

Effect of Oppression Aggression and Alternative Thought on Rumination

– From a view toward the prevention of TDA –

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This study intends to investigate what can prevent TDA (triggered displaced aggression), which is one type of displaced aggression. TDA is generated through the main mechanism of rumination. It is also triggered by a trivial incident. It is notable that letting out aggression and coping with rumination can prevent TDA. Against this backdrop, the researcher interviewed young people, hoping to clear processes of social conflict. The result clearly shows that oppression aggression can cause rumination. The results are clear such that recreation and talking are best selected for coping with rumination. Recreation also calms feelings of aggression. Talking promptly to calm cognitive aggression, this process of calming cognitive aggression has three steps. Calming cognitive aggression requires alternative thought that relates to unpleasant events. This result makes Young's management of social conflict clear. The prevention of TDA requires the adequate stifling of aggression and alternative thought that relates to the one experiencing trouble .