

LIST OF TABLES

Sr. No.	Title	Page No.
1(a)	Crime rate comparisons in the year 1996 between India and USA	2
1(b)	Crime data of USA and other parts of the world in 1995	2
2	Elaborates on the differences between the two categories of aggression	5
3	Explanations of Aggression	9
4	The "Big Five" Dimensions of Personality	31
5	The REBT frame work	71
6	Criteria For Rational Thinking	73
7	Differences between Appropriate and Inappropriate Feelings	77
8	Evolution, Manifestations and Gender Differences in Aggression and Violence from Infancy to Adulthood	111
9	Sample distribution of the study	127
10	Pre and post test comparisons of CG and EG on overall aggression	176
11	Pre and post test comparisons of CG and EG on aggression subscale	177
12	Mean and SD scores of CG and EG on Indirect Subscale at pre-post and follow up	179
13	Mean and SD scores of CG and EG on Negativism Subscale at pre-post and follow up	180
14	Mean and SD scores of CG and EG on Irritability Subscale at pre-post and follow up	180
15	Mean and SD scores of CG and EG on Resentment Subscale at pre-post and follow up	181
16	Mean and SD scores of CG and EG on Suspicion Subscale at pre-post and follow up	182
17 ₂	Mean and SD scores of CG and EG on Verbal Subscale at pre-post and follow up	183

Sr. No.	Title	Page No.
18	Mean and SD scores of CG and EG on Guilt Subscale at pre-post and follow up	184
19	RET : Pre –post and follow up – overall BDI scores	185
20	RET : Pre-Post and follow up results for EG-CG on BDI subscales	186
21	SST : Pre-Post and follow up (Over all BDI scale	190
22	SST : Pre-Post and follow up results for EG-CG on BD1 subscales	191
23	Combined Package : Pre-Post and follow up results for CG – EG on BDI (Overall scores)	195
24	Combined Package : Pre-Post and follow up results CG and EG on aggression subscales	196
25	Comparison of means in the experimental conditions	200
26	Comparative mean analysis of EG conditions on 'Assault' subscale	201
27	Comparative analysis of EG means on 'Indirect' subscale	202
28	Comparative analysis of EG means on Negativism	203
29	Comparative analysis of EG means on Irritability	204
30	Comparison of mean scores of EG Resentment	206
31	Comparative analysis of mean scores of EG on suspicion	207
32	Comparative analysis of EG mean scores on verbal aggression	208
33	Comparative analysis of EG means on Verbal aggression	209
34 (I)	Mean and S.D. comparison of (CG and EG) male – female populations on their pretest results	210
34 (ii)	Mean and S.D. comparison of (CG and EG) male – female populations on their post test results	210
35(I)	Mean and S. D. (Pre test score) comparisons between boys and girls for CG on aggression subscales	212

Sr. No.	Title	Page No.
35 (ii)	Mean and S. D. (Pre test score) comparisons between both genders for EG on aggression subscales	213
36 (i)	Means and S.D.'s (Post test score comparisons) for CG between genders on aggression subscales	216
36 (ii)	Means and S.D.'s (Post test score comparisons) for EG between the genders on aggression subscales	218
37	Frequency percentage distribution of birth order amongst aggressive adolescents	222
38	Frequency percentage distribution of the family pattern amongst aggressive adolescents	223
39	Techniques For Reducing Aggression	228