



**A COMPARTIVE STUDY BETWEEN VEGETARIAN AND NON  
VEGETARIAN RELATIONSHIP ON AGGRESSIVE TENDENCY**

**Ranju Gupta**

Nehru Govt P.G. College, Agar Malwa, District –Agar, MP.

Corresponding author Email : ranjugupta79@gmail.com

**INTRODUCTION:**

“Diet is your bank account and to choose good diet is the best investment of your life” – B. Feankel. The growing trend towards vegetarianism in people is health. Though today people’s interest is extensively towards health and it is also proved that for good health vegetarianism is the best diet. Man is a vegetarian by the nature but many people do eat non-veg. It is a type of exploitation of nature. We think from health’s point of view that vegetarianism is more eupeptic in compared on to non – vegetarianism. It is also very difficult to digest non-veg. During the days of kings and emperors the soldiers were given wines, drinks and nonveg to eat in order to decrease the feeling of compassion. Compassion had stopped the violence. But when they had eaten the non-veg food and drank wine they did not have any mercy and they had more anger and they became violent in anger.

According to the point of view of scientists, we find that on the basis of food, neurotransmitters are created in our body and we behave on the basis of these neurotransmitters .But if food provided is not good, neurotransmitters will be created according to the food we have eaten and then people will move towards wrong behavior and demeanor.

Nonviolence and vegetarianism has very close relation. Sometimes it may be possible that we do little violence to do our daily work without which livelihood is not possible. For example in farming, during plowing many small creatures under the soil die but avoidance of such thing is also not possible. It doesn’t mean that non-vegetarians are immoral and vegetarians are moral but when they both are compared, non-vegetarians





have less feeling of hesitation than vegetarians. Today we do have alternate of everything. For example meat has more protein but soya bean.

Aggressive tendency indicates such traits as rebelliousness, hostility, jealousy quarrelsomeness, and suspicion, projecting blame on others, lying and stealing. According to Allport (1961) aggressive tendency leads to aggressive behavior. Aggressive tendency is a particular kind of emotional reaction of the person's prevailing emotional state which determines his temperament. Hence aggressive tendency is sort of temperament which is an aspect of personality. Vegetarianism is strongly related to compassion. Compassion makes one polite and this can change his life.

"The food you intake can be the safest and most powerful form of medicine or it can be a form of slow poison"- N Wigmore.

The researchers of New Zealand found that the people eating fruits and vegetables in large amount are emotionally healthy. Psychological researcher Tamlin Coner studies the effect of food habits on human emotions. He found in his study that one behaves more positively by merely eating more fruits and vegetables. Eating green vegetables regularly not only decreases the problem of fluctuating blood pressure but can also decrease the danger of blood sugar and prevents cancer etc. According to American Dietician Association well planned vegetarian food habits is good for health as well as it is full of nutrients. This prevents many diseases and also helpful in treatment.

Tuff university medical school and New England medical center hospital's dietician Johena Dayer found the benefits of vegetarianism and revealed that the problem of obesity, constipation, lung's cancer, type -2 diabetes etc are found more in non-vegetarians as compared to vegetarians. To protect environment many people adopted vegetarian food. In one acre land where 10,000 pound beans, 30,000 pound carets





and 50,000 pound tomatoes grow but there only 250 pound meat can be produced. Adopting vegetarianism one can contribute more towards environment protection.

#### **MATERIAL AND METHOD :**

The aim of study is to assess the aggressive tendency of girls (20-24 years) eating veg and non-veg. It is assumed that there shall be significant difference between young girls eating veg and non-veg .There were 100 young girls, 20-24 year aged selected from Nehru government P.G. College Agar, by purposive random sampling method for study.

The selection criteria included age, sex graduation level from middle socio economic group. Aggressive tendency scale by Preeti Tiwari (1996) was used for aggressive tendency data collected and analyzed by 't' test.

Table – showing level of aggressive tendency for vegetarian and non-vegetarian girls.

<b>Group</b>	<b>Mean</b>	<b>S.D.</b>	<b>t-value</b>
Vegetarian girls	35.68	9.05	3.87
Non vegetarian girls	42.66	9.18	

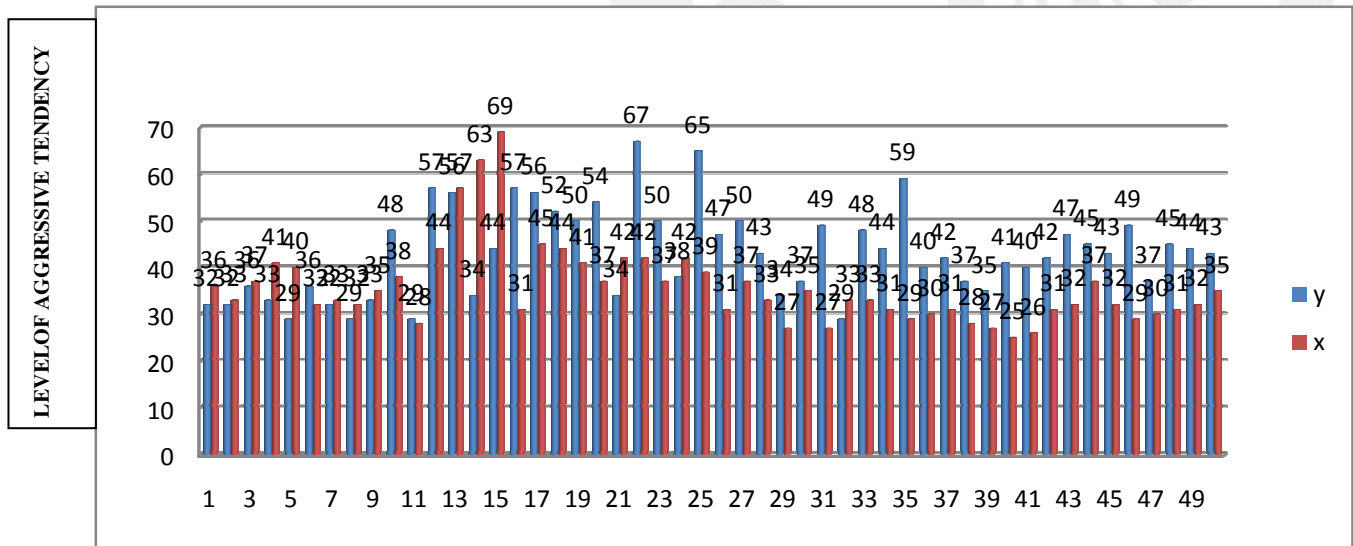
Level of significance – significant .01 level

The study revealed that the mean value of the level of the aggressive tendency of vegetarian girls was 35.68 and non-vegetarian girls 42.66, the S.D. was 9.05 and 9.18 and 't' value of the group was 3.87 which is significant at .01 level. The mean difference between of two groups showed the level of aggressive tendency among vegetarian and non-vegetarian group.





Graph :-



Today there are various researches which imply that balanced vegetarian food is more helpful for health in comparison to non-vegetarian food. Irregular life style of humans creates various diseases like obesity, diabetes etc. If we want to achieve good health then vegetarian food is a good option. At present the various celebrities like Pamela Anderson, Richard Gere, Zeneat Jackson, Steven Spielberg, Amitabh Bachan, R Madhvan, Shahid Kapoor, Mainka Gandhi etc are all pure vegetarians.

**CONCLUSION:-**

In Indian philosophy it has been mentioned that the relation of food we eat is not only with our health but with our soul. It has been proved by various scientific researches that the type of food we eat is directly affect our emotional behavior.

Finally it clarifies that both vegetarian and non-vegetarian food have efficiency to direct influence on human's nature and to avoid cruelty, anger and aggressive personality one should prefer vegetarian food because for pure soul, pure food is necessary.





**REFERENCE:-**

1. ahaa zindgi Nov 2005 page 18 – 21 dainik  
bhaskar group
2. Shrimad bhagwat geeta – bhakti vedant trust page no. 554
3. Fundamental statics Dr. H.K. Kapil page 172 – 574
4. Environment study Dr. Narendra surana page 108  
sahitya bhavan
5. Environment study Dr. Ratan Joshi page 83 – 84  
sahitya bhavan
6. Nirmala bhuradiya Naiduniya Group page 03 (04 april  
2012)
7. 100 Fact of vegetarians Dr. Nemichand
8. A11 Port G.W. Pattern and Growth in personality  
New york  
Hall. Rinehart Wintson Inc 1961
9. Lindren r.c. Authoritarianism,  
Independence and child cultural  
practices,  
A study of Attitudes, Psychological  
report 1956
- 10.Dainik bhaskar 03-02-2013 page-04

