

Attitude to Life of Secondary School Students versus Aggressiveness and Its Dimensions

Abstract

The article presents study results concerning secondary school students' attitudes to life, which are treated as a mechanism of revealing aggressive behaviour in interpersonal relations. The following have been used: the concept of attitudes to life (scripts) in terms of transactional analysis, the concept of attachment styles by K. Bartholomew and L.M. Horowitz and the concept of aggressiveness as emotional reactivity. Analysis of the results has shown significant relationships (negative correlation) between the image of other people and aggressiveness and its dimensions (direct, indirect and verbal aggression, resistance, emotional irritability). Self-image is negatively correlated only with emotional irritability.

Keywords: *attitude towards life, attachment styles, aggressiveness, dimensions of aggression*

Introduction

Attitude to life, which is exemplified by the attitude towards oneself and other people, can be presented as dimensions of personality reflecting self-esteem and the way of judging other people: perceiving them as trustworthy determining the willingness to establish close relationships with them. Aggressiveness can also be treated as a relatively stable personality feature to manifest aggressive behaviours, which are intentional actions aimed directly or indirectly at doing harm to others, as well as any behaviour which is the expression of aggressive emotions (Sajewicz-Radtke, Radtke, Kalka 2010: 49). Aggression results from various forms