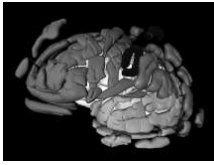


Environmental Stressors and Aggressive Behaviour



This activity will help you to:

- Understand and recall the effects that environmental stressors have on aggression*
- Read, summarise and recall research studies on the effects of environmental stressors*
- Co-operate and work as a team*

Environmental Stressors

A stressor, as you should recall from module 2, is defined as any emotional or physical demand that results in stress. Stress is the term psychologists use to describe the non-specific physiological and psychological response to any demand. Three important environmental stressors are:

- Heat
- Noise
- Crowding

What You Need To Do

You will be working in three groups. Each group will be focusing on one of the above stressors. Each group must produce a handout (maximum 2 sides of A4) describing and evaluating research into the effect of their stressor on aggressive behaviour.

Your group's handout must:

- Describe the effect of the stressor and the relationship it has with aggression
- Contain a description and evaluation of at least two research studies that looked at your stressor
- Draw a conclusion about how important your stressor is as a factor in aggressive behaviour

When preparing your handout you **should**:

- Make sure the information you include is clearly and concisely written
- Pay attention to presentation, so your handout is easy to read
- Use pictures and/or diagrams if they make your meaning clearer

However, you **must not**:

- Cut and paste or copy directly from any sources.

When your handouts are finished, each member of the group will receive a copy. This means that other group members are relying on your input.