

Why Do Children Become Aggressive?

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Abstract

The term aggression is common in the media. What is sad is that we see cases of aggressive children which are worrying. It is true that this pandemic has made people understand how important health is and some parents of children with a high level of aggression have started doing cognitive behavioral therapy at certain psychologists. It is good, but still in some cases this aggression comes from internal causes, certain biochemical disorders. Increased testosterone levels in boys are a common cause. Psychologists at the beginning of therapy should suggest parents to perform a complete set of tests that should not miss the analysis of testosterone, cadmium, and vitamin B12. In the case of vitamin B12, if it is in small amounts in the body it can affect the behavior leading to greater agitation and even aggression. What is again extremely important is to perform a brain MRI to observe the activity of the amygdala and cerebral cortex. A disorder of these can be the cause of aggressive behavior in children. A good collaboration between the family, the psychologist and the doctor will be able to lead to solving the problems of aggressive behavior.

Keywords: aggression, children, biochemical analysis, testosterone, B12 vitamin

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Introduction

Aggressive behaviors most often occur in children's games, especially in boys, when they are competitors or simply play, much more complicated. Only through good collaboration between parents, teachers, psychologists and doctors can solutions be found to reduce the level of aggression in children. In general, children with an extraverted temperament, who are more hyperactive or impulsive, may manifest, under certain conditions, a level of aggression towards those around them, which can sometimes reach alarming levels. The biochemical changes that occur in some cases in some children are triggers of this scourge called aggression. The problem of juvenile crime is very topical. Parents need to understand the importance of their role and to do their utmost to exercise their duties. The education, love and attention provided by parents are a predictor for a