



EFFECTS OF NCC TRAINING ON EMOTIONAL ADJUSTMENT AND ANGER EXPRESSION ON NCC CADETS

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Abstract : This study investigates the relationship between emotional adjustment and anger expression patterns among National Cadet Corps (NCC) cadets, aiming to identify the correlation between anger expression and emotional adjustment. NCC cadets are often exposed to high-stress situations and leadership responsibilities, making it essential to understand how their emotional well-being may impact their performance and interactions. The findings of this study contribute to a nuanced understanding of emotional adjustment and anger expression within the NCC community, shedding light on the factors that may impact the emotional aspect and leadership capabilities of cadets. The total sample consists of 136 participants between the ages of 18 to 25. Standardized tests are used for the data collection. Bell's Adjustment Inventory (H.M. Bell, 1962) and Staxi-2 (Spielberger, 1996) are used to collect data. The data were collected over 3 weeks of time period and the data was analyzed and results were interpreted. The result shows the significant positive correlation between emotional adjustment and anger expression in NCC cadets.

IndexTerms: Adjustment, Anger, Emotional Adjustment, Anger Expression, NCC Cadets.

INTRODUCTION

Have you ever felt impressed and motivated when you saw an NCC parade and was amazed at how well synchronized they are? Ever asked yourself about "why I'm not like them? What differentiates us as we both are students?" well some of you might have and yes me too. And finally with the amalgamation of that curiosity, some unfulfilled questions, unsatisfied answers and this research study I got a chance to dig deeper into it. Being students, they are connected to emotions and adjustment. These both factors are affected every day. Their life is also impacted by stress, anxiety, their social environment, and economic status. In a NCC cadet and non NCC student what differs is their way of training, discipline and hard work in daily life. But in this study, I looked at two specific variables, Emotional Adjustment and Anger expression. Because I think these two variables might have something that gave them that differentiating factor. Let's dig deeper into it.

Young Adults

A very famous name in the past and current psychology field is Erik Erikson, psychoanalyst and professor at Harvard, produced what was to become psychology's most popular and influential theory of human development. His theory replaced Sigmund Freud's controversial theory centered on psychosexual development. In his theory he introduced a developmental model with 8 stages of psychosocial growth. One of them is a young adult. According to Erikson, the development period between the age group of 18 to 25 years means the transition from adolescence to adulthood. This period is portrayed by key formative undertakings that permit the youthful grown-up to partake in self-investigation to develop an individual personality and conviction framework, meanwhile acquiring freedom and independence. This age group differs in various organizations as there isn't any official definition, according to World Health Organization (2014) this is called as young people and the age group given is in the ages of 10 to 24 years.

NCC

With an aim for raising a second line of defense and to create a large pool of trained youth available for Armed Forces during the First World War, University Corps was conceptualized by the British Government. In India, NCC was raised with an aim of grooming both the boys and the girls, nurture them and direct their energy towards nation building by making them responsible citizens. After independence, the present day NCC formally came into existence on 15 July 1948 through the XXXI Act of Parliament. The Girls Division of the NCC was raised in July 1949. On 01 April 1950, the Air Wing was raised, with one Air squadron each at Bombay and Kolkata. The Naval Wing of the NCC was raised in July 1952, thus representing all three services in the Corps. Today the NCC has an enrolled strength of more than 13 Lakh cadets and consists of two divisions of all the three Services, i.e., the Senior Division / Senior Wing for boys/girls from colleges and the Junior Division / Junior Wing for boys/girls from schools. The Motto of NCC is 'Unity and Discipline'.

Adjustment

Adjustment is the way and means of an individual's adaptation to his self and surroundings environment. As this isn't the objective but a subjecting process as the way of thinking, perceiving and acting differs person to person. But it can overall be grouped in some common variables. Adjustment is defined in psychology as a person's ability to adapt to changes in their physical, vocational, and social environments. In other terms, adjustment refers to the behavioral act of balancing competing demands or requirements challenged by environmental impediments. Humans and animals constantly adapt to their surroundings. For example, when their physiological state stimulates them to seek food, they eat (if feasible) to lower their hunger and thereby respond to the hunger trigger. When there is an inability to make a normal adjustment to some requirement or stress in the environment, adjustment disorder emerges.

A great quality of life requires successful adjustment. Those who struggle to acclimate are more likely to have clinical symptoms. Adjustment, as a process, defines and explains how an individual adapts to himself and his surroundings. It is an organizing habit in life settings such as at home, school, job, growing up, and aging. It assists in keeping fundamental urges at bearable levels, believing in one's own skills, and achieving desired goals. Thus, adjustment promotes self-directed intellectual, emotional, social, physical, and occupational growth and development. The psychological process of managing or coping with the demands and obstacles of everyday life is referred to as adjustment. "Adjustment involves the organization of personality. This organization leads to the stability that is a dynamic adjustment of the individual to his social and physical environment."

Emotional adjustment

The maintaining of emotional balance in the face of external and internal pressures is referred to as emotional adjustment (also known as personal adjustment or psychological adjustment). Acceptance and adaptability cognitive processes aid in this. Maintaining emotional control and coping behavior in the midst of an identity crisis is one example. Emotional adjustment is the keeping of emotional balance in the face of internal and external pressures. This is helped by cognitive processes of acceptance and adaptability. Adjustment is a process that enables a person to live a happy and comfortable life while keeping a balance between his wants and his ability to meet them. It helps him to adapt his way of life to the needs of the moment and provides him with the ability and willingness to effect essential adjustments in his environment. Emotional development is a vital component of human development. Since the emergence of psychology as a behavioral science, man's emotional make-up has been associated with his physical, mental, intellectual, social, moral, and artistic growth. Individual experiences influence and modify the adjustment process, and hence learning plays an important role in assisting adjustment.

Physical Health: For contented adjustment, an individual should be free of bodily illnesses such as fever, irritation, sores, digestive disorders, and hunger destruction. These signs in a person may have psychological bases and can affect his physical abilities.

Psychological comfort: People that are well adjusted do not suffer from any psychological problems such as sadness, stress, preoccupation, coercion, or anxiousness. If certain psychiatric illnesses occur infrequently, one should seek specialized advice.

Flexibility in Behavior: Individuals that are well adjusted have behavioral flexibility. He adapts to changing circumstances by changing his conduct. Whereas maladjustment is a process in which an individual is unable to adequately meet his biological, psychological, or social requirements, creating an imbalance between his own demands and societal expectations, resulting in an interruption of psycho-equilibrium.

Anger Expression: Anger is an emotion shared by everyone on the planet. As newborns learning to share our favorite toy, as teens when our parents say "no," and as adults when our favorite football team loses by one point. While it is frequently an unpleasant experience, you may learn a lot about yourself by monitoring what makes you angry and how you show the emotion. When you believe you have been mistreated, fury is your reaction, as is the desire to right that wrong (Lazarus, 2000). It can also be interpreted as an attempt to block your own ambitions (Carver & Harmon-Jones, 2009).

Anger vs Aggression, Frustration, Rage-

- i) **Anger vs Aggression:** While anger is a feeling/emotion, aggression can be described as hostile, disruptive, and/or violent conduct or behavior. Physical violence, hurling things, property destruction, self-harming behaviors, or verbal threats or insults are all examples.
- ii) **Anger vs Frustration:** Frustration is a less severe emotion than anger; it is frequently triggered by little annoyances or irritations. If you spill your coffee in the morning or bump your toe on a piece of furniture, you may get frustrated. Frustration may turn to fury if minor frustrations pile up or if you are under a lot of stress. If you begin to feel frustrated, take a few deep breaths to help you regulate your emotions and prevent them from escalating into full-fledged outrage.
- iii) **Anger vs. Rage:** Rage is one level above irritation and one step below fury. Rage occurs when a person's wrath gets so intense that they lose control of oneself. This may result in yelling and screaming, specifically insults.

Anger triggers:

A trigger is an occurrence that leads something else to happen--in this example, anger. Triggers are defined as anything that causes an instant and nearly uncontrolled reaction. These will differ from person to person but will be consistent for each person. This implies that you will have the same reaction every time the trigger happens. Recognizing your triggers will help you control your emotions more effectively.

Anger as an emotion:

Is anger an emotion? Yes, in a nutshell, but it is much more than that. Anger can be perceived through emotion, mood, and/or temperament (Fernandez & Kerns, 2008). The duration of each of these experiences is what distinguishes them. Emotions are fleeting or fleeting, moods linger hours or even days, and temperament is an important aspect of a person's personality. Anger is an emotion that everyone has felt. Perhaps someone was disrespectful to a cashier or dumped their garbage on the ground, causing a brief outburst of rage. These sporadic annoyances in life may generate brief bouts of rage, which normally pass on their own. These furious outbursts can sometimes grow into angry emotions.

Anger Expression:

Anger expression is the manner in which a person expresses or exhibits their anger. This varies greatly amongst individuals and may involve vocal outbursts, bodily movement, expressions on the face, or other kinds of communication that reflect their anger and dissatisfaction. Anger may be good when controlled constructively, but it can be damaging when expressed violently or destructively. A hypothesis is the starting point for each research activity. The thought may have arisen in the researcher's head, who has previously conducted research on the issue, or it may have been inspired by earlier research. The thought develops from a richness of expertise in a specific industry, driving more inquiry. Every piece of research contributes to the vast collection of knowledge. As a result, knowledge is the total of many investigations conducted by diverse investigators over a lengthy period of time. A review of relevant studies is vital for any scientific study since it assists the researcher in a variety of ways, such as leading the researcher through previously addressed issues. The goal of the literature review is to learn about earlier work as well as what is being done presently in the context of the variables of the issue under consideration. It is quite useful for gathering information on the subject under inquiry.

Vyas and Desai (2020) investigated the impact of NCC training on the development of soft conflict management skills in Naval Wing NCC cadets. The current study included 40 NCC cadets from diverse institutions in the Vadodara and Navsari districts, representing a fair 90 percent of gender (boys/girls), region (rural/urban), and duration of NCC training. The data for the study was gathered via a questionnaire. The results show an important connection between NCC training and the improvement of cadets' management of conflict skills. NCC participants are more likely to be proficient in conflict resolution. For the overall cohort, the researcher identified a positive and significant association between different kinds of conflict resolution abilities and NCC training participation. The factors that influence cadet's decision to join the NCC. Vinod Dutta (2019) National Cadet Corps NCC Disaster Management, A Force Multiplier concluded with advice that the NCC, with its organizational capacity, durability, and the quality of its cadres, can play an important role in disaster aftereffect management, providing faster help and support to the nation as well as an avenue for the youth to discharge their societal duty. The NCC will be critical in creating appropriate attitudes, sentiments of sympathy, and interventions. The active involvement of NCC cadets on their rolls, as well as indoctrination and close supervision of their operations, will ensure the proper management of crisis scenarios. It would also establish their area of activities and responsibilities in advance in any crisis situation, as well as their indirect assistance function, while the direct.

Discussion

The purpose of the study was to examine the correlation between Emotional Adjustment and Anger Expression among NCC Cadets. The present study is correlational study focusing on Emotional Adjustment and Anger Expression. The sample of 136 individual's was taken from across the different cities. The age range of the individuality the study was between the 18 years and 25 years. Sample consists of both Male and Female participants of the mentioned age range. Descriptive Statistics of variables namely: Emotional Adjustment and Anger Expression. In Emotional Adjustment the mean for male and female is 8.55 and 12.27, Standard Deviation for male and female is 4.898 and 7.232 and standard mean error is .558 and .942 for males and females respectively. Whereas in Anger Expression mean for male and female is 35.06 and 38.25, Standard Deviation for male and female is 10.499 and 13.545 and standard mean error is 1.196 and 1.1763 for males and females respectively.

The correlation of Emotional Adjustment and Anger Expression using Pearson's correlation i.e., .364 with significant correlation at 0.001 level. Hypothesis stating that "There will be a positive correlation between Anger Expression and Emotional Adjustment among the NCC cadets." was accepted. Hypothesis stating that "There will be a negative correlation between Anger Expression and Emotional Adjustment among the NCC cadets." was rejected. The positive correlation between anger expression and emotional adjustment in NCC cadets may be attributed to several factors. Firstly, effective expression of anger can serve as a coping mechanism, allowing individuals to release pent-up emotions and reduce psychological distress. Additionally, in a structured environment like the NCC, where discipline is emphasized, the expression of anger may be viewed as a healthy outlet when managed appropriately. Developing emotional resilience through controlled anger expression could contribute to better overall emotional adjustment in challenging situations. Following are the reasons for the Hypothesis stating that "There will be a positive correlation between Anger Expression and Emotional Adjustment among the NCC cadets." was accepted and Hypothesis stating that "There will be a negative correlation between Anger Expression and Emotional Adjustment among the NCC cadets." was rejected.

In the NCC context, regulated anger expression might act as a healthy emotional outlet, contributing to emotional well-being. Effective anger expression, within acceptable limits, aligns with emotional regulation. NCC cadets may develop skills to manage and express anger appropriately, contributing to emotional adjustment by maintaining a balance in emotional responses. Cadets may observe and learn constructive ways of expressing anger from their peers and instructors. Modeling positive anger expression behaviors within the NCC community can lead to improved emotional adjustment through learned adaptive responses. The experience of facing and managing anger within the controlled environment of NCC training may contribute to the development of emotional resilience. Cadets may learn to bounce back from challenges, fostering better emotional adjustment overall. How cadets perceive and interpret anger-inducing situations can impact their emotional responses. If they learn to appraise situations in a way that allows for constructive anger expression, it can contribute to emotional adjustment by reducing the negative impact of stressors.

It's important to consider that these reasons are interconnected, and the positive correlation may arise from a combination of these factors within the specific context of NCC training. Individual differences and the role of leadership and training practices also play crucial roles in shaping these outcomes. Rejecting the hypothesis does not necessarily imply that there is a strong positive correlation, but it suggests that the relationship between anger expression and emotional adjustment may be more nuanced and context dependent within the specific dynamics of NCC training.

Conclusion

The findings of this research establish a significant positive correlation between anger expression and emotional adjustment among the NCC cadets. This suggests that individuals who express their anger in a constructive manner tend to exhibit better emotional well-being and adaptation. Recognizing and managing anger effectively may contribute to improved overall emotional adjustment, highlighting the importance of cultivating healthy expression strategies for emotional regulation. Further studies could explore specific interventions aimed at enhancing anger expression skills to promote emotional resilience and well-being.

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