



**ORIGINAL RESEARCH PAPER**

**Management**

**ANGER CONTROL PROGRAMME ON EMOTIONAL AND BEHAVIOURAL PROBLEMS IN CHILDREN**

**KEY WORDS:** Emotional and behavioral problems anger, dimensions of anger reaction.

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**ABSTRACT**

**Aim:** The aim of the study is to assess the effectiveness of anger control programme on emotional and behavioral problems in school children.  
**Methods:** This study was conducted in a school. An evaluative research approach using pre intervention test and post intervention test was adopted in this study  
**Results:** The findings of the study revealed that there was statistically significant difference between the post test scores of the level of anger in experimental and control group since calculated t value (t=5.12) is greater than the table value (t58=2.002) at 0.05 level of significance.  
**Conclusion:** The benefits of undergoing anger management sessions results in successful reduction in anger and violent outbursts amongst children.

**INTRODUCTION**

Providing children with an enhancement that demonstrate love, compassion trust, understanding will greatly impact a child So that they can build on these stepping stones to have productive lifestyles. Anger is an emotion varies in its intensity that is from mild irritation to fury and rage. A large group of young people suffer from various emotional and behavioral problems. Studies indicate that 17% to 22% of youth under the age of 18 suffer from emotional and behavioural problems. Between 11 million to 14 million children are at risk for emotional impairment. A majority of these children have difficulty in handling anger and act out in violence and intolerance. Some suppress the anger while the other expresses it violently. The suppression of anger causes mental disorder like depression, anxiety disorder and violent expression leading to crime and anti-social behavior. Effects of uncontrolled anger can cause many of the same problems linked to uncontrolled stress, including a depressed immune system, high blood pressure, chronic fatigue and irritable bowel syndrome and lead to asthma related issues. The benefits of undergoing anger management training helps in the successful reduction in anger.

**AIM**

The aim of our study is to find out the effectiveness of anger control in children in changing their emotional and behavioral problems.

**MATERIALS AND METHODS**

This study was conducted in a school. An evaluative research approach using pre intervention test and post intervention test was adopted in this study. In this study Quasi -experimental pre test post test control group design was adopted to assess the effectiveness of ACP on emotional and behavioral problems in children from different divisions from two different floors were selected for experimental and control group. They were similar in all aspects including their settings and functioning. In this study target population were the children between 8-12 years old school going children. Sample size (n) was 60 (30= experimental, 30=control group)

In this study data collection instrument used are

- Baseline perform of the children
- Modified pediatric symptoms checklist
- Anger assessment

**RESULTS:**

30 children in the group most of them (40%) were within 8-10, 6 (20%) were between 10-11yrs.8-10 of them 11-12 years. In control group 13 (43%) were between 10-11years 11 (37%) of them were between 8-10 years and 6 (20%) were within the age group of 11-12 years. In the experimental group there was equal Number of male and female. 15 (50%) each in the control group

20 (67%) female and 10 (33%) male. The experimental group had 17 (57%) nuclear and 13 (43%) children from joint families.

Table: (1) Comparison of pre test and post test of emotional/ behavioral problems scores of children in experiments and control groups

	Level of Behavioral/ emotional problems									
	Pre test					Post test				
	Mean & SD	Mean %	t-Value	Df	(p-value)	Mean & SD	Mean %	t-Value	df	(p-value)
Exp. Group	37.7 ±5	53.9	0.198	58	0.844	28.5 ± 4.2	40.8	8.052	58	0.0001*
Control group	37.5 ±4	53.6				37.9 ±4.8	54.1			

Tables reveals that the mean percentage of post test level emotional and behavioral problems in children in experimental group was found to be 40.8%. which is significantly lower than the pre test score 53.9%. It is very clear from the results that the mean level of emotional and behavioral score has decreased from pre test 37.7+5 SD to post test 28.5+4SD. The mean percentage post test level of emotional/ behavioral problems of children in the experimental group (28.5+42SD) was lower than that of mean post test level of emotional and behavioral problems of children in the control group (37.9+4.8SD)

Table2. Comparison of pre test and post test level of anger in experimental and control group.

	Level of Anger									
	Pre test					Post test				
	Mean & SD	Mean %	t-Value	Df	(p-value)	Mean & SD	Mean %	t-Value	df	(p-value)
Exp. Group n <sup>1</sup> = 30	30.7 ± 9.5	54.9	2.08	58	0.052	23.9 ±7.2	42.7	5.912	58	0.0002*
Control group n <sup>2</sup> = 30	35.7 ±9.6	63.8				36.5 ±9.2	65.2			

**CONCLUSION**

There is significant differences between the mean post test level of anger in experimental and control group. ACP is effective on emotional and behavioural problems of children in experimental group. There is no significant association of any of the baseline variables with mean post test level of emotional and behavioural problems in children in experimental groups at P<0.05. There is association between baseline variables such as birth in order in

the experimental group and type of residents in the control group with mean post test level of anger in children at  $p < 0.05$  rest of the variables such as age, gender, education, type of family, parents occupation, family income are not significant.

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