



EFFECTIVENESS OF PSYCHO EDUCATION MODULE ON MANAGING ANGER AMONG ADOLESCENTS STUDYING IN SELECTED SCHOOL: A QUASI EXPERIMENTAL STUDY

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ABSTRACT

Introduction: Anger is a typical human feeling that, when handled correctly and spoken assertively, may give a person the motivation they need to work through issues and make decisions about their own lives.

When anger is suppressed or exhibited violently, it can become a problem. When someone cannot control their anger, violence results. **Methodology:** The study evaluate the effectiveness of Psycho Education Module On Managing Anger Among Adolescents Studying in Selected School: using a quasi-experimental one group pre-test and post-test design. Conducted in a selected school with 60 adolescents, the study employed a quantitative approach. Data collection involved a semi-structured questionnaire for demographics and a modified Novaco anger scale for assessment of the level of anger. The reliability of the tool was confirmed with Karl person correlation coefficient for the questionnaire (0.9888) **Results:** The study assessed the impact of a psycho education module on managing anger among adolescents. In the pre-test majority of participants 29 (48.33%) of them had a more irritable score, 24 (40%) of adolescents had an average amount of anger and 7 (11.67%) of adolescents had more peaceful than average, 40% of adolescents had an average amount of anger. In the post-test, the majority of participants, 31(51.67%) adolescents had more peaceful than the average scores, 15 (25%) adolescents had low anger scores, and 14 (23.33%) of them had average anger scores. The pre-test anger score is 56.35 ± 12.11 , whereas the calculated t value 17.13 is greater than the table value 2.00 at 0.05 level of significance. Hence it is statistically interpreted that the research hypothesis is (H1) is accepted and null hypothesis (H0) is rejected. Thus the Psycho Education Module on managing anger among adolescents studying in selected school was effective. **Conclusion:** According to the study findings, the effectiveness of psycho education module on managing anger was significantly association with age (in years), and type of family, while none of the other demographic variables were associated with anger score. It is concluded that the psycho education module is a useful method for managing anger

KEYWORDS : Effectiveness, psycho education module, adolescents, anger, managing anger, school

INTRODUCTION

Anger is just as important as joy, sadness, fear, or even disgust. It is one of the fundamental human emotions. Anger is when you feel angry because you think someone or something did something to you intentionally. Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems (American Psychological Association, 2021).

Anger is a typical, healthy emotion that serves as a warning sign and informs us of potential trauma or threats. From mild annoyance to scorching, blazing intensity, it sets us up for a good fight or rapid flight (Butterfield, 2000).

Modern psychologists believe that all true people experience anger as a fundamental and natural emotion. Controlled anger affects a person's social well-being and has survival value. Today, children and adolescents are particularly at risk for anger-related health issues. Children who need mental health care are more likely to do so for anger-related issues such as oppositional behavior, aggressiveness, physical aggression, and verbal abuse. The kids are more prone to impatience, sensitivity, rejection, and criticism, and adolescence brings on dull situations that add to their wrath.

Background Of The Study

Anger is a common feeling that everyone experiences on occasion. It usually occurs as a reaction to thoughts or feelings that cause hurt, frustration, worry, envy, confusion, rejection, confusion, or helplessness. What matters is how they handle and communicate their anger. Poor anger management may affect one's physical and mental well-being in addition to relationships. In their adolescence, many boys have difficulty recognizing their feelings, let alone expressing them or asking for help. It might be difficult as a parent to support your

teenagers in learning healthy coping mechanisms and positive ways to express their anger.

Need Of The Study

The amount of lifetime anger in the population was estimated at 7.81%. Men had a noticeably larger likelihood of becoming angry than women did. There are 312.2 million people in the USA overall, including 43 million adolescents. Nearly 42 million Americans, or more than 13 percent of the total population are between the ages of 10 and 19. According to the British Association of Anger Management, 22 million people in America, or nearly 9 percent of adults, struggle with impulsive anger behavior. In India, the level of aggression was found to be high among adolescents. The range was 17.7% for general aggressiveness and 66.5% for physical violence.

Problem Statement

"Effectiveness Of Psycho Education Module On Managing Anger Among Adolescents Studying In Selected School: A Quasi Experimental Study."

Objectives Of The Study

Primary Objective

To Assess Effectiveness Of Psycho Education Module On Managing Anger Among Adolescents Studying In Selected School.

Secondary Objectives

1. To assess the pre-test level of anger among adolescents studying in selected school.
2. To assess the post-test level of anger among adolescents studying in selected school.
3. To evaluate the effectiveness of psycho education module on reducing anger among the adolescents studying in selected school.

4. To find out association between post-test score of anger with selected demographic variables.

Conceptual Framework

The study was based on Imogene King's goal achievement theory

Methodology

Research Approach: Quantitative research approach

Research Design: Quasi-experimental one-group pre-test post-test research design

Sample: Adolescents

Sample Size: 60 Adolescents

Sampling Technique: Non-probability convenient sampling teaching technique

Tool

- Section A: semi-structure questionnaire on demographic variables
- Section B: Modified Novaco Anger Scale
- Section C: Psycho Education Module on Anger Management

RESULT AND DISCUSSION

Table No -1: Table Showing Frequency And Percentage Wise Distribution Of Pre-test Anger Score Among Adolescents

N = 60

Level of anger	Score Range	Level of Pre-test Score	
		Frequency (f)	Percentage (%)
Low	0-20	0	0
More peaceful than the average	21-40	7	11.67
Average amount of anger	41-60	24	40
More Irritable	61-80	29	48.33
Minimum score		25	
Maximum score		76	
Mean anger score		56.355 ± 12.11	
Mean % anger Score		70.43 ± 15.14	

Table No -2: Table Showing Frequency And Percentage Wise Distribution Of Post-test Anger Score Among Adolescents

N = 60

Level of anger	Score Range	Level of Post-test Score	
		Frequency (f)	Percentage (%)
Low	0-20	15	25
More peaceful than the average	21-40	31	51.67
Average amount of anger	41-60	14	23.33
More Irritable	61-80	0	0
Minimum score		15	
Maximum score		60	
Mean anger score		33.25 ± 12.06	
Mean % anger Score		41.56 ± 15.07	

Table No -3: Table Showing Effectiveness Of Psycho Education Module On Managing Anger Of Pre-test And Post-test Among Adolescents

N = 60

Test	Mean	SD	Mean Difference	Calculated t-value	df	Table value	p-value	Significance
Pre Test	56.35	12.11	23.10 ± 10.44	17.13	59	2.00	0.0001	S
Post Test	33.25	12.06						

Level of significance $p < 0.005$

Table No.-4: Table Showing The Application Of Post- Test Level Of Anger Score With Selected Demographic

Variables

N = 60

Demographic Variable	Calculated Value			df	Table value	Level of significance (p < 0.05)	significance
	t value	f value	p value				
Age (in years)	8.66		0.0001	58	2.00	P < 0.05	S
Gender	0.18		0.85	58	2.00	P > 0.05	NS
Type of family		18.91	0.0001	2,57	3.15	P < 0.05	S
Standard of education		2.38	0.063	4,55	2.52	P > 0.05	NS
Education of parents		1.01	0.41	5,54	2.37	P > 0.05	NS
Occupation of head of the family		0.69	0.59	4,55	2.52	P > 0.05	NS
Family income (in rupees)		0.08	0.97	3,56	2.76	P > 0.05	NS
Area of residence		1.31	0.27	2,57	3.15	P > 0.05	NS
Order of birth		0.80	0.45	2,57	3.15	P > 0.05	NS

Key: S- Significant NS- Not Significant

Majority of the adolescents (58.30%) were in the age group 14-16 years, (51.70%) adolescents were females, (70%) adolescents belonging from nuclear family, Each 20% of adolescents were studying in class 8th, 9th, 10th, 11th and 12th standard, (40%) of adolescent parents were educated up to higher secondary, (41.70%) of adolescents parents were doing services, (55%) adolescents had a monthly family income >30000 Rs, (85%) of adolescents were from urban areas, (66.7%) of adolescents had first order of birth.

Table No-1: This table shows that, majority of 29 (48.33%) of them had more irritable anger scores, 24 (40%) of adolescents had average amount of anger and 7 (1.67%) of adolescents had more peaceful than the average. The minimum anger score in the pre-test was 25 and the maximum anger score in the pre-test was 76. The mean anger score in the pre-test was 56.35 ± 12.11 and the mean percentage of anger score in the pre-test was 70.43 ± 15.14 .

Table No-2: This table shows that, majority of participants, 31 (51.67%) of adolescents had more peaceful than the average score, 15 (25%) of adolescents had low scores and 14 (23.33%) of them had an average amount of anger score. The minimum anger score in the post-test was 15 and the maximum anger score in the post test was 60. The mean anger score in the post-test was 33.25 ± 12.06 and the mean percentage of anger score in the post-test was 41.56 ± 15.07 .

Table No-3: This table shows that, post-test mean anger score 33.25 was higher with SD of 12.06 when compared with the pre-test mean anger score value which was 56.35 with SD 12.11 mean difference was 23.10 with SD 10.44. The df was 59. the calculated 't' values 17.13 is greater than table value 2.00 at 0.05 level of significance. Hence it is statistically interpreted that the research hypothesis is (H1) is accepted and the null hypothesis (H0) is rejected. Thus the Psycho Education Module on managing anger among adolescents studying in selected school was effective.

Table No-4: This table shows that, displays that there is an association of post-test anger score with age (in years), and type of the family, while none of the other demographic variables were associated with anger score.

CONCLUSION

The study concludes after a thorough analysis that the mean pre-test level of anger score was 56.35 and the mean post-test level of anger score was 33.25. The calculated t-value is 17.13 greater than the table value of 2.00 at a 0.05 level of significance. Hence it is statistically interpreted that the Psycho Education Module on managing anger among adolescents studying in selected school was effective. Thus, H₁ is accepted and H₀ is rejected. Analysis reveals that there is an association of post-test anger score with age (in years), and type of the family, while none of the other demographic variables were associated with anger score.

Recommendations

- A similar study can be conducted on a large population.
- A study can be carried out on particular mental disorders among the adolescents in the school setup.
- A similar study may be conducted on a comparative study to assess effectiveness of psycho education module on managing anger among adolescents in Urban and Rural areas.
- A study can be carried out to determine the effectiveness of psycho education module in reducing anger among post operative adolescents.

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