

Assessment of Anger Management in Youth

M. Spandhana Reddy¹, K. V. N. R. Pratap², T. Madhavi Padma³, V. Shiva Kalyan⁴, P. Srikanth⁵

¹Student (BDS), Department of Public Health Dentistry, Mamata Dental College, Khammam, India

²Professor & HoD, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

³Professor, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

⁴Reader, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

⁵Lecturer, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

Abstract: The close relationship between anger and aggression, psychosomatic disorder and personal unhappiness, make the understanding and control of anger an important individuals and social goal. The goal of anger management therapy is to teach people how to examine their triggers. It also helps people adjust how they look at situations. Successful anger management therapy develops healthy ways for people to express anger and frustration.

Keywords: anger management

1. Introduction

Anger is one of the most burning issues in human society because it does not find easy solutions at all and often threatens the destruction of social fabric [3].

Violence and crime results from a wide variety of reasons but anger certainly ranks very high particularly because it occurs daily and affects most people without any discrimination especially when minimal causes results in maximum consequences [3].

Anger and its expression represent a major public health problem for youth today [4] Anger can also be a defensive response to underlying fear, a feeling of vulnerability or powerlessness [1].

Anger is not limited to any specific work area, as we all know, it is a fundamental human phenomenon of timeless nature [3].

Anger management program consider anger to be a motivation caused by an identifiable reason which can be logically analyzed, and if suitably worked forward [2].

2. Need for the study

Now a days, as anger is the burning issue, and we dentists need to deal with people, this study is to know how far they can control their anger issues and to know their attitude towards patients.

3. Methodology

A cross sectional method using questionnaire was used to collect data from 200 dental students in Khammam. Permission was taken from the head of the department, department of public health dentistry, questionnaire is explained, and

informed consent was taken prior to study from study object.

Questionnaires framed based on related articles are distributed among 20 students to know the reliability of questionnaires.

All the third years and interns who were present during the day of survey were included in the study. The duration of study was from 10-04-2019 to 15-04-2019.

Students who were absent during the day of the survey and not willing to participate were excluded.

The study was conducted among 200 dental students. Questionnaires was distributed to third years and interns during their working hours 9:00 AM to 4:00PM.

4. Objectives

- To understand yourself and to know how you react in different situations and with different people.
- To help understand how behaviour affects others.
- Develop an anger control plan.

5. Statistical analysis

Statistical analysis was done by using SPSS25. Descriptive statistics was performed; chi square test was used to find the association among categorical variables.

6. Survey results

This study was conducted among 200 students, out of which 14.5% are males and 85.5% are females. Third year students who participated in the study are 20%, interns are about 80%

Table 1
Demographic data of study participant's variables

gender	frequency	percentage
male	29	14.5%
female	171	85.5%

Table 2

Year of study	frequency	percentage
III BDS	40	20%
Interns	160	80%
total	200	100%

Table 3

	frequency	percentage
Expression	12	6%
Calming down	92	46%
All of the above	96	48%
total	200	100%

Statistically significant difference was observed $p < 0.05\%$.

In this above table 6% students handle their anger by expression, 46% by calming down and 48% by expression and calming down.

Table 4

	frequency	percentage
never	4	2%
rarely	52	26%
sometimes	112	56%
frequently	32	16%
total	200	100%

Statistically significant difference was observed $p < 0.05\%$.

In the above table 2% students never have control over emotions, 26% rarely have control over emotions, 56% sometimes have control over emotions and 16% frequently have control over emotions.

Table 5

	frequency	percentage
Never	32	16%
Rarely	60	30%
sometimes	84	42%
Frequently	24	12%
Total	200	100%

Statistically significant difference was observed $p < 0.05\%$

In the above table 16% never break/tear things when they become angry, 30% rarely break/tear things when they become angry, 42% sometimes break/tear things when they become

angry 12% frequently break/tear things when they become angry.

7. Discussion

My study includes assessment of anger and its effects on health, ways to handle anger, and how they control their emotions.

According to my study most of the students know that excess anger can harm their health.

As we are under medical field, students know the effects of anger 80% of the students never faced anything where anger is a factor, as we deal with patients regularly.

80% of the students think lack of peace, improper relationships, hormonal imbalances are the reasons for anger. The rest 20% consider single reason for anger.

70% of students feel that sometimes it is hard for them to let go of thoughts that makes them angry.

8. Conclusion

Students are the important pillars of our young population and regular monitoring of students should be undertaken to find anger assessment at earliest.

Awareness must be created among the students about the negative consequences of anger as well as counselling services can be provided to those who can't control anger to enhance their skills on academic performance.

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