

## Psychological Theories of Aggression. Critical Perspective

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### Abstract

*The present article, which is completely theoretical, with no attempts at empirical verification, presents several theories of aggression and aggressive behaviour, in an attempt to offer a critical perspective on them. Following G. Moser's classification, four major conceptions regarding aggressive behaviour shall be placed under analysis: instinctual theories - consider that aggression is a manifestation of an innate impulse or instinct; reactive theories - consider aggressive behaviour as a reaction to frustrating, unpleasant situations; theories of learning - according to which aggressive behaviour is a behaviour acquired through different mechanisms, such as learning through imitation and / or observation; cognitive approach - which emphasizes the internal central cognitive processes inserted between stimuli and the behavioural response of the individual. By addressing the main theoretical points, this paper deals with classical theories of aggression and their definition of aggression, displaying the limitations and shortcomings from the author's perspective without addressing also their relevance to clinical practice.*

**Key Words:** *theories of aggression, limitations, shortcomings, aggressive behaviour*

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