



## A study to assess factors influencing anger amongst early adolescents and their coping strategies at selected school in Pune city.

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### ABSTRACT

*Anger may do more harm than any other emotion. First of all it is very common and, secondly, it upsets at least two people the aggressor and the aggressed against. There are two problems: how to prevent or control your own anger and how to handle someone aggressing against you. The overall effects of anger are enormous. Frustration tells us "I'm not getting what I want" and eventually anger is related to violence, crime, spouse and child abuse, divorce, stormy relationships, poor working conditions, poor physical health (headaches, hypertension, GI disturbances, heart attacks), emotional disorders, and so on.*

*India is also facing problems due to increasing violence in schools. Although school violence is rare in India in comparison to other countries, nevertheless the tendency to be violent is identical in children and it is alarmingly on the rise. Tension gripped the school premises as students turned violent in apparent retaliation for the disciplinary action taken against a few students by the school authorities.*

*The current study aims to assess the factor influencing anger amongst adolescents and their coping strategies. The researcher seeks to control and prevent aggressive behaviours in these individual, by identifying and being aware of the patterns and cues of this behaviour.*

**KEYWORDS :** anger , factors influencing anger , coping strategies.

### Introduction:

We all know what anger is, and we've all felt it: Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems- problems at work, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion.<sup>1</sup>

Anger is an automatic response to ill treatment. It is a way a person indicates he or she will not tolerate certain types of behavior. It is a feedback mechanism in which an unpleasant stimulus is met with an unpleasant response. The external expression of anger can be found in facial expressions, body language, physiological responses, and at times in public acts of aggression. Human and animals for example make loud sounds, attempt to look physically larger, bare their teeth, and stare<sup>2</sup>.

Different people have various perspectives on what causes anger. This is because the diverse personalities, personal convictions, and views on things among people highly contribute to the emotional aspect of each individual.<sup>3</sup>

Anger is not just a mental state of mind. It triggers an increase in heart rate, blood pressure and levels of adrenaline and noradrenalin, anger has survival benefits, and forms part of our fight or flight brain response to a perceived threat, anger usually becomes the predominant feeling and takes over our behavior, cognition and physiology<sup>4</sup>.

Early adolescence extends from thirteen to sixteen or seventeen years, and late adolescence covers the period from then until eighteen. Early adolescents are usually referred to as "teens", sometimes even the "terrible teens"<sup>5</sup>.

Adolescence is a transitional period from childhood to adulthood. The adolescent at this time is neither a child nor an adult. If adolescents behave like a child they are told "to act their age". If they try to act like adults, they are often accused of being "too big for their britches" and reproved for their attempts to act like adults. Adolescence is usually referred as a problematic age. There are two reasons for this. First throughout childhood; their problems were met by teachers and parents. As a result most adolescents are inexperienced in coping with problems. Second, because adolescents want to feel that they are independent, they demand the right of coping with their own problems, rebuffing attempts on the part of parents and teachers to help them<sup>5</sup>.

One of the important emotional problems in adolescence is anger. There are many occasions in everyday life for the arousal of anger. Interference with ones desires and wishes is one of the chief reasons of anger in infants<sup>1</sup>. As the child matures, the occasions for anger also increase<sup>6</sup>. Causes of anger are varied and innumerable. Some of them may be rejection of child's wish, difficult assignments beyond his ability, tiresome jobs, uninteresting lessons, interference with set habits, when their team loses an important game, real or imaginary favoritism from the part of parents or teachers, attacks on self respect, physical illness, fatigue and hunger<sup>6</sup>.

### OBJECTIVES :

- To assess the pre-existing knowledge amongst adolescents regarding anger .
- To assess factors influencing anger amongst adolescence
- To assess association between factors influencing anger amongst adolescence and their coping strategies with demographic variables.

### Methodology:

A descriptive survey approach was selected by the researcher.

### Settings and Sample:

A study was conducted in school of Pune city and 60 samples of school who fulfilled the sampling criteria were chosen a non probability convenient sampling method was used.

### Tool and Technique:

A semi structured questionnaire was administered to assess the factor influencing anger amongst early adolescent and their coping strategies .

### Validity and Reliability:

The content validity and reliability of the tool was obtained from the experts in the field and pilot study was conducted between 3<sup>rd</sup> march to 5<sup>th</sup> march

### Data Gathering Process:

Study was conducted from 9<sup>th</sup> march to 11<sup>th</sup> march at school of Pune city.

### Major Findings of the Study:

#### SECTION I

- Majority of the adolescents had age 15-16 years.55% of the adolescents were males and 45% of them were females.

- Majority i.e. of them were 10th students. Half (50%) of them had nuclear family, 23.3% of them had single parent family, 20% of them had joint family and 6.7% of them had extended family.
- Majority i.e. 46.7% of the parents had S.Sc. And H.Sc., 25% of them were graduates, 15% of them were post-graduates and 13.3% of them had some other education.
- Majority i.e. 55% of them had private service, 26.7% of them had business, 10% of them had other education and 8.3% of them had government service.
- Majority i.e. 11.7% of them did not have siblings, 51.7% of them had one sibling, 23.3% of them had two siblings and 13.3% of them had more than 2 siblings.
- Majority i.e. 20% of them had monthly income Rs.15000-20000, 26.7% of them had income Rs. 20000-25000, 26.7% of them had monthly income Rs.25000-30000 and 26.7% of them had more than Rs.30000.

### SECTION II

- Majority i.e. 36.7% of the adolescents opined that anger is a normal response, 21.7% of them opined that anger is abnormal response, 13.3% of them stated that anger is verbal response and according to 28.3% of them opined that anger is physical response.
- Majority i.e. 40% of them stated that when somebody start arguing with them makes them angry, 13.3% of them stated that when somebody insult them makes them angry, 43.3% of them responded that when somebody did something they don't like, it makes them angry and 3.3% of them said that when somebody insist to do something, makes them angry.
- Majority i.e. 68.3% of them most of the times get angry at home, 11.7% of them get angry in community and 20% of them get most of the times angry at some other places.
- Majority i.e. 73.3% of them handle their anger by staying calm, 16.7% of them handle anger by throwing something, 5% of them handle anger by cursing and 5% of them handle anger by threatening someone.
- Majority i.e. 55% of them stay in control when in anger, 13.3% of them lose their control when anger work on them, 21.7% of them walk away and 10% of them stay calm when in anger.
- Majority of 83.3% of them handle the situation quite well, 13.3% of them do not handle situation so well and 3.3% of them handle the situation very bad.
- Majority i.e. 36.7% of them never spread gossips or rumors about a friend/classmate that they had a fight with or dislike, 28.3% of them don't spread gossips or rumors, 21.7% of them usually stop talking to the friend and 13.3% of them spread gossips or rumors about a friend / classmate that had a fight with or dislike.
- Majority i.e. 40% of them stated that when somebody start arguing with them makes them angry, 13.3% of them stated that when somebody insult them makes them angry, 43.3% of them responded that when somebody did something they don't like, it makes them angry and 3.3% of them said that when somebody insist to do something, makes them angry.

### SECTION III

When somebody makes them angry, 23.3% of them always, 33.3% of them very often and 23.3% of them try not to show their emotions, and pretend to tolerate it. When they encounter a problem, only 3.3% of them always and 25% of them very often identify the "right" solution themselves and get it implemented as fast as possible. When they are angry, 46.7% of them always and 23.3% of them very often hit something (or they want to hit something). When something really

frustrating happens, 11.7% of them always and 18.3% of them very often know it's not the end of the world. When something really frustrates them, 21.7% of them always and 31.7% of them very often can usually see the humor in the situation, and they laugh at them self and or the others involved. 16.7% of them always and 16.7% of them very often can forgive people after they've hurt or angered them. When they feel angry, 10% of them always and 13.3% of them very often give themselves a "time out" (they walk away to calm down). When they are angry, 10% of them always and 28.3% of them tend to focus on their feelings and how they had been wronged. After they been angry, 3.3% of them always and 16.7% of them very often think about what they could or should have done to control their anger better. When they are angry, 6.7% of them always, 5% of them very often and 40% of them rarely find alternatives and give themselves enough time to make a good choice to solve their problems. When they are angry, 38.3% of them always and 21.7% of them tend to yell, curse, and say things that they later regret. When somebody ask them to do something they really don't want to do, 36.7% of them always and 11.7% of them very often agree – and then they are angry at themselves later. If they know a certain situation will make them angry, 6.7% of them always and 8.3% of them very often avoid it. When they get angry, 65% of them always and 21.7% of them very often express it by verbally or physically harming others. 70% of their parents always and 15% of their parents very often encouraged them to use physical force with friends / classmates to protect themselves.

Majority i.e. 15% of them always and 20% of them very often find it difficult to follow instructions and complete tasks given by their parents and school teachers. 23.3% of them always and 15% of them very often lie to hide their faults. 1.7% of them always and 8.3% of them very often actively indulge in sport activities, cultural programs and other social activities. 6.7% of them always and 5% of them very often believe that problems can be resolved if they can talk about it to their parents / teachers or friends. 6.7% of them always and 11.7% of them very often tried to tell their problems and issues to their family members / teachers / friends. 1.7% of them always and 10% of them very often take corrections given by parents and teachers in a positive manner. 30% of them always and 8.3% of them very often get angry, they start counting. 20% of them always and 10% of them very often do meditation and yoga for relaxation of the mind.

### Conclusion:

The study significantly proved that there is an association between factor influencing anger and their coping strategies with demographic variables

### Recommendation

It is suggested that the study may be replicated using a larger population of sample, in order to know the level of aggression in a wider range of children.

The sample can be replicated on a different population of a younger or older age group