



A STUDY ABOUT ANGER AS HURDLE FOR SOCIAL ROLE

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ABSTRACT Anger is a natural reaction and a way of communicating sense of disagrees. Anger is a negative aspect for social dimensions. Anger person expresses their prejudiced views as reality. Listeners reflect a bad image and good qualities of person diminish in a moment. Society needs soft spoken, etiquette, civilized persons. Present study if focused on finding of impact of anger on social role.

KEYWORDS : Anger, Hurdle, Social Role

Introduction:

Anger is one of the most common negative factors in social relationships. It has a negative effect on anger person's life and on the lives of those around him. It takes root in insecure relationships where open communication is absent and the emotion of affection is buried beneath resentment. There is typically hopelessness in the present and doubt about the future in these relationships.

The effect of anger in families is usually apparent in the way that members relate with one another. Society tells us anger is dangerous and we should hide it. There are visible, tangible impacts on affected person as tears, a heavy silence. Anger can also cause problems that aren't so easy to spot right away.

When anger continues for a long period of time, it becomes more difficult to cope with little aggravations and becomes harder to distress. This can affect every day activities, like work and extracurricular. For an anger person, it can be hard to focus on tasks, accomplish projects, and can make people not want to work along with him. Anger also causes feelings like guilt, remorse and shame. Anger can affect not only person but the people in his life as well. It can cause people to feel put off, upset, intimidated, afraid and unpleasant emotions.

Excessive anger also puts physical wellbeing at risk. In the short term, anger can cause headaches, migraines, chest pains, aches and more. It can also put at risk for hypertension, high blood pressure, depression, and cardiovascular issues.

Anger may be controlled by walk away from the situation temporarily until cool down. Recognizing and acceptance of emotion as normal part of life and try to pinpoint the exact reasons why feel angry help to apart it. Once problem is identified then consider different strategies on how to remedy the situation. Learning of relaxation techniques, such as meditation, yoga and physical exercise supports. Feeling of others should be respected and encouragement to open and honest communication help to apart anger.

Objective:

- Finding of impact of anger of male persons on social role
- Finding of impact of anger of female persons on social role

Hypothesis:

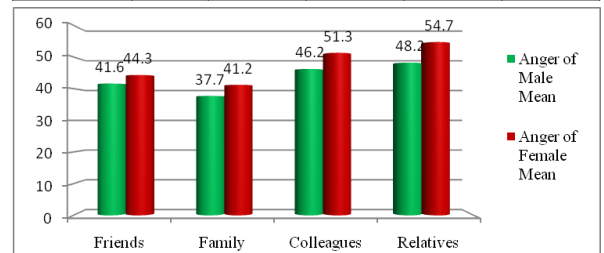
1. There is no significant impact of anger of male persons on social role.
2. There is no significant impact of anger of female persons on social role.

Methodology

Descriptive survey method was applied for present study. 300 persons of age 21 to 40 years were randomly selected as sample. 50% male and 50% female 50% rural and 50% urban were accompanied in sample. They were tested and interviewed for impact of anger using self prepared questionnaire. Social role was measured as impact on friends, family members; colleagues and relatives. Collected data was tabulated and comparatively analyzed using mean value, standard deviation and t value as statistical tool.

Finding and Analysis:**Table: Impact of Anger on Social Relationships**

Social Components	Anger of Male		Anger of Female		t Value
	Mean	S.D.	Mean	S.D.	
Friends	41.6	1.03	44.3	0.84	0.79
Family	37.7	0.87	41.2	0.93	0.88
Colleagues	46.2	0.92	51.3	0.88	0.83
Relatives	48.2	0.94	54.7	0.84	0.82



Data shows that mean value of male anger persons on friends found 41.6, on family 37.7, on colleagues 46.2 and on relatives 48.2. Hence hypothesis 1, there is no significant impact of anger of male persons on friends, family members, colleagues and relatives is rejected.

Data regarding impact of female anger persons exhibits in terms of mean value as 44.3 on friends, 41.2 on family, 51.3 on colleagues and 54.7 on relatives. T value found significant for each component at 0.05 level. Therefore hypothesis 2, there is no significant impact of anger of female persons on friends, family members, colleagues and relatives is rejected.

Conclusion:

Anger is a natural and powerful emotion that should be expressed appropriately. If it isn't handled appropriately, it may have destructive results for person and those around to him. It may cause of bitter experiences about that person. Uncontrolled anger can lead to arguments, physical fights, physical abuse, and assault and self-harm. It badly affects family relationship, friendship and attitude of colleagues and relatives. Several way are suggested by psychiatrists to apart it should be exercised.

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