

Anger, Anger Expressions and Strategies Adopted for Anger Management

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Abstract

Background : Anger is a basic human emotion that is experienced by all people. Typically triggered by an emotional hurt, anger is usually experienced as an unpleasant feeling that occurs when we think we have been injured, mistreated, opposed in our long-held views, or when we are faced with obstacles that keep us from reaching personal goals.¹

Methodology : Researcher adopted quantitative research technique to attain the study's goals technique. During this inquiry, the researchers utilized nursing students of Rattan Professional Education College, Mohali Punjab. It investigates and assesses the anger, anger expressions and strategies adopted for anger management among students of selected nursing institution. The total population of present study was 144 B.Sc Nursing Students of selected nursing institution of Mohali. In this study Non-probability purposive sampling are used.

Results : Majority of Nursing students i.e. 81(56.3%) were showing mild anger, 33(22.9%) Nursing students were showing moderate anger, 27(18.8%) Nursing students were never showing anger, only 3(2.1%) Nursing students were showing severe anger. Majority of nursing students using anger out way to express their anger 79.17%, 63.74% anger in, 60.50% anger control. The strategies adopted by the nursing students i.e. constructive and destructive strategies. Mostly nursing students adopted i.e. 78.45% destructive way to manage their anger and 73.23% nursing students adopted constructive way to manage their anger. The difference between class and strategies adopted to manage anger was found statistically significant at $p < 0.05$ level. Hence, it was inferred that class of Nursing students had impact on strategies adopted to manage anger.

Conclusions : In the present study 144 nursing students participated. The findings of the study revealed that majority of nursing students show mild level of anger, mostly students show anger out ways of anger expression and mostly students use destructive way to manage their anger.

Keywords : Non-experimental; Exploratory; Anger; Anger management strategies.

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Introduction

Anger is a basic human emotion that is experienced by all people. Typically triggered by an emotional hurt, anger is usually experienced as an unpleasant feeling that occurs when we think we have been injured, mistreated, opposed in our long-held views, or when we are faced with obstacles that keep us from reaching personal goals.¹ Anger is an emotional state that varies in intensity from mild irritation to intense fury and rage. It is accompanied by physiological and biological changes. Anger is a normal emotion with a wide range of intensity, from mild irritation and frustration to rage. It is a reaction to a perceived threat to ourselves, our loved ones, our property, our self-image, or some part of our identity. Anger is a warning bell that tells us that something is wrong. Anger has three components: Physical reactions, usually starting with a rush of adrenaline and responses such as an increased heart rate, blood pressure, and tightening muscles; often known as the "fight or flight" response.² Like other emotions, anger is experienced in our bodies as well as in our minds. In fact, there is a complex series of physiological (body) events that occurs as we become angry. Emotions more or less begin inside two almond-shaped structures in our brains which are called the amygdale. The amygdale is the part of the brain responsible for identifying threats to our well-being, and for sending out an alarm when threats are identified that result in us taking steps to protect ourselves.

The amygdale is so efficient at warning us about threats, that it gets us reacting before the cortex (the part of the brain responsible for thought and judgment) is able to check on the reasonableness of our reaction. In other words, our brains are wired in such a way as to influence us to act before we can properly consider the consequences of our actions. This is not an excuse for behaving badly - people can and do control their aggressive impulses and you can too with some practice. Instead, it means that learning to manage anger properly is a skill that has to be learned, instead of something we are born knowing how to do automatically. As you become angry your body's muscles tense up. Inside your brain, neurotransmitter chemicals known as catecholamine's are released causing you to experience a burst of energy lasting up to several minutes. This burst of energy is behind the common angry desire to take immediate protective action.

At the same time your heart rate accelerates, your blood pressure rises, and your rate of breathing increases. Your face may flush as increased blood flow enters your limbs

and extremities in preparation for physical action. Your attention narrows and becomes locked onto the target of your anger. Soon you can pay attention to nothing else. In quick succession, additional brain neurotransmitters and hormones (among them adrenaline and noradrenalin) are released which trigger a lasting state of arousal. You're now ready to fight.

Methodology

The research scholar has adopted a very suitable, feasible and statistically appropriate research methodology to go about present study. The research technique is designed by the researcher in such manner that the researcher is able to accomplish the study's objective and generalize the findings to the population under investigation. The total 144 population of the present study was nursing students in selected nursing college in Mohali, Punjab. In this study Non-Probability purposive sampling was used. The study was conducted in selected nursing college, Mohali, Punjab. The investigator collected data from B.Sc. Nsg Students. (1st ,2nd,3rd & 4th year). B.Sc. nursing students were selected who met the criteria by using non-probability purposive sampling technique. The subjects were made aware about study purpose also & confidentiality of their data was maintained at all times. The information was obtained by the investigators. Respondents were given necessary instructions.

Research approach : Non experimental approach was used in this study.

Research design : Research design selected for the study was exploratory research design.

Variables : The variables identified in the study were:

Independent Variables : Age, Class, Previous Qualification, Monthly Family Income ,Type of Family,Residential Area and Living in.

Dependent Variables : Anger, Anger expression and strategies adopted for anger management.

Research setting : The study was conducted at Rattan Professional Education College Of Nursing, Sohana. Institute is run by Rattan Professional Education Society, established in 1997. It was started with GNM diploma course but presently it offers number of courses like B.Sc Nursing, Post basic, GNM, ANM AND M.Sc Nursing. It is located on the outskirts of Chandigarh on 8.5 Acres of land .Its infrastructure comprise of five-storey building and have best faculty members in the region, have well equipped labs of fundamentals of Nursing Midwifery, Anatomy and

physiology, Nutrition, Microbiology, Hi- tech computer lab, have well equipped library with over 4000 books. Institute has ultramodern air conditioned auditorium with sitting capacity more than 700 persons.

Target Population :

Target Population

Class	Subject
B.Sc. Nursing 1st year	35
B.Sc. Nursing 2nd year	42
B.Sc. Nursing 3rd year	43
B.Sc. Nursing 4th year	38
Total	158

Sample Population : Total Target population is the sample population, but due to unavailability of some subjects sample population could not be of same number.

Study Population

Class	Subject
B.Sc Nursing 1st year	30
B.Sc Nursing 2nd year	40
B.Sc Nursing 3rd year	40
B.Sc Nursing 4th year	34
Total	144

Sample size : 144 Nursing students.

Inclusion and exclusion criteria :

Inclusion criteria :

Students available at the time of data collection.

Exclusion Criteria :

Students absent on the days of data collection

Selection and development of tool :

- v First draft was developed with the consultation of guide, self experience and after the literature review of books, journals and web research.
- v Second draft was prepared after content validation from experts in the fields of nursing and suggested changes were made final draft of the tool.
- v Third draft was made after the feasibility and assessment through pilot study.
- v With the help of extensive review of literature and discussion with the experts and with the investigator personal and professional experience rating scales on anger, anger expression and strategies adopted for

anger management among nursing students was prepared.

Description of tool :

The following tool was developed for data collection.

Section-A

Demographic data : Class, Age, Previous Qualification, Monthly family income, Type of family, Locality of residence, Living in.

Section-B

v Modified Anger Scale

Rating scale on assessment of level of anger among nursing students containing 25 statements on anger which include 6 domains: Academic, Personal, Cognitive, Health, Communication and Adjustment. Academic domain contains 5 statements, Personal domain contains 5 statements, Cognitive domain contain 4 statements, Health domain contain 3 statements, Communication domain contain 4 statements, Adjustment domain contains 4 statements. 5 point likert scale was used. Maximum score was 100 and minimum score was 0.

Criterion Measure : Anger level was categorized in five level.

Level of anger	Score
No anger	0-20
Mild anger	21-40
Moderate anger	41-60
Severe anger	61-80
Panic	81-100

v Modified Anger expression scale

Rating scale on expression of anger among nursing students containing 24 statements which include 3 domains: Anger in, Anger out and Anger control. Anger in domain contain 8 statements, Anger out contains 8 items, Anger control contains 8 items. In this scale percentage of each domain was analysed.

m Anger in statements (1,2,3,4,5,6,7,8)

m Anger out statements (9,10,11,12,13,14,15,16)

m Anger control (17,18,19,20,21,22,23,24)

SCORING : Scoring was done by taking the positive and negative statements i.e For positive statement scoring was (1, 2, 3, 4) and for negative statements scoring was (4,3,2,1).

Modified strategies scale for anger management

Rating scale on strategies adopted for anger management among nursing students containing 22 statements which include 2 domains: Constructive domain and destructive domain. Constructive domain contains 12 items and destructive domains contains 10 items. Maximum score 4 marks and minimum score was 1 mark. Maximum score was 88 and minimum score was 22. In this scale percentage of each statements according to the domain should be analysed.

Constructive statements - 1,2,3,4,5,6,7,11,12,15,16,21

Destructive statements - 8,9,10,13,14,17,18,19,20,22

Scoring : Scoring was done by taking the positive and negative statements i.e for positive statement scoring was (1,2,3,4) and for negative statements scoring was (4,3,2,1).

Results

Majority of Nursing students i.e. 81(56.3%) were showing mild anger, 33(22.9%) Nursing students were showing moderate anger, 27(18.8%) Nursing students were never showing anger, only 3(2.1%) Nursing students were showing severe anger. Majority of nursing students using anger out way to express their anger 79.17%, 63.74% anger in, 60.50% anger control. The strategies adopted by the nursing students i.e. constructive and destructive strategies. Mostly nursing students adopted i.e. 78.45% destructive way to manage their anger and 73.23% nursing students adopted constructive way to manage their anger. The difference between class and strategies adopted to manage anger was found statistically significant at $p < 0.05$ level. Hence, it was inferred that class of Nursing students had impact on strategies adopted to manage anger.

Below figure show the levels of anger -

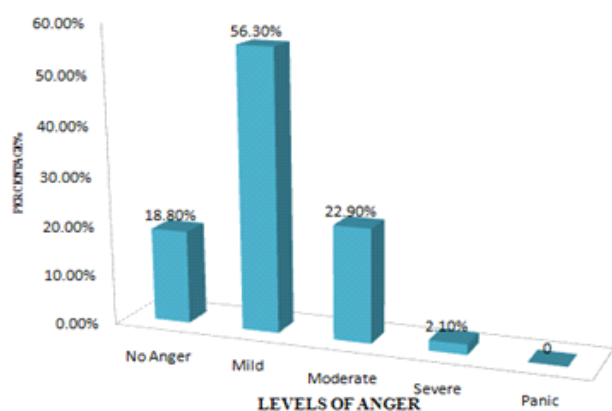


Fig 1 : level of anger.

Fig 2 : Percentage distribution of Nursing students according to level of anger.

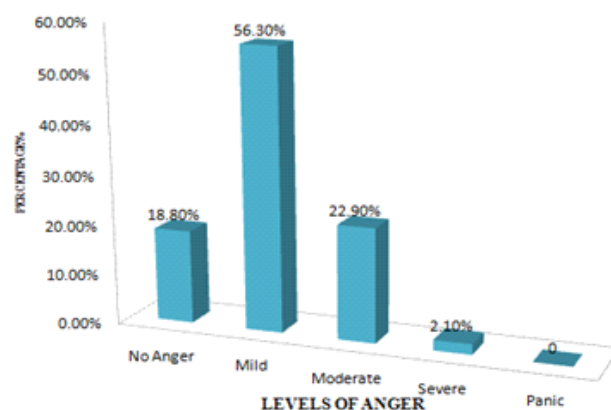
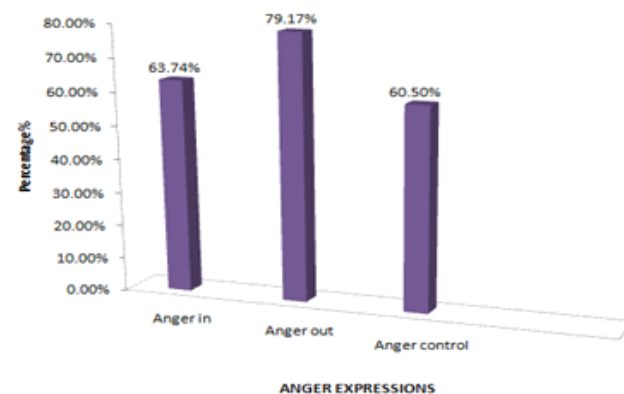


Fig 3: Percentage distribution of ways of anger expressions among Nursing students.



Major Findings of the study :

- ✓ Majority of Nursing students were in age group of 17-27 years i.e 137(95%).
- ✓ Majority of Nursing students were from B.Sc Nursing 2nd and 3rd year i.e 40(28%).
- ✓ Majority of Nursing students upto senior secondary previous qualification 132(92%).
- ✓ Majority of Nursing students were having less than Rs 10,000-30,000 monthly family income,
- ✓ Majority of Nursing students i.e 96(67%) were from rural area.
- ✓ Majority of Nursing students i.e 77(53%) were from nuclear family.
- ✓ Majority of Nursing students 81(56%) were hostler.
- ✓ Majority of Nursing students i.e 81(56.3%) were showing mild anger.
- ✓ Majority of Nursing students were showing anger out way to express their anger i.e 79.17%.

Demographic Variables		Levels					Association with Anger Score		
Variable	Opts	Panic	Severe anger	Moderate anger	Mild anger	No anger	Chi Test	P Value	Df
Age	17-27		3	31	77	26	1.257NS	0.974	6
	28-38		0	0	1	0			
	39 or Above		0	2	3	1			
Class	B.Sc Nursing 1st year		0	10	19	10	12.531NS	0.185	9
	B.Sc Nursing 2nd year		2	11	25	2			
	B.Sc Nursing 3rd year		1	6	22	6			
	B.Sc Nursing 4th year		0	6	15	9			
Previous Qualification	Senior Secondary		2	32	73	25	6.428NS	0.377	6
	Graduate		1	1	5	1			
	Diploma		0	0	3	1			
Monthly Family Income in Rupees	Less than 10,000		0	6	13	4	8.976NS	0.705	12
	10,000-30,000/-		2	10	26	13			
	30,001-50,000/-		1	9	27	5			
	50,001-70,000/-		0	5	4	2			
	Above 70,000/-		0	3	11	3			
Residential Area	Rural		3	24	52	17	4.630NS	0.592	6

Conclusions

In the present study 144 nursing students participated. The findings of the study revealed that majority of nursing students show mild level of anger, mostly students show anger out ways of anger expression and mostly students use destructive way to manage their anger.

Implications : The investigator had drawn following implications from the study i.e for nursing service ,nursing education, nursing research.

Nursing service : This study moves attention towards the assessment of anger ,anger expressions and strategies adopted to management of anger. So, the it emphasize the need to concern about the patients anger and management strategies ,if the nurse in mental health care setting know about the level of anger and the strategies which are adopted to manage anger, it would enhance standardized care and

better rehabilitation for the aggressive patients. It would also help the nurse to identify the earlier signs of aggression and able to manage it in an effective manner.

Nursing education : The study has important implications in nursing education. As addressed by the result there are moderate level of anger among nursing student. So, the study emphasize on conducting seminars, conferences so that students are aware about the anger and its management.

Nursing research : The findings of the study can be disseminated through seminars, conferences and can be published in nursing journal.

Recommendation

- v The study can be replicated on a large sample to validate and generalize findings.
- v A comparative study can be conducted between urban and rural population.

- v A comparative study can be conducted between different colleges among students.
- v An exploratory study can be conducted in order to check level of anger related to aggression.

Ethical approval : The study was approved by the institutional ethical committee

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Conflicts & Interests : The authors declare that they have no conflict of interest with regard to content of the report.

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