareness into prevention strategies can significantly mitigate rejection sensitivity and its associated aggressiveness in school settings (Elballah K et al., 2025).

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