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"Effectiveness of anger management education among school going adolescents of East Sikkim"

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ABSTARCT

Background: *Adolescent are dealing with the challenges of going through transitions puberty to adulthood, meeting changing expectations and coping with new feelings and emotions. Adolescents are suffering with many physical, social, emotional, and psychological problems which enhance the level of anger. Hence, Anger Management Education is an intervention which involves understanding of anger and physiology and warning signs and techniques for managing anger.*

Aims: *this study aims to assess the level of anger and compare their pre-test and post-test along with their association between level of anger and demographic variables among school going adolescents of East Sikkim.*

Design: *The study is a quasi one group pre test and post test research design.*

Methods and Material*: Simple random sampling technique was used to select 70 students sample to assessed Anger level using anger assessment scale pre-test and then anger management education was taught to adolescent's student, and after 4th weeks post test was conducted using same tool.* ***Statistical analysis used:*** *The data was analyzed with descriptive statistics (percentage, mean, standard deviation) and inferential statistics (paired t-test and chi square) using SPSS Version 26.*

Results: *The comparison of overall anger score before and after anger management education pre-test mean±SD=76.84 ±14.351, post-test mean±SD = 66.81±12.202, mean difference mean±SD=10.03±2.149, paired t-test p=0.001, DF=69 significant. Level of anger reduction between pre test and post test was Statistical significance (t value=18.61, df=69, p=0.001) P= 0.001(S). It shows that high risk behavior was found significant association at p<0.05 level with pre-test level of anger and other demographic variables were found Non significant with pre-test level of anger.*

Conclusions: *The study concluded that, the adolescent students who received anger management education had significant reduction in their anger level. Hence, anger management education and techniques was effective in reducing level of anger among adolescents.*

Keywords: *Anger, adolescents and anger management education*

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I. INTRODUCTION

Adolescence is a very critical and transitional of a life span of a person from childhood to adulthood. Durning transition period, dramatic physical, cognitive, psychological, and psychosexual changes happen. They try out many new roles and a part of developmental task of identity formation and variety of social situations and are at risk of developing anger and shows aggression or aggressive behavior.[12]

Adolescence age group between 10 and 19 years is a transitional phase of growth and development between childhood and adulthood. Taking into consideration, the increasing acts of violence among adolescent people, studies shows that the prevalence of aggression among adolescents found to be with higher scores in urban population, and males having more of physical aggression than females; female having hostility associated significantly with the age distribution, residency type, and etc.[13]

Uncontrolled anger is a contributing force in the three leading causes of adolescent death: homicide, suicide, and injuries. Anger may be one of the early warning signs which could lead to violent behavior. Negative life events, anxiety, drug use etc had significant positive correlations with anger.[14]

Anger management for the teenager is becoming a real issue in the 21st century. In India, there is heavy academic and social pressure that results in negative emotional states and more internalizing problems; anger among adolescence is estimated to have increased 40% over past 30 years.[15]

And a little importance is given in managing of anger, so educating and teaching them will help to manage and understand to live healthy in the society after entering society.

Objectives

1. To assess the level of anger pretest and posttest among school going adolescents of East Sikkim
2. To compare the level of anger pretest and posttest after giving anger management education among adolescents
3. To find association between anger and demographic variables among school going adolescents of East Sikkim.

Hypotheses* (All hypotheses is tested at 0.05 level of Significance)*

H_1: There is significant difference in level of anger and managing anger after anger management education among adolescents.

H_2: There is significant association between the level of anger and with their demographic variables among adolescents.

Operational definition

Anger - In this study it is defined as an emotional response shown and perceived threat to us, our property, our self-images, or some part of our identity that is measured with Anger Questionnaire.

Anger management education - In this study it refers to the psycho education about anger, warning signs and relaxation techniques and steps to control and manage anger that is done in 3 weeks.

Adolescent – In this study, it refers to the students studying in 11th and 12th standard of East Sikkim.

Effectiveness - In this study it refers to the level of reduction in anger expression and managing anger among adolescent after receiving anger management education that is measured by Anger Questionnaire on the 4th week.

II. MATERIAL AND METHODS

This quasi one group pre test and post test was carried among school going adolescents of east Sikkim. It was from 1st February 2022 to 13th march 2022, among school going adolescents of West Point Senior Secondary School, East Sikkim. A total 70 (both male and female) class 11th and 12th adolescant were selected for the study.

Study design: quasi experimental one group pre test and post test

Study location: the study was conducted in selected Adolescent students of Class 11th and 12th East Sikkim which was done in West Point Senior Secondary School, east Sikkim.

Study duration: 1st February 2022 to 13th march 2022.

Sample size: 70 adolescents

Sample size calculation: the sample size was calculated based on study done using Cochran's formula.

Subjects & selection method: the study population was drawn from Adolescent students of Class 11th and 12th East Sikkim who met inclusion and exclusion criteria. The selection of the school was done through simple random technique using lottery method, West Point Senior Secondary School, East Sikkim. Thus, a total of 70 adolescants were selected from this school.

Inclusion Criteria

- Both genders male and female.
- Parents who give consent.
- Students who can read and write English.

Exclusion Criteria

- Sample who has chronic illness
- Sample who has history of psychiatric illness within 2 years.
- Sample who are presently under medication for psychiatric illness and undergoing counselling.
- Sample who have severe anger.

Procedure methology

After written informed conscent and assent from parents and student was obtained, a well designed questionmaire was used to collect data from the adolescents. The questionnaire included Demographic proforma questionnaire and anger assessment scale to assess anger. Anger Questionnaire was developed using 5 point likert scale assessing anger and containing 35 questions, all comprises of positive statement.

Sl. No	Tool	Component	Technique
Tool I	Demographic Performa	Demographic Performa Demographic variables are age, religion, Socio economic status, father's occupation, Mother's Occupation, Father's Educational Status, Mother's Educational Status, Number of siblings, Type of family, Number of friends, Accommodation, Academic Performance in Recent Examination, Vital life events within 1-year, High Risk Behavior	Self-report
Tool II	Structured (Anger Questionnaire)	Anger No anger (below 52), Mild anger (52-77), moderate anger (78-108) and severe anger (104-130).	Self-report

Data Collection Procedure

The data was collected from 1st February 2022 to 13th march 2022, among school going adolescents of West Point Senior Secondary School, East Sikkim.

1. Introduction of research and explanation of the research.
2. Selecting the students through Simple Random sampling technique (using lottery method)
3. A consent taken from the parents explaining about the research and purpose of the study; assent from the students.
4. Pretest conducted
5. Three weeks of anger management education provided for 30 min two sessions each week.
6. Post test taken

III. RESULTS

Section 1: Description of demographic variables

Table 1: Frequency and Percentage Distribution of Demographic Variables.

N=70

	Demographic Variables	Characteristics	frequency	Percentage
1	**Age in years**	15 years	4	5.7
		16 years	11	15.7
		17 years	29	41.4
		18 years and above	26	37.1
2	**Gender**	Male	33	47.1
		Female	37	52.9
3	**Religion**	Hindu	34	48.6
		Christian	11	15.7
		Muslim	4	5.7
		Buddhist	21	30
4	**Monthly income**	Less than 15 k	32	45.7
		15 k – 25 k	23	32.9
		More than 25 K	15	21.4
5	**Father's occupation**	Business	16	22.9
		Government employee	17	24.3
		Private employee	16	22.9
		Daily wage worker	8	11.4
		Farming	13	18.6
6	**Mother's occupation**	Homemaker	46	65.7
		Government employee	8	11.4
		Private employee	6	8.6
		Business	4	5.7
		Daily wage worker	6	8.6
7	**Father's educational status**	Primary school	19	27.1
		Secondary school	24	34.3
		Senior secondary	18	25.7
		Graduate	6	8.6
		Post graduate	0	0
		No formal education	3	4.3
8	**Mother's educational status**	Primary school	24	34.3
		Secondary school	21	30
		Senior secondary	14	20
		Graduate	3	4.3
		Post graduate	1	1.4

		No formal education	7	10
9	**Siblings**	None	11	15.7
		One	23	32.9
		Two	16	22.9
		More than two	20	28.6
10	**Type of family**	Nuclear family	50	71.4
		Joint family	17	24.3
		Extended family	3	4.3
11	**No of friends**	1-4	35	50
		5-10	17	24.3
		More than 10	18	25.7
12	**Accommodation**	With family	57	81.4
		Hosteller	5	7.2
		Paying guest	0	0
		With relative/Guardian	8	11.4
13	**Academic performance in recent examination**	Rank holder	15	21.4
		Passed in all subjects	40	57.1
		Failed in 1 or 2 subjects	14	20
		Failed in more than 2 subjects	1	1.4
14	**Vital life events within 1 year**	Divorce of parents	4	5.7
		Death of loved ones	23	32.9
		Birth of new siblings	7	10
		Separation from parents	2	2.9
		Breakup / difficulty in relationship	34	48.6
15	**High risk behaviour**	Bulling others	9	12.9
		Substance abuse	17	24.3
		Self harm	8	11.4
		Unhealthy eating behaviour	36	51.4

The data in Table 1 Depicts that the majority 29(41.4%) of adolescents were in 17 years of age, Majority 37(52.9%) of adolescents were female, Majority 34(48.6%) of adolescents were Hindu, Majority 32(45.7%) of adolescents had family income of less than 15 k, Majority 17(24.3%) of adolescents fathers were government employee, Majority 46(65.7%) of adolescents mothers were homemaker, Majority 24(34.3%) of adolescents fathers had secondary education, Majority 24(34.3%) of adolescents mothers had primary education, Majority 23(32.9%) of adolescents had one siblings, Majority 50(71.4%) of adolescents lives in nuclear family, Majority 35(50%) of adolescents had 1-4 friends, Majority 57(81.4%) of adolescents were staying with family, Majority 40(57.1%) of adolescents had passed in all subjects, Majority 34(48.6%) of adolescents faced breakup or difficulty in relationship, Majority 36(51.4%) of adolescents had unhealthy eating behavior.

Section 2: Description of the level of anger pretest and posttest after giving anger management education among adolescents.

Table 2: Pre-test and post-test level of anger among school going adolescents

N=70

Level of Anger	Pre-Test		Post-Test	
	F	**%**	**F**	**%**
Mild anger	35	50	61	87.1
Moderate anger	35	50	9	12.9
High anger	0	0	0	0

the data in Table 2 depicts that in pre-test 35(50%) of school going adolescents had mild anger and 35(50%) had moderate anger where as in post-test 61(87.1%) of school going adolescents had mild anger and 9(12.9%) had moderate anger. So the anger has reduced in post test.

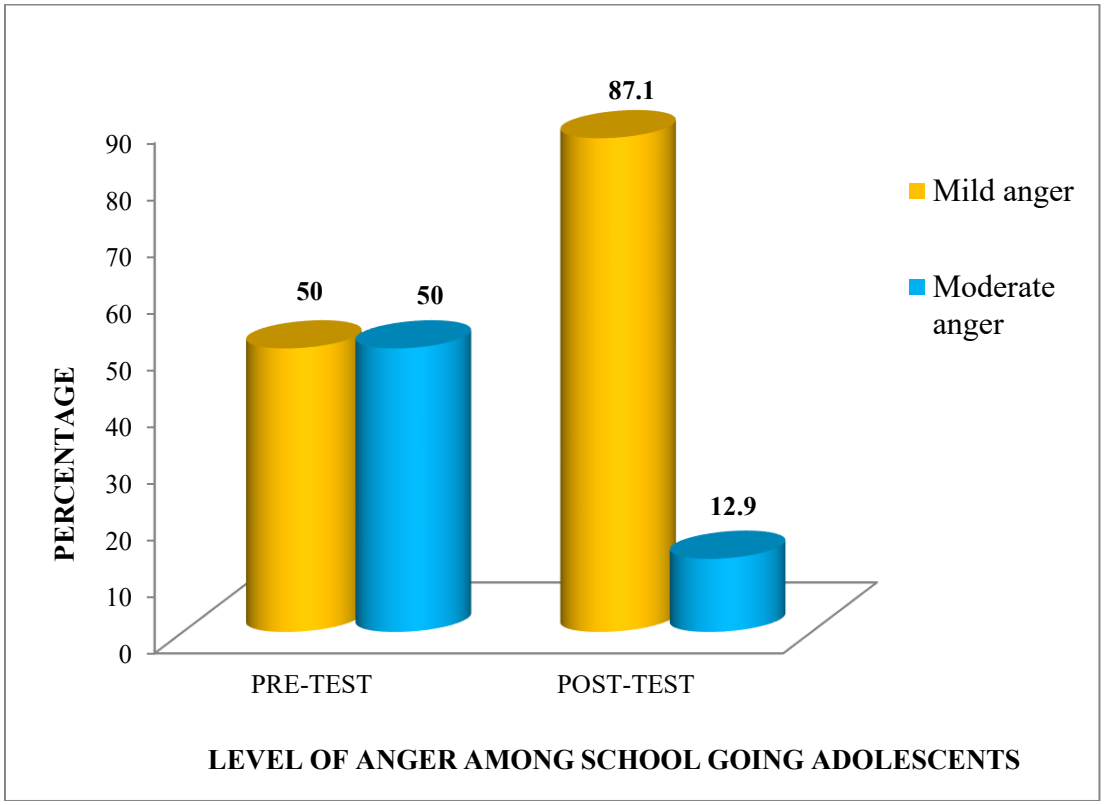

Fig 1:Pre-test and post-test level of anger among school going adolescents

Figures 1 illustrates that in pre-test 35(50%) of school going adolescents had mild anger and 35(50%) had moderate anger where as in post-test 61(87.1%) of school going adolescents had mild anger and 9(12.9%) had moderate anger.

Section 3. Description of Effectiveness of anger management education.

Table 3: Compare the pretest and posttest level of anger after giving anger management education among school going adolescents

N=70

Anger	Mean	SD	Mean D	t value	Df	p value
Pre-test	76.84	14.35	10.03	18.61	69	**0.001***
Post-test	66.81	12.20				

***p<0.05 level of significance**
df- degree of freedom

Table 3 illustrates that mean post-test anger score 66.81±12.20 was lesser than pre-test mean anger score 76.84±14.35 with mean difference of 10.03 with obtained calculated t value (t value=18.61, df=69, p=0.001) was found statistically significant at p<0.05.

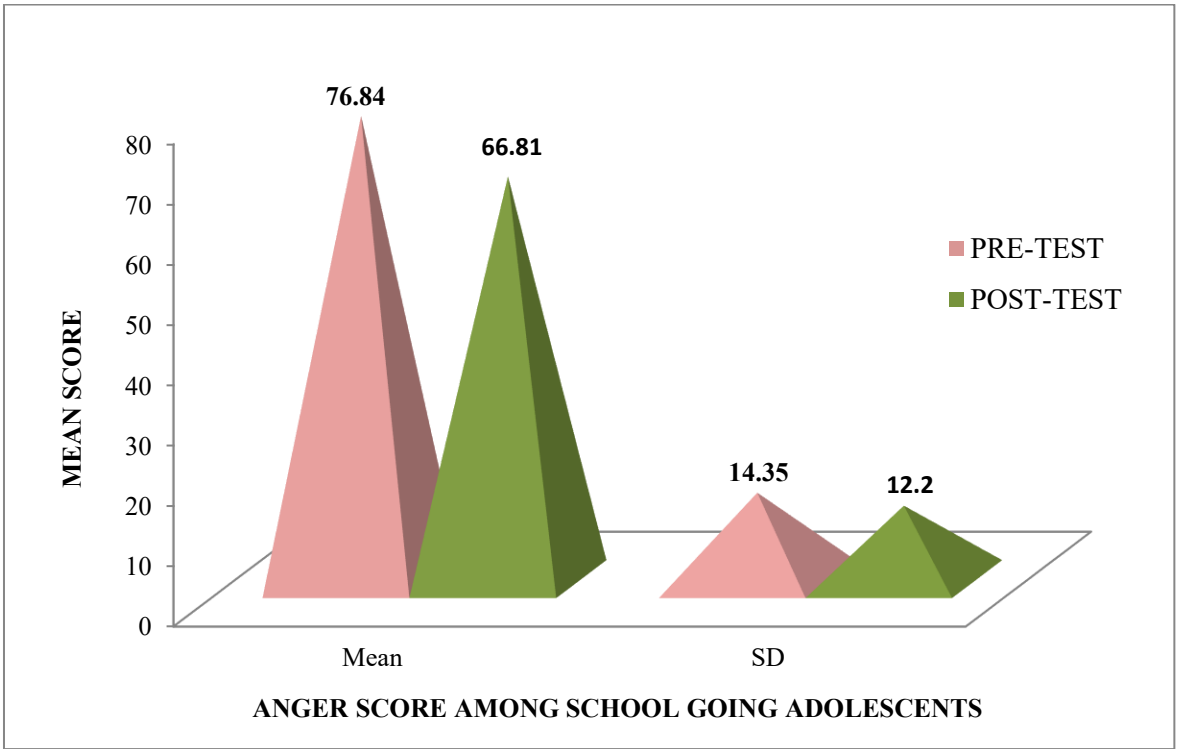

Fig 2:Mean and SD of pre-test and post-test anger score among School going adolescent

Figure 2 illustrates that mean and standard deviation post-test anger score 66.81±12.20 was lesser than pre-test mean anger score 76.84±14.35 with mean difference of 10.03 with obtained calculated t value (t value=18.61, df=69, p=0.001) was found statistically highly significant at $p<0.05$. Findings indicate that anger management education was effective in reduction of anger among school going adolescents.

Hence the research hypothesis H_1 stated earlier that "There is significant difference in level of anger and managing anger after anger management education among school going adolescents" was accepted.

Section 4: Description of association between anger and demographic variables among school going adolescents.

Table 4: Association between pre-test levels of anger among school going adolescents with their demographic variables

N=70

Demographic Variables	Characteristics	Pre-test Anger		χ^2 value	df	p value
		<77	>77			
Age in years	15 years	4	0	5.076	3	0.166^{NS}
	16 years	4	7			
	17 years	13	16			
	18 years and above	13	13			
Gender	Male	16	17	0.000	1	0.989^{NS}
	Female	18	19			
Religion	Hindu	16	18	0.643	3	0.887^{NS}
	Christian	4	6			
	Muslim	2	2			
	Buddhist	12	10			
Monthly income	Less than 15 k	14	18	4.243	2	0.120^{NS}
	15 k – 25 k	15	8			
	More than 25 k	5	10			
Father's occupation	Business	9	7	3.552	4	0.470^{NS}
	Government employee	10	7			
	Private employee	5	11			

	Daily wage worker	3	5			
	Farming	7	6			
Mother's occupation	Homemaker	22	24	1.197	4	0.879^{NS}
	Government employee	5	3			
	Private employee	3	3			
	Business	2	2			
	Daily wage worker	2	4			
Father's educational status	Primary school	10	9	6.056	4	0.195^{NS}
	Secondary school	13	11			
	Senior secondary	1	8			
	Graduate	1	5			
	Post graduate	0	0			
	No formal education	0	3			
Mother's educational status	Primary school	15	9	5.257	5	0.385^{NS}
	Secondary school	11	10			
	Senior secondary	5	9			
	Graduate	1	2			
	Post graduate	0	1			
	No formal education	2	5			
Siblings	None	4	7	1.604	3	0.659^{NS}
	One	10	13			
	Two	9	7			
	More than two	11	9			
Type of family	Nuclear family	21	29	2.559	2	0.313^{NS}
	Joint family	11	6			
	Extended family	2	1			
No of friends	1-4	16	19	0.259	2	0.879^{NS}
	5-10	9	8			
	More than 10	9	9			
Accommodation	With family	29	28	0.661	2	0.719^{NS}
	Hosteller	2	3			
	Paying guest	0	0			
	With relative/Guardian	3	5			
Academic performance in recent examination	Rank holder	8	7	3.055	3	0.383^{NS}
	Passed in all subjects	17	23			
	Failed in 1 or 2 subjects	9	5			
	Failed in more than 2 subjects	0	1			
Vital life events within 1 year	Divorce of parents	2	2	2.597	4	0.627^{NS}
	Death of lover one	10	13			
	Birth of new siblings	4	3			
	Separation from parents	0	2			
	Breakup / difficulty in relationship	18	16			
High risk behavior	Bulling others	7	2	8.054	3	**0.044***
	Substance abuse	5	12			
	Self harm	2	6			
	Unhealthy eating behavior	20	16			

p value < 0.05 level of significance *- Significant NS-Non Significant

Table 4 depicts the association between pre-test level of anger among school going adolescents with their demographic variables which was tested using median of anger score with chi-square test. Result showed that high risk behavior of school going adolescents was found significant association at $p<0.05$ level with pre-test level of anger. Other demographic variables such as age, gender, religion, monthly income, fathers occupation, mothers occupation, fathers educational status, mothers educational status, siblings, type of family,

No of friends, accommodation, academic performance in recent examination and vital life events within 1 year of school going adolescents were found Non significant with pre-test level of anger

Hence the research hypothesis H_2 stated earlier that "there is significant association between the level of anger and with their demographic variables among adolescents" was partially accepted for the demographic variables.

IV. DISCUSSION

The present study shows that out of 70 students, 35(50%) adolescents had moderate anger and 35 (50%) adolescents had mild anger in pre test and after anger management education, majority of adolescents 61(87.1)% had mild anger and only 9(12.9)% of them had moderate anger. The present study revealed that before and after anger management education, "t"value is 18.61, p=0.001; shows a significant difference between the pre test and post test level of anger among adolescents at $p<0.05$, this indicates that anger management education was effective in reduction of anger among school going adolescents. Similar findings were seen in a study conducted by Kumar S. shows effectiveness of anger management with anger reversal technique among school going adolescents. One group pretest post-test experimental design was adopted with 100 samples and there is significant difference in the study pre test and post test after anger reversal technique $t=0.67$, $p>0.05$[33]. It was also seen in a study conducted by Bilge A, Keskin G. on an Evaluation of the Effectiveness of Anger Management Education. The research sample consisted of 28 voluntarily participating. Findings shows that there was a statistical difference between the before and after anger education scores, and that mean anger scores decreased after the education ($p=0.00$, $Z=-3.772$).[10]

The association between pre-test level of anger among school going adolescents with their demographic variables which was tested, Result showed that high risk behavior of school going adolescents was found significant association at $p<0.05$ level with pre-test level of anger and Other demographic variables such as age, gender, religion, Monthly income, Father's occupation, mother's occupation, Father's educational status, mother's educational status, Siblings, Type of family, No. of friends, Accommodation, Academic performance in recent examination, Vital life events within 1 year; there was no significant association. The findings of the study are consistent with the findings of the study of Pratyaypratim data et al which depicts there was significant difference between anger and with their socio demographic variable; high risk behavior. In contrast a study conducted by Bulut.S.N, Serin.O; significant differences were observed in anger control in favor of the females, and 17-21 age groups. The anger level of the students who stayed with their families was determined to be less than those who stayed away from their families of their homes or the youth hostels.[36] The findings of the study are also inconsistent with the findings of the study of Kishore J., Tripathi N., Kumar J.M., Kumar S. T; Adolescents who were Hindus and had nuclear families with educated parents were found to have high aggressive scores as compared to other religion and joint families.[38]

V. CONCLUSION

The present study attempts to assess the level of anger among school going adolescents and provide anger management education and its effectiveness; its association with demographic variables.

According to the findings of the study, delivering anger management instruction to student adolescents was beneficial in lowering anger levels. Their anger levels have decreased as a result of the anger management education intervention, which was statistically proven at the 0.05 level of significance.

As a result, the researcher believes that anger management education is critical for reducing adolescent anger.

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