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Managing disruptive behaviour and aggressions by increasing empathic concern and perspective taking in post-graduate students: A qualitative study

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The purpose of this paper is to understand the role of empathy in aggression and behavioral management in early adulthood that might affect the further life style of an individual. A qualitative study was conducted on post-graduate students (N=240) in Army Institute of Management set up as an action research programme (Age=21-23 years) to manage students' unruly behavior and aggression by increasing their empathic concern and perspective taking skills. This one year longitudinal study revealed that empathic behavior of co-students do affect the attitude of the students and helps in reducing aggression and promoting pro social behavior. The study implicates empathy as a major indicator of social competency and social emotional learning, that enhances students' inter personal relation. Peer group indulge in helping each other to improve in academics, pro-social behavior, regulating discipline and in renunciations of smoking habits, excessive-alcohol drinking and even in supporting parent's in distress. They support their friends to accept rejections and stress during placement drives. It has been observed that empathy as a skill helps human beings to build a strong social support system to manage the effective behavioral output.

Biography

Sasmita Tripathy is presently working as a Research Scholar at SSS College for Women, India. She is also working as a Freelancer Peace Psychologist. She teaches children empathy, non-violence communication and conflict resolution skills as vital life skills as a private practitioner. She has published 3 articles in reputed journals.

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