



A STUDY OF EFFECTIVENESS OF ANGER MANAGEMENT IN TERMS OF AGGRESSIVE BEHAVIOR OF FEMALE STUDENTS.

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ABSTRACT

Present study is an attempt to study effectiveness of anger management in terms of aggressive behavior of Female students of middle school children of Chhattisgarh state. The study was experimental in nature and the design of the study was pretest-posttest control group design. The experiment was conducted on 240 students, control group comprised of 120 students and the experimental group also comprised of 120 students. Data was collected by using revised manual for aggression scale developed by Dr. R.L. Bharadwaj, statistical analysis was done by employing One Way ANOVA. After the experiment the aggressive behavior of the Female students of experimental group was found to be lower than the aggressive behavior of the control group.

KEYWORDS

Angar Management and Aggressive Behaviour.

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 our life. Anger is a natural emotion that everyone faces, regardless of gender and age. Anger is the result of unfulfilled expectations and desires. It is natural for the students to get angry sometimes, but when the students have difficulty in controlling their anger; the academic and social outcomes suffer. Students who have not learnt to manage their anger are at a high risk of violent explosive behaviour.

Anger Management is about coping with our anger. It is about calming the reaction within. It is also about controlling the external expression of it. Anger

Management commonly refers to a system of psychological therapeutic techniques and exercises by which someone with excessive or uncontrollable anger can control or reduce the triggers, degrees, and effects of an angered emotional state.

Aggression can be either verbal or physical. Some people only behave aggressively in very particular situations, for instance after drinking alcohol or when they feel that they are not being taken seriously or when they are very upset and raw. Whatever causes the aggression and whatever form it takes it can cause a range of difficulties.

Nayereh, Z. and Akram, P. (2011) made a study on anger management training on parents' anger expression and control and the result revealed that anger management training significantly reduced the intensity of anger in situation-induced anger and trait anger, and increased anger control-in.

Valizadeh, S. et al. (2012) conducted a study on anger management skills training on reduction of aggression in adolescents. The results revealed that the anger management skills training are able to decrease total aggression, aggressive behaviours and thoughts.

Whirter, M. and Benedict, T. P. (1999) "Effects of Anger Management and Goal Setting Group Interventions on State-Trait Anger and Self-Efficacy Beliefs". Results of a series of Repeated Measures ANOVAS revealed no group effects or group by time interaction effects. group on the STAXI and on state anger.

Howells, K. et al. (2005) Brief anger management programs with offenders: Outcomes and predictors of change. The degree of improvement was found to be predictable from pretreatment measures of anger and treatment readiness.

Robertson, T. et al. (2012). This review considers the impact of deliberate emotion regulation on aggression situations. Treatment encompassing all of these skills may improve an individual's ability to regulate difficult emotion states more adaptively and thereby lessen aggressive behavior.

OBJECTIVE OF THE STUDY

1. To study the effectiveness of Anger Management in terms of Aggressive Behavior of Female students.

HYPOTHESES

1. The mean pre-test score of aggressive behaviour of the Female students will not differ significantly from their mean post-test score of aggressive behaviour of the experimental group.
2. The mean pre-test score of aggressive behaviour of the Female students will not differ significantly from their mean post-test score of aggressive behaviour of the control group.
3. The mean post-test score of aggressive behaviour of the Female students of experimental group will not differ significantly from their mean post-test score of aggressive behavior of the control group.

METHODOLOGY

SAMPLE

For the present study the sample was selected through Random sampling technique. To start with, two schools were selected randomly. The selected schools were Adarsh Middle School, Resali and Government higher secondary school, Ruabandha, Bhilai. The randomly selected classes i.e. class vi, vii and viii of Adarsh Middle School, Resali, Bhilai formed the experimental group while corresponding sections of Government higher secondary school, Ruabandha, Bhilai formed the control group. The control group comprised of 120 female students, of these 40 girls were from each class. The experimental group also comprised of 120 female students, 40 girls were from each class.

RESEARCH DESIGN

The present study was experimental in nature. The pretest-posttest control group design was employed for the execution of the experiment. The layout of the design is as follows:

R1 T1 X T2

R2 T1 T2

Wherein: R1 and R2 : Randomly selected groups.

T1 : Pre-test

T2 : Post-test

X : Experiment

In addition to this there was one control group where the testing of dependent variable was done in the same manner as done with the experimental group.

TOOLS

For the present study the data were collected with respect to aggressive behavior for assessing Aggressive behavior of the subject's revised manual for aggression scale developed by Dr. R.L. Bharadwaj, was used by the experimenter.

STATISTICAL ANALYSES

To study the effectiveness of anger management in terms of aggressive behavior of Female One Way ANOVA was employed.

RESULT AND INTERPRETATION

1a. EFFECTIVENESS OF ANGER MANAGEMENT IN TERMS OF AGGRESSIVE BEHAVIOR OF FEMALE STUDENTS OF EXPERIMENTAL GROUP.

The summary of One Way ANOVA employed between the mean pre-test and post-test score of aggressive behavior of the female students of the experimental group has been presented in Table 4.4.

1. Summary of One Way ANOVA for Pre-test and Post-test score of Aggressive Behaviour of female students of Experimental Group.

Sources of variance	Sum of Squares	df	Mean Square	F
Between Groups	980.104	1	980.104	5.193*
Within Groups	44921.858	238	188.747	
Total	45901.962	239		

*Significant at 0.05 level

From the table 1 it is evident that the F- value 5.193 with df 1/239 was found to be significant at 0.05. This reveals that both the means differ significantly. Therefore the null hypothesis stated as "The mean pre-test score of aggressive behavior of the female students of experimental group will not differ significantly from their mean post-test score of aggressive behavior." is rejected. This reveals that the experiment produced a significant difference in the aggressive behavior of the female students.

Further the mean pre-test score of aggressive behavior was 66.13 which is significantly higher than the mean post-test score of aggressive behavior i.e. 62.09. Thus, after the experiment the aggressive behavior of the female students was found to decrease significantly.

1b EFFECTIVENESS OF ANGER MANAGEMENT IN TERMS OF

AGGRESSIVE BEHAVIOR OF FEMALE STUDENTS OF CONTROL GROUP.

Table No. 2. Summary of One Way ANOVA for Pre-test and Post-test score of Aggressive Behaviour of female students of Control Group.

Sources of variance	Sum of Squares	df	Mean Square	F
Between Groups	1421.067	1	1421.067	9.335**
Within Groups	36231.583	238	152.234	
Total	37652.650	239		

**Significant at 0.01 level

From the table 2. it can be inferred that the F- value 9.34 with df 1/239 was found to be significant at 0.01. This reveals that both the means differ significantly. Therefore the null hypothesis stated as "The mean pre-test score of aggressive behaviour of the female students of control group will not differ significantly from their mean post-test score of aggressive behaviour of the Control group" is rejected. This reveals that the Control group produced a significant difference in the aggressive behavior of the female students.

Further the mean pre-test score of aggressive behaviour was 63.36 which is significantly lower than the mean post-test score of aggressive behaviour of the Control group i.e. 67.41. Thus, after a period of six months aggressive behavior of the female students was decreased significantly.

1.c EFFECTIVENESS OF ANGER MANAGEMENT IN TERMS OF AGGRESSIVE BEHAVIOR OF FEMALE STUDENTS OF EXPERIMENTAL GROUP VIZ-A-VIZ CONTROL GROUP.

The summary of One Way ANOVA employed between the mean post aggressive behavior score of the female students of experimental and Control group has been presented in Table 3.

Table No. 3. Summary of One Way ANOVA for post-test score of aggressive behaviour of female students of Experimental Group and Control group.

Sources of variance	Sum of Squares	df	Mean Square	F
Between Groups	18.150	1	18.150	.078
Within Groups	55503.583	238	233.208	
Total	55521.733	239		

From the table 3 it can be inferred that F-value 0.078 with df 1/239 was not found to be significant. Therefore the null hypothesis stated as "The mean post-test score of aggressive behavior of the female students of experimental group will not differ significantly from mean post-test score of aggressive behavior score of the female students of the Control group" is not rejected. This reveals that the female students of post experimental group did not produced any significant difference in the post-test score of aggressive.

FINDINGS

The findings of the study are:

1. After the experiment the aggressive behavior of the female students of experimental group was found to decrease significantly.
2. After a period of six months aggressive behavior of the female students of control group was found to be decreased significantly.
3. The aggressive behavior of the female students of both experimental and control group was found to be almost same.

DISCUSSION

- The experiment produced a significant difference in the aggressive behavior of female students of experimental group. After the experiment the aggressive behavior of female students was found to be decreased significantly. This is because anger management technique helps in increasing the self control. This in turns helps in controlled expression of anger. Further aggressive behavior reveals the anger of the students which has been controlled through yoga. Thus the aggressive behavior of female students of experimental group was found to be decreased after the experiment.
- After a period of six months the aggressive behavior of the female students of Control group was found to be increased this may be because of the stress and strain the students are getting from their studies, home assignments increasing academic competition and pressure from their parents as well as teachers the students are not getting time for playing as well as other social activities which in turn is increasing the aggressive behavior of the students.
- The aggressive behavior of female students of both experimental and Control group was found to be the same. The reason may be that the female students have a controlled behavior and are self controlled. This in turns helps in controlled expression of anger.

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