

A STUDY TO ASSESS THE LEVEL OF ANGER AMONG ADOLESCENTS IN SELECTED SCHOOLS OF FIROZABAD, UTTAR PRADESH

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ABSTRACT

Anger is symptomatic expression of emotional or interpersonal maladjustment in Adolescents Student; these problems can result from temporary stressors in the Students life.

Aim: To assess the level of anger among adolescents students

Methodology: A descriptive design was used to assess the level of anger among adolescents in selected schools of Firozabad. By using purposive sampling technique 100 Adolescents Student were selected from schools. A self-structured Anger Assessment inventory questionnaire (30 questions)

Result: The study data revealed that the maximum students (34.13%) severe level of anger. The data also showed no significant association with demographic variables.

KEY WORDS: Anger, adolescents.

INTRODUCTION

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, such as increases in heart rate, blood pressure, and levels of the hormones epinephrine and nor-epinephrine. Anger remains one of the most significant problems facing our society today. In a world growing more crowded, with the pace of life increasing exponentially, there is growing potential for anger to play a destructive role on a large scale. As per Central Intelligence Agency (2019): about 243 million Indian adolescents sheer a moral nature of aggressive behavior and violence. Anger in adolescence defined from both a physiologic and an emotional point of view, is an imbalance between environmental demands and a adolescence's coping resources that disrupts the equilibrium of the adolescence. Adolescent who are exposed to frequent images of violence through videogames, movies and television ,will have a risk of anger expression .In addition adolescent who

punished for their anger when they were young, might also be at higher risk for anger disorders later in life .They never learn how to express the emotion properly or realistic manner .

STATEMENT OF THE PROBLEM

A Study To Assess The Level Of Anger Among Adolescents In Selected Schools Of Firozabad, Uttar Pradesh

OBJECTIVES OF THE STUDY

1. To assess the level of Anger among adolescents.
3. To find out the association between level of anger and selected demographic variables.

MATERIAL AND METHOD

- ▶ **Research approach:** Quantitative approach
- ▶ **Research Design:** descriptive design
- ▶ **Setting of the Study:** Selected School of Firozabad
- ▶ **Population:** Students in a selected school of Firozabad .
- ▶ **Sample Size:** The sample size for the study was 100 Adolescents students.
- ▶ **Sample Technique:** Purposive sampling
- ▶ **Data collection & Data analysis method:** By Google Docs & Tool by using descriptive & inferential statistics method
- ▶ **TOOL:** Sociodemographic variables, anger assessment inventory

RESULT**Section- 1: Finding Of Demographic Characteristics Of Adolescents Students****N=100**

Variables		Frequency	Percentage
Gender	Male	46	46.0%
	Female	54	54.0%
	Transgender	0	0.0%
Age (in years)	13-15 Years	46	46.0%
	16-17 Years	42	42.0%
	17-18 Years	12	12.0%
Religion	Hindu	97	97.0%
	Muslim	2	2.0%
	Sikh	1	1.0%
	Christian	0	0.0%
	Others	0	0.0%
Place of Residence	Hosteller	76	76.0%
	Day scholar	24	24.0%
Type of Family	Nuclear family	79	79.0%
	Joint family	21	21.0%
Area of Living	Rural (village area)	77	77.0%
	Urban (city)	15	15.0%
	Semi urban	8	8.0%
Family Income per Month	Rs.10,000 and below	69	69.0%

	Rs. 10,000-20,000	28	28.0%
	Rs. 20,000-30,000	1	1.0%
	Rs. 30,000 and above	2	2.0%
Mother Tongue	English	46	46.0%
	Hindi	48	48.0%
	Haryanvi	0	0.0%
	Other	6	6.0%
Native Place (name of the states)	Utter Pradesh	82	82.0%
	Haryana	4	4.0%
	Madhya Pradesh	4	4.0%
	Rajasthan	4	4.0%
	Other	6	6.0%
Any history of Anger management	Yes	50	50.0%
	No	50	50.0%
Previous exposure of Meditation or any Anger relaxation technique	Yes	41	41.0%
	No	59	59.0%

The table depicts that maximum Adolescents students 46% were in age group of 13-15, 54% were female, 97% belonged to Hindu religion, 76% were from Hosteller, 77% were from Rural area of residence, 79% belonged to Nuclear family, 69% having total family income Rs.10,000 and below month, 48% were Mother Tongue Hindi, 82% belonged to utter Pradesh, 59% has Previous exposure of Meditation or any Anger relaxation technique.

Section- 2 Assessment Of Level Of Anger Score**N=126**

Anger Score	Level of Anger	Frequency	Percentage
0-15	Minimal or No anger	12	5.6%
16-30	Borderline anger	05	3.9%
31-45	Mild anger	09	7.15%
46-60	Moderate anger	21	16.65%
61-75	Severe anger	43	34.13%
76-90	Extreme anger or panic	36	28.57%

This table represented that in Anger Assessment test, a researcher assessed 126 Adolescent students among them, 100 Adolescent students had presented Anger. The maximum frequency 43(34.13%) were obtained in the level of Severe anger, 36(28.57%) had Extreme Anger and 21 (16.65 %) had Moderate Anger score

Section-3 Association of level of anger with selected demographic variables.

The level of anger had no significant association with age, gender, religion, marital status, area of residence, education, teaching experience, family income and Any history of Anger management in attended on anger management.

DISCUSSION

In the present study majority of Adolescents students 46% were in age group of 13-15, 54% were female, 97% belonged to Hindu religion, 76% were from Hosteller, 77% were from Rural area of residence, 79% belonged to Nuclear family , 69% having total family income Rs.10,000 and below month, 48% were Mother Tongue Hindi , 82% belonged to utter Pradesh, 59% has Previous exposure of Meditation or any Anger relaxation technique. While comparing with study by Amal Shehata (2016) findings showed that about three fourth (71.7%) of the studied sample were females while approximately other fourth (28.2%) were male, their ages ranged between 12-16 years, slightly more than half of sample (55%) were scholar, most of them unmarried, and all of them had experience of pre exposure of any relaxation technique .

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