

# Relationship Between Aggression and Compassion Among Ex-Army Officers

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## Abstract

The presented study explored the association of relationship between aggression and compassion among ex-army officers using a quantitative, cross-sectional, correlational research design. For this study, the aggression scale is Buss–Perry Aggression Questionnaire (BPAQ)(Diamond and magaletta 2001), the compassion scale is that compassion scale (cs : pommier et al, 2020) were administered to 150 ex-army officers. The descriptive statistics indicated that level of the aggression was 54.71 (SD =3.009) and the level of the compassion was 20.45(SD = 3.849). There was evidence of a weak negative correlation between aggression and compassion ( $r = -0.135$ ,  $p = .099$ ). however the null hypothesis was accepted, because the significant value is higher than the 0.05, there was no statistically significant relationship between aggression and compassion. The research shows that aggression and compassion was functions independent among ex-army officers. Future research could explore diverse population and other psychosocial.

**Keywords:** Aggression, compassion.

## 1. Introduction

The army officers in environment that demands for the boldness, obedience, and emotional strength. After the retirement the officers are face the so many challenges in their daily life, the officers supposed to be trained as aggression, after the retirement they will have face the difficulties in adapt the aggression so they will have the problem in interpersonal relationship and the emotional well-being. In this research the compassion was defined as that, the officers was face the difficulties with others like in empathy and while others face the critical situation in emotional regulation.