

A Study to Assess the Knowledge and Practice of Anger Management among Adolescents Students in a Selected School, Thrissur with a View to Prepare a Pamphlet

E. S. Prasanth¹, Ancy Vargheese², K. H. Athulya², Babitha Babu², Chanjal Sebastian², N. Jiya², M. G. Karthika², Neema Nazar²

¹Department of Mental Health Nursing, Thrissur, Kerala, India, ²Bsc Nursing Students, Aswini College of Nursing, Nadathara, Thrissur, Kerala, India

Abstract

Background: Anger is an emotional state that varies in intensity from mild irritation to intense fury and range. Anger can be caused by both external and internal events. The anger management helps to reduce both emotional feeling and the physiological arousal that anger causes. Hence, the study was undertaken to assess the knowledge and practice of anger management among adolescent students in a selected School, Thrissur with a view to prepare a pamphlet. The objectives of the study were to assess the knowledge and practice regarding anger management among adolescents and find out the association between knowledge and practice on anger management among adolescents with their selected demographic variables.

Methods: Data were collected using a structured questionnaire. The design of study was descriptive survey and was conducted over 212 students from St. Joseph Model Higher Secondary School, Kuriachira, Thrissur. The samples were selected by purposive sampling.

Results: According to this study, state that the knowledge regarding anger management among adolescents is inadequate (58.49%) as well as practice regarding anger management among adolescents is also moderate (39.25%).

Conclusion: The study concluded with that each school gives some attention to the knowledge of practice regarding anger management among adolescents.

Keywords: Anger, anger management, adolescents, knowledge, practice

INTRODUCTION

Background of the study

Anger or wrath is the emotion of heated displeasure. It is both the smouldering flame of resentment and the volcanic eruption of fury. To be angry is to not be at peace. It is to be held in

the grip of aversion toward some person, event, pattern of living, opinion, or thing.^[1] Excessive anger can foster health problems, may damage interpersonal relationships, impair the ability to work productively, and may lead to or exacerbate health problems.^[2] One should always express his or her anger rather than suppressing the same. There are multiple reasons for the same and we will try to analyses each of these in detail.

If we look at the natural way most human beings respond to anger, most of us get frustrated and the resulting behaviors are very close to aggression. It is a natural adaptive response to threats which leads to thinking oneself as a powerful and aggressive person which, in turn, allows people to fight and to defend themselves when they feel offended. A certain amount of age is necessary for all of us to survive and we should never allow anger to grill our mind.^[3]

Date of Submission: 30-03-2022

Date of Revision: 10-04-2022

Date of Acceptance: 13-04-2022

Access this article online

Website: <http://innovationalpublishers.com/Journal/ijnr>

ISSN No: 2454-4906

DOI: 10.31690/ijnr.2022.v08i02.002

Address for Correspondence:

E. S. Prasanth, Department of Mental Health Nursing, Thrissur - 680 751, Kerala, India. E-mail: prasanthsalm@gmail.com

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution Noncommercial Share Alike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms

In a world of fast-paced technology, man has become a machine. But that does not draw the closure of man being literally a machine sans the natural human emotions. Nothing unlike other human feelings, anger is also referred to as one of the human emotions. While anger has the ability to empower humans in a constructive way, the chronic anger reflects the loss of power in the long run. Throughout history, the negative effects of anger have been observed precisely. The modern times have translated the concept of controlling anger into anger management programs.^[4] Anger management is the process of learning to recognize signs that you are become angry, and taking action to calm down and deal with the situation in a productive way. Anger management does not try to keep you from feeling anger or encourage you to hold it in. Anger is a normal healthy emotion when you know how to express it appropriately.^[5]

Anger is a powerful force that can jeopardize your relationships, your work, and your health, if you don't learn to manage it effectively. To manage anger, acknowledge that you have a problem, keep a hostility log, and build a support network based on trust. Furthermore, use techniques to interrupt your anger, listen empathize, be assertive with others, and learn to relax, as well as laugh at yourself.^[6]

Problem statement

The study was to assess the knowledge and practice of anger management among adolescent's students in a selected school, Thrissur with a view to prepare a pamphlet.

Objectives

The objectives are as follows:

- To assess the level of knowledge regarding anger management among adolescents
- To assess practice of anger management among adolescents
- To find out the association between knowledge on anger management among adolescents with their selected demographic variables
- To find out the association between practice on anger management among adolescents with their selected demographic variables.

METHODOLOGY

Research approach

Quantitative approach

Research design

Descriptive research design.

Variables

Sociodemographic variable: Age in years, gender, type of family, family income, birth order, educational status of father, educational status of mother, family residence, place of residence of student, no. of siblings, class of study, frequency of outburst, behavior effect of anger, and the triggers.

Research variable

Knowledge regarding anger management, practice regarding anger management

Settings of the study

The study was conducted at St. Joseph Model Higher Secondary School Kuriachira, Thrissur.

Sample and sampling technique

The 212 sample were selected by convenient sampling technique.

Inclusion criteria

The following criteria were included in the study:

- Students who are from the age group of 13–16 years
- The sample who are willing to participate in the study.

Exclusion criteria

The following criteria were excluded from the study:

- Adolescent students who were absent on day of data collection
- Adolescent students who were not willing to participate in the study.

Tool and instruments

A research tool is a device used to measure the concept of interest in a research project. For the present study following tools are used:

Section-A: Demographic profile of adolescents

The demographic profile consists of variables such as age, sex, type of family, family income, birth order, educational status of father and mother, family residence, place of the residence of the student, number of the siblings, class of study, frequency of anger related episodes, behavioral effects of the anger, and the triggers.

Section-B: Structured knowledge questionnaire of anger management among adolescents

Section-C: Anger practice checklist of anger management of adolescents.

Method

The study was conducted according to the following steps

- Approval from the ethical committee was obtained followed by administrative permission for conducting the study.
- The tool was developed by the researcher, after a review of recent relevant literature.
- After obtaining content validity from experts the study was conducted among staff nurses by following the inclusion and exclusion criteria.
- The collected data were analyzed by descriptive statistics.

RESULTS

Section A: The data on demographic variables was analyzed by using frequency and percentage distribution

1. According to age: Majority of the samples 55.66% (118) are of 14 years of age, 28.3% (60) samples are of 15 years

- of age, 14.15% (30) samples are of 13 years of age, and 1.89% (4) samples are of 15 and above.
- According to gender: 83.02% (176) samples are of males and 16.98% (36) samples are females.
 - According to Type of family: 82.08% (174) samples are come from Nuclear families, 16.03% (34) samples are from joint families, and 1.89% (4) samples come from extended families.
 - About the family income: 27.36% (58) samples had an income of Rs. 20,000/month, 25% (53) samples had an income of Rs.5001–10,000/month, 19.34% (41) samples had an income of Rs. 10,001–15,000/month, 17.92% (38) samples are having income Rs. 15,001–20,000/month, and 10.38% (22) samples had Rs. 5,000/month.
 - According to birth order: Majority of the samples 47.17% (100) belong to birth order 1, 39.15% (83) belong to 2, 11.79% (25) belong to 3, 1.42% (3) belong to 4, 0.47% (1) belong to 5, and 0% (0) belong to >5.
 - According to educational status of father: Majority of the samples have a higher secondary school education 36.79% (78), 25.94% (55) samples have a high school level education, 21.23% (45) samples have a diploma, 11.71% (25) samples have post-graduation or above, 3.78% (8) samples have primary school, and 0.47% (1) samples are illiterate.
 - According to educational status of mother: Majority of the samples 39.15% (83) have a diploma, 29.72% (63) sample have higher secondary school, 21.23% (45) samples have a post graduate degree or above, 8.49% (18) samples are having high school, 1.41% (3) samples have a primary level education, 0% (0) illiterate.
 - According to the family residence, majority of the samples 63.68% (135) belong to urban areas and 36.32% (77) samples belong to rural areas.
 - According to the place of residence, majority of the samples 99.06% (210) live at home, 0.94% (2) samples were paying guests, and there was none from a hostel.
 - According to the number of siblings, majority of samples 56.13% (119) had 1 sibling, 30.19% (64) samples had 2 siblings, 9.91% (21) samples had 3 siblings, and 3.77% (8) samples had more than 3 siblings.
 - According to the class of study, majority of the samples are 65.57% (139) from the 9th standard. 34.43% (73) from the 8th standard and 0% (0) from the 10th standard.
 - According to frequency of outbursts anger majority of samples having 54.71% (116) experienced on occasional outburst, 30.19% (64) samples experienced more than one in a day outburst, 8.49% (18) samples experienced it daily, 2.36% (5) samples experienced it to once in a week and or never outburst, and 1.89% (4) samples experienced it has in frequently as once a month.
 - With regard to behavioral effect of anger, majority among them 35.38% (75) samples avoided and outburst, 21.69%

(46) samples vented on in-animated objects, 16.98% (36) samples resorted to physical assault on others to getting anger, 10.85% (23) samples made emotional pleas for empathy, and 4.25% (9) samples were indulged in profanity.

- According to triggers 42.46% (90) samples belonged to all the above, 23.58% (50) samples had personal ones, 15.09% (32) samples had academic triggers, 13.68 (29) samples had domestic triggers, and 5.19% (11) samples had environmental triggers.

Section B: Description of the level of knowledge on anger management among adolescent students

As it observed from Table 1, that out of 212 samples 58.49% (124) samples had inadequate knowledge, 39.15% (83) samples had moderate knowledge, and 2.36% (5) samples had adequate knowledge.

Section C: Description of association between knowledge related to anger management among adolescents with their selected demographic variables

- It revealed that there is no significant evidence between knowledge regarding anger management among adolescents with their selected demographic variables age ($\chi^2 = 0.53$, TV = 5.9915), gender ($\chi^2 = 0.46$, TV = 3.8415), type of family ($\chi^2 = 2.55$, TV = 3.8415), family income ($\chi^2 = 3.08$, TV = 5.9915), educational status of father ($\chi^2 = 1.11$, TV = 5.9915), educational status of mother ($\chi^2 = 0.8709$, TV = 5.9915), area of residence ($\chi^2 = 0.07$, TV = 3.8415), place of residence ($\chi^2 = 1.412$, TV = 3.8415), no. of siblings ($\chi^2 = 0.23$, TV = 5.9915), class of study ($\chi^2 = 0.22$, TV = 3.8415), frequency of outburst ($\chi^2 = 3.46$, TV = 5.9915), behavioral effect of anger ($\chi^2 = 1.76$, TV = 5.9915), and the triggers ($\chi^2 = 3.140$, TV = 5.9915).

Section D: Description on level of practice on anger management among adolescent students

As it observed the Table 2 reveals, out of 212 samples 80.66 (171) samples having moderate practice level, 15.09 (32) samples having inadequate practice level, and 4.25 (9) samples having the adequate practice level.

Table 1: Frequency and percentage distribution of sample according to knowledge level (n=212)

S. No.	Knowledge level	Frequency	Percentage
1.	Inadequate knowledge	124	58.49
2.	Moderate knowledge	83	39.15
3.	Adequate knowledge	5	2.36

Table 2: Frequency and percentage distribution of sample according to practice level (n=212)

S. No.	Level of practice	Frequency	Percentage
1.	Inadequate practice	32	15.09
2.	Moderate practice	171	80.66
3.	Adequate practice	9	4.25

Section E: Description of association between the level of practice on anger management among adolescents with selected demographic variables

In the present study reveals that there is significant association between practice on anger management among adolescents with family residence ($\chi^2 = 4.59$, TV = 3.84151). However, there is no significant association between the practice on anger management among adolescents with their selected demographic variables such as age in years ($\chi^2 = 1.286$, TV = 5.99151), gender ($\chi^2 = 3.73$, TV = 3.8415), type of family ($\chi^2 = 0.278$, TV = 3.8415), family income ($\chi^2 = 2.59$, TV = 5.9915), birth order ($\chi^2 = 1.03$, TV = 5.9915), educational status of father ($\chi^2 = 0.026$, TV = 5.9915), educational status of the mother ($\chi^2 = 4.76$, TV = 5.9915), place of residence of student ($\chi^2 = 0.353$, TV = 3.8415), number of siblings ($\chi^2 = 0.23$, TV = 5.9915), class of study ($\chi^2 = 0.0001$, TV = 3.8415), frequency of getting angry ($\chi^2 = 2.32$, TV = 5.9915), behavioral effect of anger ($\chi^2 = 1.12$, TV = 5.9915), and reason for getting angry ($\chi^2 = 3.68$, TV = 5.9915).

DISCUSSION

Anger is a normal, healthy emotion but many children struggle to understand the difference between angry feelings and aggressive behavior. Frustration anger can quickly turn into defiance, disrespect, aggression, and temper tantrums when they do not know how to deal with their emotions.^[7]

Anger management is a term used to describe the skills you need to recognize that you, or someone else, is becoming angry, and then take appropriate action to deal with the situation in a positive way. It does not mean internalizing or suppressing anger, but recognizing the triggers and signs of anger, and finding other, more appropriate ways to express our feelings. People learn steps to help them stay calm in anger management.^[8]

The first objective of the study was to assess the knowledge regarding anger management among adolescents

The analysis of the study shows that out of 212 adolescents, 124 (58.49%) having inadequate knowledge on anger management, 83 (39.25%) having moderate knowledge, and 5 (2.35%) having adequate knowledge on anger management.

The second objective of the study was to assess the practice on anger management among adolescents

The analysis of the study shows that out of 212 adolescents, 171 (80.66%) having moderate practice on anger management, 32 (15.09%) having inadequate practice, 9 (4.24%) having adequate practice on anger management.

The purpose of anger management is to help a person to sublimate anger. It reduces the emotional and physical arousal that anger can cause. It is generally impossible to avoid all people and settings that incite anger. But a person may learn to control reactions and respond in a socially appropriate manner.^[9]

The third objective of the study was to find out association between knowledge on anger management among adolescents with their selected demographic variables

In this study reveals that there is no association between the level of knowledge on anger management among adolescents. The research hypothesis of the above stated objective was “there is significant association between levels of knowledge on anger management among adolescents with their selected demographic variables” but the study reveals that there is no significant association between levels of knowledge on anger management among adolescents with their demographic variables, the research hypothesis is rejected.

An experimental study was done to assess the effectiveness of anger management program among early adolescents in selected school, Thoothukudi in 2014. True experimental research design was chosen for this study. The selected age group was between 12 and 14 years of both sexes, the children were randomized into two groups; the experimental and the control group. The anger level of the children was assessed by self-report using State Trait anger expression inventory before and after anger management program. The findings of the study reveal that there was a significant reduction in the level of anger among early adolescents after providing anger management.^[10]

The fourth objective of the study was to find out the association between practice on anger management among adolescents with their selected demographic variables

In the present study reveals that there is significant association between practice on anger management among adolescents with family residence ($\chi^2 = 4.59$, which is significant at 0.05 level). However, there is no significant association between the practices on anger management among adolescents with their selected demographic variables. The research hypothesis of the above stated objective was “there is significant association between practice on anger management among adolescents with their selected demographic variables which is accepted with reference to the family residence and null hypothesis (there is no significant association between practice on anger management with their selected demographic variable) is accepted with reference to the demographic variables such as age, gender, type of family, family income, birth order, educational status of father, educational status of mother, place of residence, number of siblings, class of study, frequency of getting angry, behavioral effect of anger, and reason for getting angry.

Anger management is to help students to cope despite high levels of anger or aggression learns how to control their emotions. Helping students learn how to understand and manage their feelings may provide them with tools to avoid escalating negative feelings.^[11] And anger also leads to an increased number of crises and that makes our youth to criminal behavior. Hence, there is a need to assess the adolescents anger

and improves the knowledge and practice of anger management among adolescents.

CONCLUSION

Anger is a completely normal, usually healthy, human emotion and its outward expression is healthy to a certain extent. But the absence of set boundaries for the outburst of the emotion leads to problems at studies, work, family, relationships, and in the overall quality of life. These result of this study point out that each school should give some attention to the knowledge and practice regarding anger management among adolescents because these adolescents are future hopes of the nation. We conclude that anger does not solve anything it builds nothing, but it can destroy everything. Hence, adolescents should learn to control anger since anger is an important factor that makes them deviate from the path of life that should have chosen.

ACKNOWLEDGMENT

We wish to extend our special thanks to Dr. Lt. Col. Rosy. K. O. Principal, Aswini College of Nursing for the valuable guidance and support. We owe our deepest gratitude to Dr. Nandini. M, vice principal, Department of child health nursing, Aswini College of Nursing for her constant guidance and inspiration.

It's our pride privilege to express our deep sincere gratitude to Mr. Prasanth E. S, M.Sc.(N), Lecturer, Department of Mental Health Nursing for their encouragement, inspiring corrections, constructive criticism, and timely guidance.

CONFLICTS OF INTEREST AND FUNDING

No conflicts of interest and funding sources available.

REFERENCES

1. Sanders J. A Minor Article on Anger. Available from: <https://www.scoop.co.nz/stories/CU1709/S00120/an-essay-on-anger.htm> [Last accessed on 2017 Sep 06].
2. Kumar S. Management of anger with anger reversal technique among school going adolescents. *Int J Psychol Educ Stud* 2017;4:32-41.
3. American Psychological Association. Control anger before it Controls you. Washington, DC: American Psychological Association; 2005. Available from: <https://www.apa.org/topics/anger/control> [Last accessed on 2005 Jan 25].
4. Available from: <https://brainly.in/question/13029937> [Last accessed on 2019 Oct 16].
5. "Anger Management"; 2017 Available from: <https://middlesexhealth.org/B64B1DF0-8D48-11EB-90220AB055E618A8> [Last accessed on 2017 Jun 10].
6. Yaks E. Anger Management 12 Strategies for Controlling Aggression; 2014. Available from: <https://www.slideshare.net/yaksemma/anger-management-12-strategies-for> [Last accessed on 2014 Aug 06].
7. Morin A. 5 Ways to Teach your Child Anger Management Skills. Available from: <https://www.verywellfamily.com/ways-to-teach-your-child-anger-management-skills-1095010> [Last accessed on 2020 Aug 31].
8. Anger Management-self Management Techniques; 2011 Available from: <https://www.skillsyouneed.com/ps/anger-management.html> [Last accessed on 2020 Aug 06].
9. Nash J. Anger Management Good Therapy; 2018. Available from: <https://www.goodtherapy.org/learn-about-therapy/types/anger-management> [Last accessed on 2018 Jun 14].
10. Jeyasutha R. Effectiveness of anger management program among early adolescent in a selected school, Thoothukudi, True experimental study. *Int J Compr Nurs* 2014;1:11-7.
11. Parnell K, Skiba R. Reecepeferson, Student Engagement University of Nebraska at Lincon, Anger Management; 2013. Available from: https://www.researchgate.net/publication/324558025_Anger_Management_Tiers_2_3 [Last accessed on 2018 Nov 23].

How to cite this article: Prasanth ES, Vargheese A, Athulya KH, Babu B, Sebastian C, Jiya N, Karthika MG, Nazar N. A Study to Assess the Knowledge and Practice of Anger Management among Adolescents Students in a Selected School, Thrissur with a View to Prepare a Pamphlet. *Int J Nur Res.* 2022;8(2):47-51.