

## UNDERSTANDING AGGRESSION: THE CICA GROUP'S MULTIDIMENSIONAL APPROACH TO AGGRESSION RESEARCH

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**Summary.** This article is an introduction to a collection of scientific articles focusing on the study of aggression and related phenomena, such as violence and security, promoting an interdisciplinary approach. Their authors examine aggression from different perspectives, in different age groups – with particular emphasis on its occurrence among young people and its determinants, taking into account gender differences and the impact of cyberbullying. It is worth noting that many valuable findings on aggression are brought about by longitudinal studies, which provide the basis for recognizing the genesis and changes in the manifestations of aggression in the process of human development. In turn, the challenge for psychologists dealing with the sphere of education is to find means and ways of preventing violence and the practical application of scientific knowledge to solve social problems related to aggression and security.

All the articles presented below emphasize the importance of interdisciplinary cooperation in understanding aggression and promoting humanitarian solutions in the socio-cultural context of selected countries of North and South America and Europe. The presented research is part of the broader mission of the CICA Foundation.

**Key words:** Aggression Studies, CICA Foundation, Human Security, Security Studies, Violence, Conflict Resolution

### Introduction

This text explores the development and goals of the International Conferences on Conflict and Aggression (CICA), which began in the 1980s. The conferences aim to understand the relationship between brain activity and aggression, covering topics such as violence, terrorism, and conflict. By adopting an interdisciplinary approach that includes biology, psychology, sociology, and other fields, CICA seeks to uncover and

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address the complex causes of aggression and violence. Over time, the conferences have expanded to include topics such as peacebuilding, conflict transformation, and human security, with recent efforts focused on extreme forms of violence, including terrorism.

Notable early contributors to the CICA conferences include Karl Pribram, Dianne McGuinness, Robert Hinde, and Grazia Attili, who offered insights into childhood aggression during the second CICA conference in Seville. This event marked the beginning of a long tradition of periodic conferences, resulting in numerous publications. The Seville Statement on Violence, finalized at a CICA conference in 1986 and later endorsed by UNESCO, emphasized that just as war is born in the minds of individuals, so is peace, positioning humanity as capable of both conflict and resolution.

While the Seville Statement (Adams et al., 1986) was criticized as an example of the moralistic fallacy, it remains an important manifesto, emphasizing that „the same species that invented war is capable of inventing peace.” Peace and conflict studies have gained prominence in recent years, expanding beyond traditional security and military strategies to include conflict transformation, human security, peacebuilding, and governance. Scholars now recognize that peace and conflict depend on various factors, such as inequality, human rights, arms control, international norms, and psychological processes (Liberska & Farnicka, 2016).

The CICA conferences continue to offer a platform for interdisciplinary dialogue on aggression, bringing together experts from fields such as psychology, psychiatry, sociology, anthropology, criminology, law, and security studies. This integrated approach transcends traditional academic boundaries, fostering collaboration in addressing the multifaceted nature of aggression and its societal impact.

### **CICA's Research Goals**

Understanding and mitigating aggression and violence requires a comprehensive, interdisciplinary approach. CICA researchers focus on identifying the complex factors contributing to violent behaviors while promoting peaceful alternatives. This involves recognizing that aggression is not only a biological or psychological phenomenon but also an intensely personal experience that affects individuals, victims, and society.

Since the late 20<sup>th</sup> century, CICA has brought together scholars from various disciplines to focus on these issues. A primary goal has been to bridge the gap between biological and social science approaches to aggression, recognizing that integrating insights from multiple fields is essential for meaningful solutions. This interdisciplinary approach allows for more effective studies of aggression and human consciousness, with the ultimate goal of fostering a deeper understanding of aggression as a fundamental human behavior.

### **Examples of implementing the CICA idea**

The selection of articles provided to readers was guided by the desire to reflect as fully as possible the interdisciplinary spirit of the CICA conference, which offers different perspectives on aggression and violence.

The articles are divided into three themes: Youth Aggression and Cyberbullying, Educational Approaches, and the Application of Research to Social Issues.

The first two papers explore traditional forms of aggression among youth, focusing on gender differences (Marzanna Farnicka, Martha Leticia Gaeta Gonzales, *Sex Differences in Adolescent Aggressive Behaviors: An Exploratory Study in Four Countries*) and the growing impact of cyberbullying in everyday life (Jeysira Jacqueline Dorantes Carrión, *Aggression and Psychological Effects Generated by Cyberbullying in Higher Education*).

The third and fourth papers present differing viewpoints on how to study and address aggression. One offers a long-term research project (Camilla Pagani, *Education Against Violence: A Research Project*), while the other explores educational strategies to prevent violence in school settings (Valentin Otero Perez, *Educational Perspectives on Aggressiveness and Violence in Adolescence*).

The final two papers discuss how research findings can be applied to societal issues. Miguel Bettin (Colombia) examines violence from the perspective of the Colombian conflict in his paper *Reactive, Emotional Violence and Predatory, Cold, Instrumental Violence*. Meanwhile, Juliusz Piwowarski, Leszek Wos, and Marzanna Farnicka address psychological aggression within the context of security studies in their article *Challenges, Risks, and Threats to Individual Security in the Age of Globalization: A Security Culture Perspective*.

## Conclusion

This collection presents the latest research from CICA Foundation scholars, focusing on factors that encourage or inhibit aggression. The articles cover psychological and pedagogical approaches to understanding aggression as a dimension of both individual and societal security. This includes both individual and interpersonal contexts, which are key to studying security culture (Piwowarski, 2024).

In sum, the research presented in these articles aligns with the goals of the CICA Foundation, offering valuable insights into preventing violence and promoting security in diverse cultural and developmental contexts. The ongoing interdisciplinary dialogue fostered by CICA continues to deepen our understanding of aggression and its broader implications for human security and societal well-being.

As J. M. Ramirez (2023) stated at the LXVI CICA Security & Defense in Postmodernity Conference, “We hope to contribute, even if modestly, to the development of a more humane and informed society.”

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#### ZROZUMIEĆ AGRESJĘ: WIELOWYMIAROWE PODEJŚCIE GRUPY CICA DO BADAŃ NAD AGRESJĄ

**Streszczenie.** Niniejszy artykuł stanowi wstęp do zbioru artykułów naukowych skupiających się na badaniu zjawiska agresji i zjawiskach pokrewnych, takich jak przemoc i bezpieczeństwo, propagujących podejście interdyscyplinarne. Ich autorzy badają agresję z różnych perspektyw, w różnych grupach wiekowych – ze szczególnym uwzględnieniem jej występowania wśród młodzieży i jej uwarunkowań, uwzględniając różnice płciowe i wpływ cyberprzemocy. Warto zauważyć, że wiele cennych ustaleń na temat agresji przynoszą badania longitudinalne, które stanowią podstawę do rozpoznania genezy i zmian w przejawach agresji w procesie rozwoju człowieka. Z kolei wyzwaniem dla psychologów zajmujących się sferą edukacji jest znalezienie środków i sposobów zapobiegania przemocy oraz praktyczne zastosowanie wiedzy naukowej do rozwiązywania problemów społecznych związanych z agresją i bezpieczeństwem.

Wszystkie przedstawione poniżej artykuły podkreślają znaczenie współpracy interdyscyplinarnej w zrozumieniu agresji i promowaniu rozwiązań humanitarnych w kontekście społeczno-kulturowym wybranych krajów Ameryki Północnej i Południowej oraz Europy. Prezentowane badania wpisują się w szerszą misję Fundacji CICA.

**Słowa kluczowe:** Studia nad agresją, Fundacja CICA, Bezpieczeństwo człowieka, Studia nad bezpieczeństwem, Przemoc, Rozwiązywanie konfliktów

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