

## Non-Violent communication

### Survey Report on students

by-

Dr Shikha Srivastava

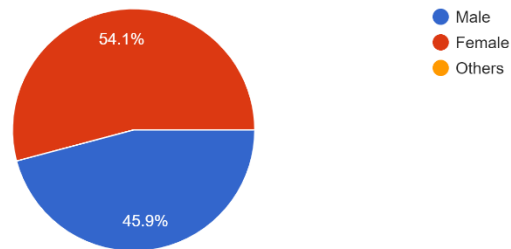
Professor of Psychology and Associate Dean

School of Liberal Education (Department of Humanities)

Galgotias University, Greater Noida

A pre and post investigation has been made to understand the base line behavior paradigm of Undergraduate Galgotias University students and comparison of the behavior has been made immediately after the conduction of the course. The prime objective was to understand the aggression level among the students in general and the impact of value-added course “Non-Violent Communication” that has been inculcated through this course.

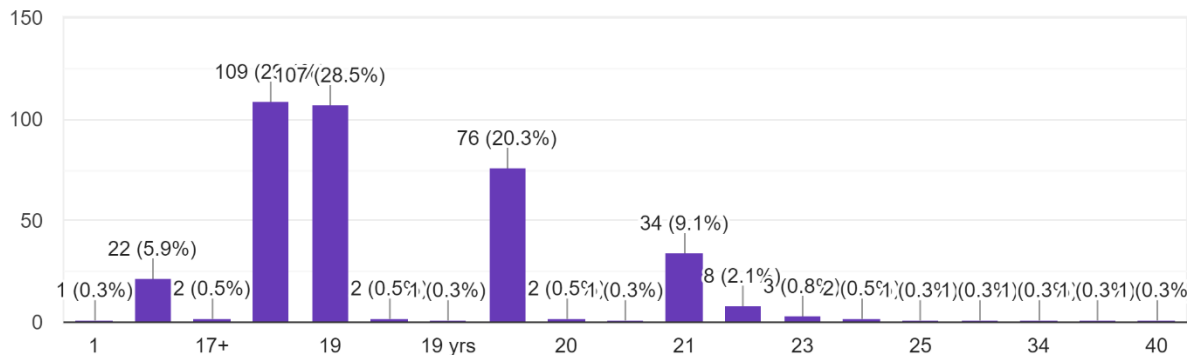
Gender  
375 responses



Total responses recorded through the google form were 375, however from the pool of responses we have included only 300 for the study, with the average age between 17 to 19 years.

## Age

375 responses



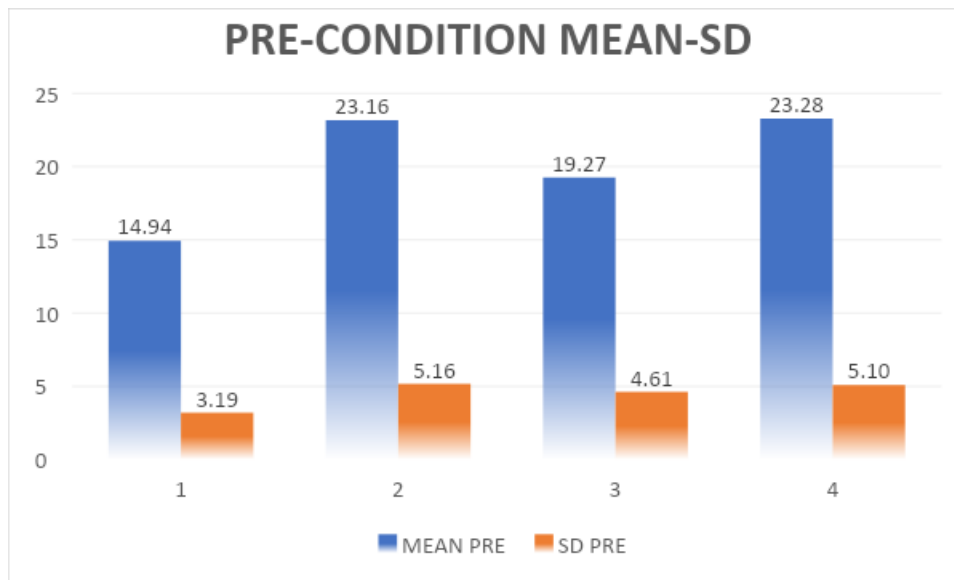
On the selected sample size of N= 300, data was analyzed through ANOVA (equal pre and post sample, N=150 each). For dimension of aggressive behavior have been taken into the consideration—

- 1- Verbal aggression
- 2- Physical aggression
- 3- Anger and
- 4- Hostility

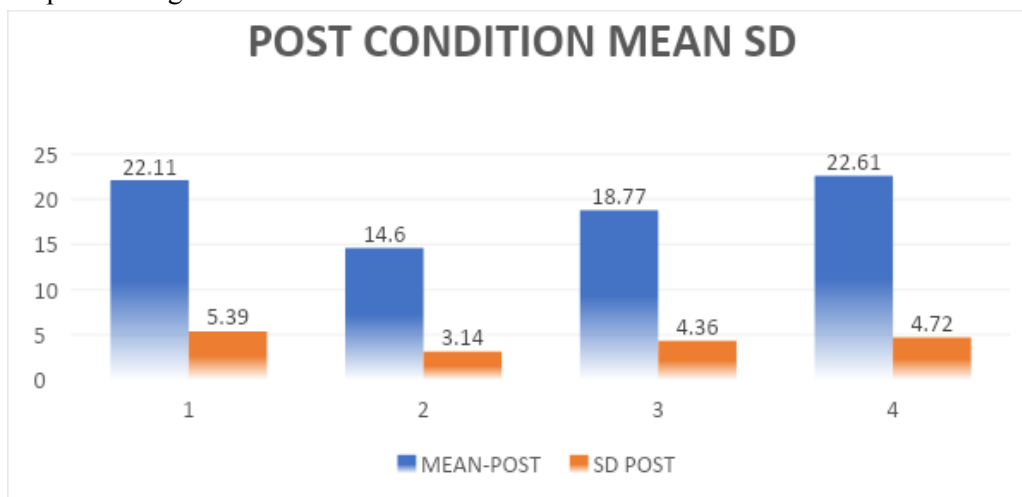
Result of analysis of variance (ANOVA) revealed significant difference for physical aggression, which signifies the effectiveness of the value-added course on Non-Violent communication designed and delivered by GSDS, Ministry of Culture, GOI. Organized by Department of Humanities (Political Science and Sociology Division). However, the results show non-significant pre and post effect on verbal aggression, anger and hostility. The reason might be relatively a smaller number of responses or carelessness in completing the form. As far as mean score are concerns there are difference but not to limit of significance. Mean score of verbal aggression is pre condition 14.94 and post condition 22.1. where in for physical aggression the mean score was 23.16 pre-condition that has reduced to 14.6 during post condition. ANOVA table shows significant difference at .01 level. Anger score also reduced from pre-condition (Mean score 19.27) to post condition (Mean score 18.77). Total mean score for hostility was higher during pre-condition (Mean- 23.28) as compared to post condition (Mean score 22.61). A general downward tendency is being observed in all four dimensions of aggressive behavior, with high significance for physical aggression.

As promised the course found to be effective in reducing the amount of aggression amount the students at a highly significant level. We are highly inspired by the nature, discourse of this course, and appreciate the efforts of Mr. Kundu to design and initiate a course like this. The course is considered significant in influencing the minds of students and their behavior in contemporary times.

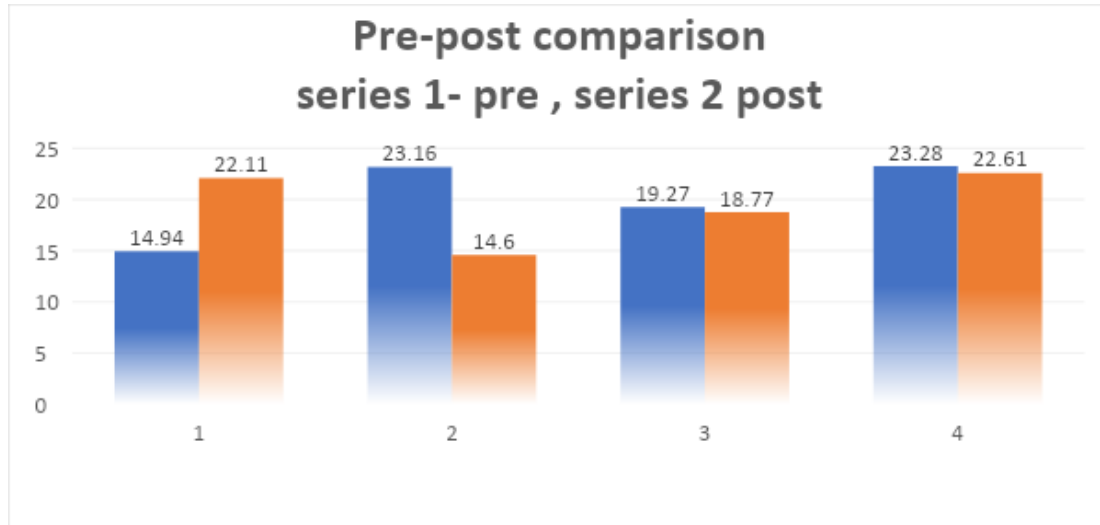
1- Graph showing Pre-Condition Mean and SD of 4 dimension



2- Graph showing Post condition Mean and SD



3- Graph showing mean value of all four dimension of Aggressive behavior (both condition)-



A downward trend is visible in graph 3, for all the dimension of aggressive behavior, except for verbal aggression, where trend is high after post condition. Showing general decrease in the amount of Physical aggression, anger and hostility. Confirming effect of non-violent communication on university students.

**Table of Analysis of Variance**

	Sum of Squares	df	Mean Square	F	Sign.
PHYAGREE	3796.559	1	3796.559	194.442	<b>.000*</b>
Between Groups	5799.046	297	19.525		
Within Groups	9595.605	298			
Total					
VERBAGRE	11.171	1	11.171	1.132	.288
Between Groups	2931.973	297	9.872		
Within Groups	2943.144	298			
Total					
ANGER	25.352	1	25.352	1.287	.258
Between Groups	5850.441	297	19.698		
Within Groups	5875.793	298			
Total					

HOSTALITY	35.452	1	35.452	1.467	.227
Between	7174.983	297	24.158		
Groups	7210.435	298			
Within Groups					
Total					

(\*Significant difference at .01 level)

ANOVA Table suggests that the pre and post score for physical aggression among student's is significantly varying. A significant difference between pre-condition (M=23.16) and post condition (M=14.6) is being observed. The objective of the present study was to examine the effect of the course non-violent communication on student's behavioral paradigm on four behavioral paradigm- Verbal aggression, physical aggression, anger and hostility. For physical aggression paradigm it confirmed the objective. For verbal aggression it is noticed that some abusive words become so familiar to students' group that they actually don't even want to understand the meaning of it and they use it considering some time being look modern or cool. Some abusive words become part and parcel of their vocabulary and they use it without any second thought or are least bother to understand the meaning. In such scenario there is an urgent need to make students aware of the appropriate use of language. This might be the reason of getting non-significant result for verbal aggression paradigm. As far as anger (Pre condition Mean=19.27 and post condition Mean=18.77) and hostility (Pre condition Mean=23.28 and post condition Mean=22.61) score is concerns there is a definitely a downward trend as reflected in mean values, but statistical significance is missing.

We may say that the non-violent communication course has impacted the mind sets of the young students to an extent as for three dimensions (Physical aggression, anger and hostility) the findings are confirmatory with the objective of the course conduction. On the other hand for physical aggression dimension significant difference in behavioral paradigm is been recorded making the course highly relevant in dealing and management of aggression issues among students.

Report submitted by

Dr Shikha Srivastava

Professor of Psychology and Associate Dean

SOLE

Galgotias University

Greater Noida

