

**AGRESSZIVITÁS KEZELÉSI  
LEHETŐSÉGEK AZ ISKOLÁBAN  
POSSIBILITIES FOR HANDLING  
AGGRESSION IN SCHOOL**

RÁDULY-ZÖRGŐ ÉVA

*Babes-Bolyai Tudományegyetem  
Pszichológia és Neveléstudományok Kar*

BULBUK EMESE

*Babes-Bolyai Tudományegyetem  
Pszichológia és Neveléstudományok Kar  
e-mail: semente@pszichologia.ro*

**Abstract:** In the XXI century the aggression in schools had become a very pushing problem for the teacher, for the parents and for the child itself.

This research aims the reducement of aggression in school. After the measurement of the test groups (children between ages 13-15) aggression level, we had formed a 3 partitioned interventions program. The first block aims to teach the basic emotions and the correct use of them. The second block consists of exercises that help to develop the self and the personality itself. The last block has exercises that help to decrease the aggression.

These interventions are expected to stop and reduce the increasing tendencies of the school aggression.

By increasing some of the basic social skills and self esteem, the results prove that the intervention caused a significant decrease of aggression in children, and increased the level of empathy and compassion.

**Keywords:** aggression, verbal-aggression, non-verbal aggression, self-esteem, social competence, personality, mobbing in schools.