

Mediating Role of Family Environment in Media Violence–Induced Aggressive Behaviour among Adolescents

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Abstract

The study entitled “Mediating Role of Family Environment in Media Violence–Induced Aggressive Behaviour among Adolescents” aims to examine the levels of Media violence-induced aggressive behaviour in relation to the respondents' family environment, with their different socio-demographic variables, viz., sex, place of origin, and type of family, etc. The study employed a descriptive survey method and included 389 adolescent students who were studying in the 11th standard. The results showed that the respondents who live in an unfavourable family environment and have higher exposure to media violence were associated with higher levels of aggressive behaviour. The findings suggest that a supportive and caring family atmosphere can help to protect adolescents from the harmful effects of violent media exposure.

Keywords: Aggressive behaviour, media violence, family environment

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I. Introduction

Adolescence is one of the crucial developmental stages characterised by significant physical, emotional, and social changes. Individuals' experience identity exploration, heightened curiosity, and sensitivity to external influences, predominantly from media and family environments, during this period. Adolescents are increasingly exposed to diverse forms of media, including television, online videos, social networking sites, and video games, with the rapid growth of digital technology (Manago & McKenzie, 2022). Many of these media contain violent content, which has raised concerns among educators, researchers, and parents about its potential to foster aggressive attitudes in young people (Sahu).

Media violence is more than mere entertainment; it can influence perceptions, attitudes, emotional and behavioural responses (Anderson, Berkowitz, Donnerstein, & Huesmann, 2003). Repeated exposure to violent scenes may lead to desensitization, imitation of aggressive tendencies, and acceptance of violence as a normal means of conflict resolution (Mrug, Madan, Wright, & Cook, 2015). The previous research has shown that adolescents who frequently consume violent content in media tend to show higher levels of hostility, aggression, and impulsivity (Li, 2023). However, it cannot be exaggerated that all adolescents exposed to violent media become aggressive. This difference suggests that other factors are responsible, such as social and psychological factors, including family dynamics, personality traits, and emotional regulation, that mediate the effects of media violence on the behaviour of adolescents (Jolly & Sebastian, 2025).

Among these, the family environment plays a dynamic role in shaping adolescents' emotional well-being and social conduct. A family atmosphere that is supportive, cohesive, and communicative provides adolescents with emotional security, moral guidance, and coping skills that help them critically interpret media messages and manage emotional arousal effectively (Li & Daud, 2025). Whereas a conflict-ridden, neglectful, or disorganised family environment may weaken adolescents' ability to differentiate between media fiction and reality, increasing their vulnerability to aggressive reactions. Therefore, the family environment can serve as a mediating factor that either strengthens or mitigates the impact of media violence on aggressive behaviour (Roman, Balogun, Krueger, & Danga).

Examining the mediating role of the family environment offers valuable insights into how interpersonal relationships within the home affect adolescents' responses to media content. Practically, the findings can guide parents, educators, and policymakers in developing family-based interventions that promote values and reduce aggression, as well as promote healthier media consumption habits among adolescents.

The present study aims to investigate the mediating role of the family environment in media violence-induced aggressive behaviour among adolescents. The findings are expected to add to the growing body of knowledge on media effects and adolescent psychology and to emphasize the protective role of a positive family environment in reducing aggression in the digital age.

Objectives

1. To assess the family environment of adolescent students.
2. To measure the levels of media-induced aggressive behaviour of adolescents with different socio-demographic variables, viz., sex, place of origin, and family type, etc.
3. To examine the levels of Media violence induced aggressive behaviour in relation to the respondents' environment with socio-demographic variables viz., sex, place of origin, and family type, etc.

Research questions:

1. What type of family environment do adolescent students live in?
2. What are the levels of Media violence-induced aggressive behaviour of respondents with different socio-demographic variables?
3. What are the levels of Media violence-induced aggressive behaviour in relation to the respondents' family environment with different socio demographic variables?

Research Design

The study has adopted an ex post facto Research design to examine the mediating role of family environment on media-induced aggressive behaviour of adolescents.

Research setting

The study was conducted in the government schools run by the Assam Higher Secondary Council of Jorhat district of Assam.

Population and Sample

All students from Jorhat district who were studying in 11th standard of the government schools were the target population for the present study.

To select the sample size for the present study, at the first stage, a list of all government schools was obtained from the office of the Assam Higher Secondary Council. In the second stage, to make a proportionate sample of the schools, randomly, 15% of the schools have been selected for the present study. The majority of the respondents are from rural areas, since the number of government schools is higher in rural areas compared to urban in Jorhat district. In the third stage, the students who were present that day considered the sample for the present study. Finally, the sample size comprised 389 respondents.

II. Materials

For the present study, a self-report Personal Information Schedule, Media violence-induced aggressive behaviour Scale, and Family Environment Inventory were used to examine the mediating role of family environment on media violence-induced aggressive behaviour.

To check the validity of the questionnaire, face and content validity have been employed before data collection. A pilot study was carried out to determine whether the questionnaires were clear and easy to understand or not. Approximately 30 minutes were taken to fill out all the questionnaires, and the items were easy to understand and clear.

To calculate the reliability test, Cronbach's coefficient alpha has been used, which was .77 for media violence-induced aggressive behaviour.

Ethical Considerations and Data Collection Procedure

An authorised letter was obtained from the Head of the Department of Education, Assam University, Silchar, to collect data. It was carried out in January 2025 at each government school.

The researcher met each of the school principals and obtained permission to collect data. After obtaining permission from the principals, the researcher distributed the questionnaires to students and explained the items at the beginning of the data collection.

Data Management and Analysis

After collecting data from the respondents, it was entered into an Excel sheet and descriptive statistics (Crosstabulation) were used to answer research objectives and questions.

III. Analysis and interpretation

Socio-demographic profile of the respondents

Table 1 presents the representation of male and female respondents, along with their place of origin. The sample consists of 389 respondents, out of which 52.70% are male and 47.30% are female. Among these respondents, 70.44% are from a rural background, followed by 18.51% from urban and 11.05% suburban. Out of 205 male respondents, 69.27% belong to rural areas, 18.54% belong to urban, and 12.20% belong to suburban areas. Whereas, 71.74% of female respondents live in rural areas, followed by 18.48% urban, and 9.48% suburban.

Table 1: Place of origin of male and female respondents

Sex	Place of Origin			Grand Total N= 439
	Rural	Urban	Suburban	
Male N= 205	142 (69.27)	38 (18.54)	25 (12.20)	205 (52.70)
Female N= 184	132 (71.74)	34 (18.48)	18 (9.78)	184 (47.30)
Grand Total N= 439	274 (70.44)	72 (18.51)	43 (11.05)	389

*Figure in parentheses indicates percentages

An observation of Table 1 reveals that the majority of the respondents belong to rural areas.

Objective 1: To assess the family environment of adolescent students.

RQ 1: What type of family environment do adolescent students live in?

Table 2 highlights the different types of family environment of the male and female respondents. Out of 389 respondents, of which 57.07% have a favourable family environment, followed by 37.53% moderate, and 5.40% unfavourable.

Amongst the male respondents, 55.12% live in a favourable family environment, 40.98% live in a moderate, and 3.90% belong to an unfavourable family environment. While 59.24% females live in a favourable family environment, 33.69% live in a moderate one, and 7.07% live in an unfavourable family environment.

Table 2 Sex-wise distribution of the respondents and their family environments

Sex	Family Environment			Grand Total N= 690
	Favourable	Moderate	Unfavourable	
Male	113 (55.12)	84 (40.98)	08 (3.90)	205 (52.70)
Female	109 (59.24)	62 (33.69)	13 (7.07)	184 (47.30)
Grand Total N= 690	222 (57.07)	146 (37.53)	21 (5.40)	389

*Figure in parentheses indicates percentage

Thus, Table 2 reflects that a greater number of respondents live in a favourable family environment. Minor gender differences exist, where the majority of females have a favourable family environment and also observed slightly more in unfavourable family environments compared to males.

Objective 2: To measure the levels of media-induced aggressive behaviour of adolescents with different socio-demographic variables, viz., sex, place of origin, and family type, etc.

RQ 2: What are the levels of Media violence-induced aggressive behaviour of respondents with different socio-demographic variables?

Table 3 shows the level of media violence-induced aggressive behaviour among male and female respondents. Out of 389 respondents, 61.95 % have shown an average level of aggressive behaviour, followed by 29.31% high and 8.74% low. In case of male respondents, 56.59% have shown an average level of aggressive behaviour, 35.12% have high, and 8.29% have revealed a low level of aggressive behaviour. While 67.93% of female respondents have shown an average level of aggressive behaviour, 22.83% have high and 9.24% have low aggressive behaviour.

Table 3 Level of Media violence-induced aggressive behaviour among male and female respondents

Media violence-induced aggressive behaviour				
Sex	High	Average	Low	Grand Total
Male	72 (35.12)	116 (56.59)	17 (8.29)	205 (52.70)
Female	42 (22.83)	125 (67.93)	17 (9.24)	184 (47.30)
Grand Total N= 690	114 (29.31)	241 (61.95)	34 (8.74)	389

*Figure in parentheses indicates percentages

Thus, Table 3 reveals that male have shown high aggressive behaviour compared to their female counterparts. Males tend to show higher aggression than females due to biological, evolutionary, and social factors. Higher testosterone levels, greater physical strength, and evolutionary pressures for dominance contribute biologically to male aggression (Archer, 2004). Socially, boys are often encouraged to be assertive and competitive, while girls are taught to be cooperative and avoid confrontation (Eagly & Steffen, 1986). As a result, males more often display physical aggression, whereas females express relational forms such as gossip or exclusion (Crick & Grotpeter, 1995). Studies, such as Lansford et al. (2018), confirm that male adolescents are significantly more likely to engage in physical fighting than females.

Table 4 shows the representation of rural, urban, and suburban respondents and their level of media-induced aggressive behaviour. Out of the total respondents, 61.95% have shown an average level of aggressive behaviour, followed by 29.31% high, 8.74% low. Among the respondents who belong to a rural background, 30.66% have high aggressive behaviour, 59.85% have average, and 9.49% have low aggressive behaviour. Whereas, seventy-two respondents belong to urban areas, out of which 65.28% have shown average level of aggressive behaviour, followed by 27.78% high, and 6.94% low. Furthermore, there are 43 respondents who belong to suburban areas, among them 69.77% have exhibited average aggressive behaviour, 23.26% have exhibited high, and 6.98% have reported low level of aggressive behaviour.

Table 4: Media violence induced aggressive behaviour of the respondents and their place of origin

Media Violence-Induced Aggressive Behaviour				
Place of Origin	High	Average	Low	Grand Total N= 690
Rural	84 (30.66)	164 (59.85)	26 (9.49)	274 (70.44)
Urban	20 (27.78)	47 (65.28)	05 (6.94)	72 (18.51)
Suburban	10 (23.26)	30 (69.77)	03 (6.98)	43 (11.05)
Grand Total N= 690	114 (29.31)	241 (61.95)	34 (8.74)	389

*Figure in parentheses indicates percentages

An observation of Table 4 reveals that a greater number of respondents who live in rural areas have shown a high level of aggressive behaviour, rather than the respondents of urban and suburban areas.

Respondents from rural areas showed higher aggression primarily due to social and economic stressors. Limited educational and recreational facilities, financial hardship, and fewer mental health resources often lead to frustration and aggressive behaviour. Cultural norms in some rural settings may also tolerate or encourage assertive or confrontational behaviour, especially among males. The combination of economic pressure, restricted opportunities, and cultural acceptance of aggression contributes to higher aggression levels among rural respondents (Racz & McMahon, 2011)

Table 5 represents the levels of media violence induced aggressive behaviour of the respondents in relation to their types of family. Amongst the total respondents, 61.95% have revealed an average level of aggressive behaviour, followed by 29.31% high, and 8.74% low. Out of 316 respondents, 60.76% have exhibited an average level of aggressive behaviour, 30.70% have revealed a high level, and 8.54% have a low level of aggressive behaviour. While sixty-two respondents are from joint family, out of which 69.35% have shown an average level of aggressive behaviour, 20.97% have high, and 9.68% low levels of aggressive behaviour. In case of 11 respondents who live in an extended family, 54.55% have shown an average level of aggressive behaviour, 36.36% have high, and 9.09% have reported a low level of aggressive behaviour.

Table 5 Distribution of types of family of the respondents and their media violence-induced aggressive behaviour

Media Violence-Induced Aggressive Behaviour				
Family type	High	Average	Low	Grand Total N= 690
Nuclear	97 (30.70)	192 (60.76)	27 (8.54)	316 (81.23)
Joint	13 (20.97)	43 (69.35)	06 (9.68)	62 (15.94)
Extended	04 (36.36)	06 (54.55)	01 (9.09)	11 (2.83)
Grand Total N= 690	114 (29.31)	241 (61.95)	34 (8.74)	389

*Figure in parentheses indicates percentages

Thus, it has been observed from Table 5, the majority of the respondents who live in an extended family have shown a high level of aggressive behaviour, followed by nuclear and joint. This may be due to the frequent interpersonal conflicts that arise in extended families, where multiple generations and relatives live together under the same roof. Such environments can create competition for attention, resources, and decision-making power, leading to frustration and emotional strain. Moreover, the lack of privacy and autonomy in extended family settings may intensify stress and contribute to aggressive responses. In contrast, nuclear and joint families often provide more personal space and fewer relational conflicts, resulting in comparatively lower aggression levels. Therefore, the higher aggression among respondents from extended families can be attributed to overcrowding, conflicting relationships, and limited emotional independence within the household.

Family Environment and ‘Media Violence-Induced Aggressive Behaviour’

Objective 3: To examine the levels of Media violence-induced aggressive behaviour in relation to the respondents' environment with different socio-demographic variables viz., sex, place of origin, and family type, etc.

RQ 3: What are the levels of Media violence-induced aggressive behaviour in relation to the respondents' environment?

To attain objective 3 and RQ 3, Tables 6, 7, & 8 have been framed:

Table 6 indicates the level of media violence induced aggressive behaviour of the respondents and their family environment. The respondents who live in a favourable family environment are predominantly male (50.90%) and female (49.10%). Among them, 61.71% exhibit high aggressive behaviour, followed by 27.48% who exhibit moderate aggressive behaviour, and 10.81% who exhibit low aggressive behaviour. Whereas, the respondents who live in a moderate family environment, out of which 57.53% are male, and 42.47% are female, 61.64% of them have revealed moderate aggressive behaviour, 32.19% have high, and 6.16% have shown a low level of aggressive behaviour. Furthermore, twenty-one respondents (61.90% female, 38.10% male) are from an unfavourable family environment, of which 66.67% have shown an average level of aggressive behaviour, followed by 28.57% at a high level and 4.76% at a low level.

One hundred nine female respondents are from a favourable family environment, out of which 64.22% have shown average aggressive behaviour, 21.10% have high, and 14.68% have low levels of aggressive behaviour. On the other hand, out of 62 respondents who live in a moderate family environment, 69.35% have shown an average level of aggressive behaviour, 29.03% have high, and 1.61% have shown a low level of aggressive behaviour. Furthermore, there are 13 female respondents, out of which 92.31% have reported average level of aggressive behaviour, 7.69% have high and none of the female respondents have shown low level of aggressive behaviour.

In case of male respondents, one hundred thirteen respondents have favourable family environment, out of which 59.29% have reported average level of aggressive behaviour, followed by 33.63% high, and 7.08% low. While 55.95% of male respondents who are from moderate family environment have shown average level of aggressive behaviour, 34.52% have shown high, and 9.52% have reported low level of aggressive behaviour. In case of the respondents who live in an unfavourable family environment, out of which 62.50% have shown a high level of aggressive behaviour, followed by 25.00% average, and 12.50% low.

An observation of Table 5 reflects that males who live in an unfavourable family environment have shown high aggressive behaviour.

Table 6 Media violence induced aggressive behaviour of male and female respondents in relation to their family environment

Family Environment	MVIAB											
	Male				Female				Grand Total			
	High	Average	Low	Total	High	Average	Low	Total	High	Average	Low	Total N= 690
Favourable	38 (33.63%)	67 (59.29%)	08 (7.08%)	113 (50.90%)	23 (21.10%)	70 (64.22%)	16 (14.68%)	109 (49.10%)	61 (27.48%)	137 (61.71%)	24 (10.81%)	222 (57.07%)
Moderate	29 (34.52%)	47 (55.95%)	08 (9.52%)	84 (57.53%)	18 (29.03%)	43 (69.35%)	01 (1.61%)	62 (42.47%)	47 (32.19%)	90 (61.64%)	09 (6.16%)	146 (37.53%)
Unfavourable	05 (62.50%)	02 (25.00%)	01 (12.50%)	08 (38.10%)	01 (7.69%)	12 (92.31%)	-	13 (61.90%)	06 (28.57%)	14 (66.67%)	01 (4.76%)	21 (5.40%)
Grand Total	72 (35.12%)	116 (56.59%)	17 (8.29%)	205 (52.70%)	42 (22.83%)	125 (67.93%)	17 (9.24%)	184 (47.30%)	114 (29.31%)	241 (61.95%)	34 (8.74%)	389

*Figure in parentheses indicates percentages

Level of Media violence induced aggressive behaviour along with their family environment, of male and female respondents

Table 7 shows the representation of media violence–induced aggressive behaviour in relation to family environment and place of origin of the respondents. The total sample consists of 389 students, of which 29.31% have exhibited a high level of aggressive behaviour, 61.95% have shown an average level, and 8.74% have a low level of aggressive behaviour.

Regarding the family environment, 57.07% of the respondents belong to favourable families, 37.53% to moderate families, and 5.40% to unfavourable family environments. Among those from favourable family environments, 70.27% are from rural areas, 17.57% from urban areas, and 12.16% from suburban areas. Within this group, 61.71% have shown an average level of aggressive behaviour, followed by 27.48% high, and 10.81% low.

Respondents who live in moderate family environments include 71.23% from rural areas, 18.49% from urban areas, and 10.27% from suburban areas. Among them, 61.64% have exhibited an average level of aggressive behaviour, 32.19% have a high level, and 6.16% have revealed a low level of aggressive behaviour.

Among the respondents from unfavourable family environments, 66.67% belong to rural areas, followed by 27.57% urban areas, and 4.76% to suburban areas. In this category, 66.67% have shown an average level of aggressive behaviour, 28.57% have shown high, and 4.76% have low level of aggressive behaviour.

The respondents who are from rural areas and have a favourable family environment, 57.69% have shown an average level, 29.49% have a high level of aggressive behaviour, and 12.82% a low level of aggressive behaviour. Among the rural respondents from moderate family environments, 61.54% have exhibited an average level of aggressive behaviour, followed by 33.65% high level, and 4.18% a low level. Fourteen respondents are from rural areas with unfavourable family environments, 71.43% have an average level of aggressive behaviour, 21.43% have reported high, and 7.14% have low levels of aggressive behaviour.

Table 7 Place of origin-wise distribution of the respondents and their level of media violence-induced aggressive behaviour, along with family environment

Family Environment	Media Violence-Induced Aggressive Behaviour															
	Rural				Urban				Suburban				Grand Total			
	High	Average	Low	Total	High	Average	Low	Total	High	Average	Low	Total	High	Average	Low	Total
Favourable	46 (29.49)	90 (57.69)	20 (12.82)	156 (70.27)	10 (25.64)	27 (69.23)	02 (5.13)	39 (17.57)	05 (18.52)	20 (74.07)	02 (7.41)	27 (12.16)	61 (27.48)	137 (61.71)	24 (10.81)	222 (57.07)
Moderate	35 (33.65)	64 (61.54)	05 (4.81)	104 (71.23)	08 (29.63)	16 (59.26)	03 (11.11)	27 (18.49)	04 (26.67)	10 (66.67)	01 (6.67)	15 (10.27)	47 (32.19)	90 (61.64)	09 (6.16)	146 (37.53)
Unfavourable	03 (21.43)	10 (71.43)	01 (7.14)	14 (66.67)	02 (33.33)	04 (66.67)	-	06 (27.57)	01 (10.0)	-	-	01 (4.76)	06 (28.57)	14 (66.66)	01 (4.76)	21 (5.40)
Grand Total	84 (30.66)	164 (59.85)	26 (9.49)	274 (70.44)	20 (27.78)	47 (65.28)	06 (8.33)	72 (18.51)	10 (23.26)	30 (69.77)	03 (6.98)	43 (11.05)	114 (29.31)	241 (61.95)	34 (8.74)	389

*Figure in parentheses indicates percentage

The respondents who live in urban areas show that 65.28% have an average level of aggressive behaviour, 27.78% have shown a high level, and 8.33% have shown a low level of aggressive behaviour. Among those with a favourable family environment in urban areas, 69.23% have exhibited an average level of aggressive behaviour, 25.64% have a high level, and 5.13% have a low level of aggressive behaviour. The respondents from moderate family environments in urban area have reported 59.26% with average aggressive behaviour, 29.63% with a high level of aggressive behaviour, and 11.11% with a low level of aggressive behaviour. Those from unfavourable family environments in urban areas show that 66.67% have an average level of aggressive behaviour, followed by 33.33% a high level, and none of the respondents have shown a low level of aggressive behaviour.

Among the respondents from suburban areas, 74.07% have shown an average level of aggressive behaviour and belong to favourable family environments, while 18.79% have shown high aggressive behaviour and 7.14% have low aggressive behaviour. Those respondents with a moderate family background from suburban areas have reported that 66.67% with average aggressive behaviour, 26.67% with high, and 6.67% with low levels of aggressive behaviour. There is only one respondent from a suburban area living in an unfavourable family environment and has shown a high level of aggressive behaviour.

Overall, the data indicate that respondents with a moderate family environment tend to show higher levels of aggressive behaviour, especially from rural areas. However, a contrasting trend is observed among respondents from urban and suburban areas, where the respondents who live in unfavourable family environments have shown a high level of aggressive behaviour.

Table 7 highlights the representation of media violence-induced aggressive behaviour in relation to the respondents' family environment and type of family. Out of 389 respondents, 61.95% have shown an average level of aggressive behaviour, 29.31% have shown a high level, and 8.74% have a low level of aggressive behaviour.

Among respondents with a favourable family environment, 81.98% belong to nuclear families, followed by 13.51% to joint, and 4.50% to extended. Within this category, 61.71% have shown an average level of aggressive behaviour, 27.48% a high, and 10.81% a low level of aggressive behaviour. The respondents with a moderate family environment consist of 80.82% from nuclear families, 18.49% from joint families, and only 0.68% from extended families. Among these respondents, 61.64% have shown an average level of aggressive behaviour, 32.19% a high level, and 6.16% a low level of aggressive behaviour. Among the 21 respondents from unfavourable family environments, 66.67% have shown an average level of aggressive behaviour, 28.57% a high level, and 4.76% a low level.

For the respondents belong to nuclear families, 60.76% have exhibited average aggressive behaviour, 30.70% high, and 8.54% low levels of aggressive behaviour. Within this group, those from a moderate family environment have shown 60.17% average aggressive behaviour, followed by 35.59% high, and 4.24% low. The respondents from unfavourable family environments have reported 68.75% average, and 31.25% high level of aggressive behaviour. None of the respondents has shown a low level of aggressive behaviour.

Among respondents from joint families, 69.35% have shown an average level of aggressive behaviour, followed by 20.97% high, and 9.68% low. Within this group, those from favourable family environments have reported 73.33% average aggressive behaviour, followed by 23.33% high, and 3.33% low. Respondents from moderate family environments and joint families have shown 66.67% average, 18.52% high, and 14.81% low level of aggressive behaviour. Only five respondents are from unfavourable family environments; of these, 60.00% have shown an average level of aggressive behaviour, while 20.00% each have shown high and low levels of aggressive behaviour.

Respondents from extended families have shown 54.55% average aggressive behaviour, followed by 36.36% high, and 9.09% low. Among them, with a favourable family environment, have reported 50.00% average level of aggressive behaviour, 40.00% high, and 10.00% low level of aggressive behaviour. Only one respondent belongs to a moderate family environment within the extended family category and shows an average level of aggressive behaviour. No respondents from extended families belong to an unfavourable family environment.

Overall, the findings indicate that respondents from nuclear families with a moderate family environment have shown high levels of aggressive behaviour, followed by unfavourable and favourable. On the contrary, among joint families, the respondents who are from unfavourable family environments have shown a high level of aggressive behaviour. However, in the case of joint and extended families, some respondents from favourable family environments have also shown a high level of aggressive behaviour.

Although a favourable family environment usually reduces aggressive behaviour, some respondents from these backgrounds have still shown high aggression due to external and personal factors. Excessive exposure to violent media, peer influence, emotional instability, and academic or social pressures can override the protective effects of a supportive home. In some cases, strict or overprotective parenting may also provoke frustration, leading to aggressive behaviour despite a generally positive family atmosphere.

Table 8 Distribution of media violence-induced aggressive behaviour in relation to respondents' family environment and type of family

Family Environment	Media Violence-Induced Aggressive Behaviour															
	Nuclear				Joint				Extended				Grand Total			
	High	Average	Low	Total	High	Average	Low	Total	High	Average	Low	Total	High	Average	Low	Total
Favourable	50 (27.47)	110 (60.44)	22 (12.09)	182 (81.98)	07 (23.33)	22 (73.33)	01 (3.33)	30 (13.51)	04 (40.00)	05 (50.00)	01 (10.00)	10 (4.50)	61 (27.48)	137 (61.71)	24 (10.81)	222 (57.07)
Moderate	42 (35.59)	71 (60.17)	05 (4.24)	118 (80.82)	05 (18.52)	18 (66.67)	04 (14.81)	27 (18.49)	-	01 (100)	-	01 (0.68)	47 (32.19)	90 (61.64)	09 (6.16)	146 (37.53)
Unfavourable	05 (31.25)	11 (68.75)	-	16 (76.19)	01 (20.00)	03 (60.00)	01 (20.00)	05 (23.81)	-	-	-	-	06 (28.57)	14 (66.67)	01 (4.76)	21 (5.40)
Grand Total	97 (30.70)	192 (60.76)	27 (8.54)	316 (81.23)	13 (20.97)	43 (69.35)	06 (9.68)	62 (15.94)	04 (36.36)	06 (54.55)	01 (9.09)	11 (2.83)	114 (29.31)	241 (61.95)	34 (8.74)	389

*Figure in parentheses indicates percentage

IV. Discussion and Findings

The study emphasises critical insights into the dynamics of media violence-induced aggressive behaviour among adolescents. The findings indicate that a majority of the respondents are from rural areas and are primarily from favourable family environments. Despite this, a considerable number of female respondents exhibited high levels of aggressive behaviour, suggesting that gender may influence the manifestation of

aggression under media exposure. Furthermore, adolescents residing in rural areas demonstrated higher levels of aggression than their urban counterparts, pointing towards the potential role of socio-environmental factors in shaping behavioural responses.

The results also highlight the influence of family type, as respondents from extended families reported greater levels of aggressive behaviour. A statistically significant relationship was observed between media violence–induced aggression and the family environment, confirming that the quality of familial interactions significantly moderates aggressive tendencies. Notably, respondents belonging to moderate family environments, particularly from rural areas, exhibited heightened aggression, which may be attributed to inconsistent emotional regulation, communication gaps, or weaker parental monitoring.

Interestingly, even respondents from joint and extended families with favourable family environments displayed higher levels of aggression, implying that exposure to media violence can override the protective effects of supportive family structures. Overall, the findings underscore the multifaceted nature of aggression among adolescents, shaped by the interaction of media influences, family dynamics, and demographic contexts. The study thus emphasizes the need for media literacy interventions and the strengthening of family communication patterns to mitigate the adverse psychological impacts of violent media exposure on young individuals.

key findings:

1. The majority of the respondents belong to rural areas.
2. A larger proportion of respondents are from favourable family environments.
3. A greater number of female respondents have exhibited high levels of aggressive behaviour.
4. Most respondents residing in rural areas have shown high levels of aggressive behaviour.
5. Among different family types, respondents from extended families have reported higher levels of aggression.
6. There exists a strong relationship between media violence–induced aggressive behaviour and family environment.
7. Respondents living in moderate family environments have shown high levels of aggressive behaviour, particularly those from rural areas.
8. In terms of family type, respondents from moderate family environments have exhibited higher aggressive behaviour.
9. However, respondents from joint and extended families with favourable family environments have also displayed high levels of aggressive behaviour.

V. Conclusion

It has been observed that family environment has a powerful influence on the development of children and adolescents. It acts as the first social system where values, attitudes, and behaviours are learned. When adolescents are exposed to violent content in the media, such as in television shows, movies, or online games, they develop aggressive thoughts or imitate violent actions. However, the nature of the family environment can either strengthen or weaken these effects. A positive family environment often helps to mitigate or reduce the impact of media-induced aggressive behaviour. Thus, a positive family environment is crucial for the development of all spheres of human beings.

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