

AGGRESSION IN TEENS AND CONNECTION COMPONENTS OF EMOTIONAL INTELLIGENCE

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Abstract

Emotional intelligence is an important and affects the character of the individual. According Akinboye (2002) emotions underlying the actions, human dignity and integrity and that every human action, whether good or bad, is influenced by a certain emotion. Control of emotions does not happen automatically and that can be accomplished when the individual is in touch with his inner world with the outer world. Also, individuals express their emotions in different ways and influential are the ability to understand the emotions that are experienced and then to manage to control effectively. Understanding and managing emotions is important to adjust the individual in their environment effectively. Aggressiveness in adolescence is a major problem in society and in the education system (Johnston, 2003). It is also an important element in the development of children of teens and is a determining factor of personality or behavior. Create aggressive behavior problems, as for the person himself and to other people. Precisely, this is one of the issues considered problematic adolescents in school. About aggressiveness are defined variously and one of them is "Aggressiveness includes any behavior which is directed towards an individual who committed with the intent to harm another" (Bushman & Anderson, 2001; Baron & Richardson, 1994). The aim of the study was to examine the relationship between emotional intelligence components and aggression in adolescents. After reviewing the literature have been raised following assumptions: 1) There is a negative correlation between the components of emotional intelligence and physical aggression. 2) There is a negative correlation between the components of emotional intelligence and verbal aggression. 3) There is a negative correlation between emotional intelligence components and anger. 4) There is a negative correlation between emotional intelligence components and hostility. 5) There is a negative correlation between the components of emotional intelligence and overall aggressiveness. This study was conducted with 200 students aged 12-16 years the schools of the capital city, of whom 115 (57.5%) were female and 85 (42.5%) were male. Instruments used to conduct the study questionnaires TEIQue-ASF (Petrides, Sangareu, Furnham & Frederickson, 2006) for measuring emotional intelligence and aggressiveness questionnaire (AQ; Bryant & Smith, 2001). The results show that four hypotheses remain, while the second hypothesis does not hold.

Keywords: *emotional intelligence, aggressiveness, adolescents, behavior, anger*