



# A STUDY TO ASSESS THE EFFECTIVENESS OF PSYCHO EDUCATION MODULE ON MANAGING ANGER AMONG ADOLESCENTS (16 TO 19 YEARS) IN SELECTED COLLEGE AT CHITTOOR.

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**ABSTRACT:** Adolescent's life is full of hopes. The Adolescent is eager to interact with new experiences, to find new relationships to examine inner strengths and explore the strengths of inner ability. Adolescents try to have freedom to think and set their own goals and discover means to achieve them. Adolescents want to have more freedom to enjoy. Although they are not fully mature to shoulder the responsibilities of life, they enjoy life in youthful dreams. Love And become a strong motivating force in life.. Adolescence is a time when boys and Girls feel the joy and pride of growing up. Pre experimental one group pretest and post test research design study was conducted to assess the effectiveness of psycho education module on managing anger among adolescents in selected college at chittoor. A total of 60 samples were chosen by convenient sampling technique. After getting consent from the study sample, structured questionnaire was given to collect data. Results revealed that Pre test level of anger were low anger (3.30%), substantially peaceful (10.00%), average amount of anger (30.00%), substantially more irritable (31.70%), anger out of control (25.00%). Post test level of anger were low anger (56.70%), substantially peaceful (18.30%), average amount of anger (20.00%), substantially more

irritable (5.00%), anger out of control (0.00%). This study brings to light on sustained and committed efforts to remove anger as well as for psycho education among adolescents. The study findings show that the samples were undergoing varying level.

**KEY WORDS:** Anger, adolescent and psycho-education module.

## INTRODUCTION

**“Anger doesn’t solve anything it builds nothing, but it can destroy everything”**

**-Lawrence Douglas Wilder**

### BACKGROUND OF THE STUDY:

Anger is present in all our lives. We have all “lost” it with family, friends, or work colleagues at some time. Anger is both good and bad – it is a signal to resolve any difficulties surrounding it, and it can also motivate us. We can all remember that the time an argument cleared then we took positive action because of anger. Unfortunately, anger is not true for everyone; Anger spills over in to our lives too often, disrupting relationships and other work. It can also result in violence or physical abuse. In families prolonged anger can cause deep unhappiness and sometimes mental illness. When we hold on to anger too long or when it produces inappropriate aggression it becomes “problem anger”. A major social problem may cause crime, mental illness, loss of productivity and just plain unhappiness in our society.

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. During the adolescence period the individual are more vulnerable for many problems such as unhealthy behavior, poor diet, smoking, substance use and violence. This can lead to immediate health problems and long-term disorders of sell the problems; the most considered among adolescence is anger.

Many adolescences indulge increasingly violent behavior and frightening of other persons. During highly increased anger situation, in many which range from verbal abuse and threats to destruction of property, especially males involve in physical violence. Anger is a completely normal and usually healthy. The human emotions, when it goes out of control, turns destructive, it can produce problems like, problems at work, personal relationship and quality of lives.

Anger management involves learning to control one’s reaction to anger producing situations along with emotional feelings of anger, the physiological arousal associated with anger reducing anger behaviour. Dealing with anger is about moving on your past you may need to go back and re-examine your life in a new way. Cognitive psychologist accepts that it not a situation (or) some persons that causes anger. They said that your

emotions are actually the only think about on event so we can change your emotions by a new think in several of situations.

## NEED FOR THE STUDY

In India total populations 1205.6 million, 236.5 million total adolescences are age group is 10 to 19 years. Around 18 percent of the global population is adolescents. 12 percentages affected for anger in adolescents. 88 percent live in developing countries Andhra Pradesh population in 2022 is estimated to be 53 million, population in 2021 is estimated to be 54.6 million (5.46 crores), According to UID, in 2020 is estimated to be 54 million (5.4Crores).

In USA total population is 312.2 million, 43 million adolescences. According to a survey conducted in USA during 2013 to 2014 about 58 percentage of public school recorded one or more adolescence involving the physical attack without weapon, 47 % of threat due to physical attack without weapon.

According to Theorists have suggested that early Adolescent age is highly vulnerable to the increased emotion of anger. In their adolescents, many boys have difficulty recognizing their feelings, let alone expressing them or asking 8 for help. The challenge for parents is to help your adolescent scope with emotions and deal with anger in a more constructive way. Establish boundaries, rules and consequences.

Dr. Manoj Kumar Sharma, (2015) clinical psychology study was conducted in NIMHANS and its released. 3600 youngsters were surveyed raising number of crimes involving adolescents and children triggered this study. We deduct many factors which lead to aggression amongst young people, like fighting among with peers' groups, family obstacles, substance use, dismissed of love or physical and sexual abuse.

Among survey in five Indian cities Bangalore is fourth position in youngest metro percentage 79.45 percentages, while males went for severe physical aggression involved in 4.6 percent, female involved 2 percent. Adolescent faces lot of emotional issues during this developmental period. Parents often have a difficult time dealing with their adolescent's new found independence problems such as frustration and confusion that can lead to anger and a pattern for a reactive behavior for both parents and adolescents. Anger triggers the body's fight or flight response, and other emotions include, fear, excitement, anxiety, insomnia, short- and long-term health problems.

Recognizing anger in nursing is extremely important. It is too common for nurses to swallow the feelings of anger and to just go along with the others as a mass. (Reenkola 2008) Nurses are meant to work with holistic perspectives, and the anger can diminish that from happening..

A nurse should be able to manage own anger. It requires some practice to be able to face an angry adolescence. (Leiper 2005) There are three main basic rules for nurses that will help to alleviate anger, and all the nurses should bear them in mind.

The best way to control anger in nursing environments is to prevent it even from arising. By using some simple steps adolescence can play already a big part in creating an anger-free work environment. Anger management courses should be arranged for all adolescence to teach how to identify the causes of anger, and how to control and deescalate anger. Nursing management should never take the anger personally get agitated when dealing with angry.

Anger management is not therapy; it is a psycho educational intervention. Its main goal is to teach the adolescence specific tools and strategies for to learn to change one's behavior by providing a new perspective and increasing knowledge when the anger arises. The teacher of the intervention also has the role of a coach, not a therapist. Because anger is an interpersonal emotion, anger management is best done as a group intervention.

## 2. OBJECTIVES OF THE STUDY

- To assess the pre-test level of anger among adolescents
- To evaluate the effectiveness of psycho education module on reducing anger among the adolescents
- To compare the pre-test and post-test level of anger among adolescents.
- To find out association between pre-test levels of anger and selected demographic variables
- To find out association between post-test levels of anger and selected demographic variables.

## 3. METHODOLOGY

In the view of problem revealed and objective to be accomplished a Pre experimental one group pretest and post test research design was adopted for this study. A sample of 60 adolescents students were chosen by convenient sampling technique. Adolescents were willing to participate were included taking consent. The setting was Apollo institute of medical sciences and research , Chittoor. Besides socio demographic data sheet, structured questionnaire was prepared consisting of 25 questions has 5 options with scoring 0-4 to assess the anger level and effectiveness of psycho education module. The data was analyzed by using descriptive and inferential statistics.

## 4. RESULTS

**Table 1**

**Frequency and percentage distribution of demographic variable among adolescents**

S no	Demographic variables		Frequency	Percent
1	Age in years	18 years	28	53.30
		19 years	32	100.00
		<b>Total</b>	<b>60</b>	48.30
2	Gender	Male	29	51.70
		Female	31	100.00
		<b>Total</b>	<b>60</b>	86.70
3	Religion	Hindu	52	3.30
		Muslim	2	53.30
		Christian	6	10.00
		<b>Total</b>	<b>60</b>	100.00
4	Education of Father	Illiterate	5	8.30
		Primary education	7	11.70
		Secondary education	8	13.30
		Intermediate	9	15.00
		Graduate	31	51.70
		<b>Total</b>	<b>60</b>	100.00
5	Education of mother	Illiterate	6	10.00
		Primary education	2	3.30
		Secondary education	17	28.30
		Intermediate	11	18.30
		Graduate	24	40.00
		<b>Total</b>	<b>60</b>	100.00
6	Occupation of father	Un-Employed	11	18.30
		Labor	6	10.00
		Private Job	30	50.00
		Government Job	13	21.70
		<b>Total</b>	<b>60</b>	100.00
7		Labor	1	1.70



	<b>Occupation of mother</b>	Home Maker	43	71.70
		Business	1	1.70
		Private Job	12	20.00
		Government Job	3	5.00
		<b>Total</b>	<b>60</b>	<b>100.00</b>
<b>8</b>	<b>Monthly family income</b>	Rs.10,000-15,000	8	13.30
		Rs.15,001-20,000	10	16.70
		Rs.20,001-30,000	11	18.30
		>30,000	31	51.70
		<b>Total</b>	<b>60</b>	<b>100.00</b>
<b>9</b>	<b>Geographical background</b>	Urban	31	51.70
		Rural	14	23.30
		Semi-Urban	15	25.00
		<b>Total</b>	<b>60</b>	<b>100.00</b>
<b>10</b>	<b>Type of family</b>	Nuclear	53	88.30
		Joint	7	11.70
		<b>Total</b>	<b>60</b>	<b>100.00</b>
<b>11</b>	<b>Type of residence</b>	Staying in Hostel	25	41.70
		With Parents	34	56.70
		With Relatives	1	1.70
		<b>Total</b>	<b>60</b>	<b>100.00</b>

**Table1:** shows that out of 60 students 46.70% (28) were 18 years of age group, 53.30% (32) were 19 years of age group. Regarding gender 48.30% (29) were male, 51.70% (31) were female. Religion 86.70% (52) were Hindu, 3.30% (2) were Muslims, 10.00% (6) Christian. Regarding father education 8.30% (5) were illiterate, 11.70% (7) were primary education, 13.300% (8) were secondary education, 15.00% (9) were intermediate, and 51.70% (31) were graduate. Regarding education of mother 10.00% (6) were illiterate, 3.30% (2) were primary education, 28.30% (17) were secondary education, 18.30% (11) were intermediate, 40.00% (24) were graduate. Related to occupation of father 18.30% (11) were unemployed, 10.00% (6) were labor, 50.00% (30) were private jobs, 21.70 % (13) were government job. Related to occupation of mother 1.70% (1) were labour, 71.70% (43) were homemaker, 1.70% (1) were business, 20.00% (12) were private job, 5.000% (3) were government job. Regarding monthly family income 13.30% (8) families were earning Rs.10,000-15,000, 16.70% (10) families were earning Rs.15,001-20,000, 18.30% (11) families were earning Rs.20,001-30,000, 51.70% (31) families were earning > 30,000. Regarding geographic area 51.70% (31) were residing in urban areas, 23.30% (14) were residing in rural areas, 25.00% (15) were residing in semi urban areas. Regarding type of family 88.30% (53)

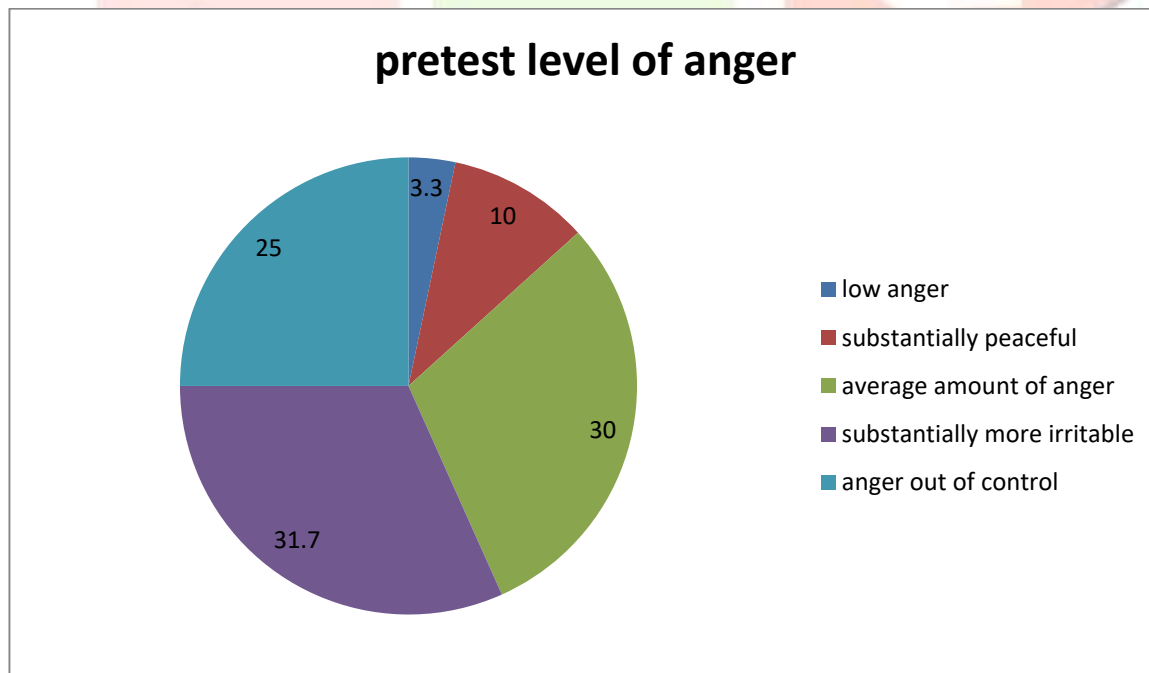
were living in nuclear family, 11.70% (7) were living in joint family. Regarding type of residence 41.70% (25) were staying in hostel, 56.70% (34) were staying with parents, 1.70% (1) were staying with relatives.

**Table 2 Frequency and percentage distribution of pre test level of anger among adolescents.**

Level of anger	Pretest	
	Frequency	Percent
Low anger	2	3.30
Substantially peaceful	6	10.00
Average amount of anger	18	30.00
Substantially more irritable	19	31.70
Anger out of control	15	25.00
<b>Total</b>	<b>60</b>	<b>100.00</b>

**Table 2** :Shows that out of 60 samples 3.30% (2) had low level of anger, 10.00% (6) had substantially peaceful level of anger, 30.00% (18) had average amount of anger, 31.70% (19) had substantially more irritable, 25.00% (15) had anger out of control.

**Fig no 1: Frequency and percentage of pretest level of anger among adolescents.**

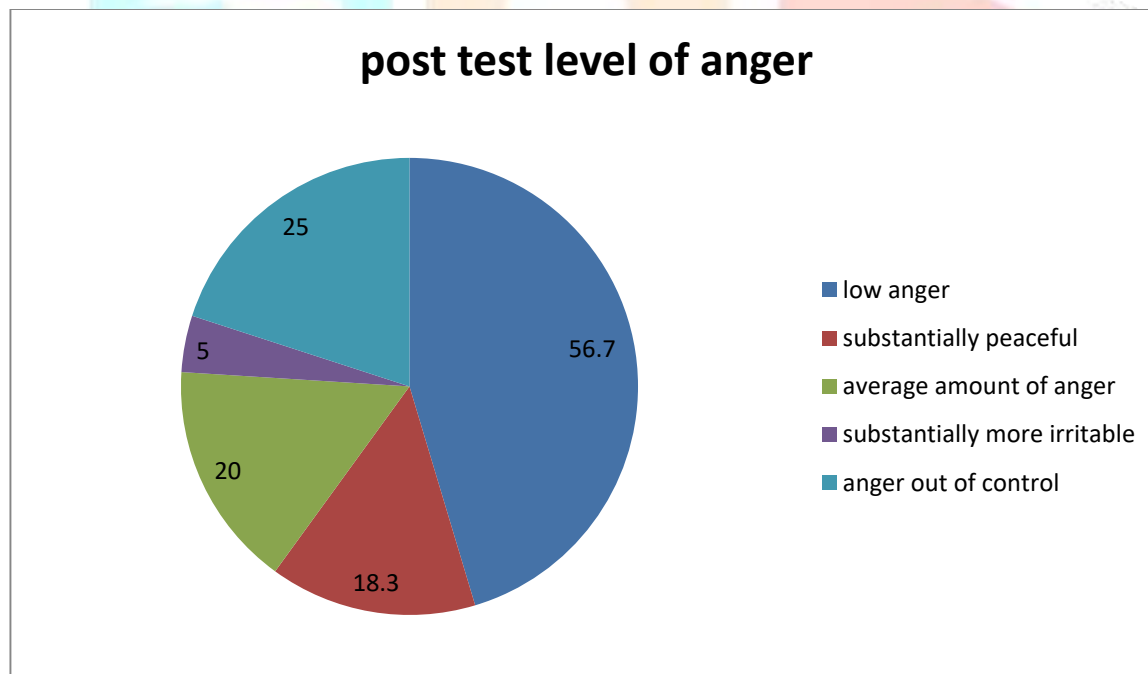


**Table 3 :Frequency and percentage distribution of effectiveness of psycho education module among adolescents**

Level of anger	Post test	
	frequency	Percent
Low anger	34	56.70
Substantially peaceful	11	18.30
Average amount of anger	12	20.00
Substantially more irritable	3	5.00
Anger out of control	0	0.00
<b>Total</b>	<b>60</b>	<b>100.00</b>

**Table 3:** shows that out of 60 samples 56.70%(34) had low anger, 18.30%(11) had substantially peaceful anger, 20.00%(12) had average amount of anger, 5.00%(3) had substantially more irritable, 0.00%(0) had anger out of control

**Fig no 2: Frequency and percentage of distribution of effectiveness of psycho education module among adolescents.**





**Table 4: Frequency and percentage distribution of effectiveness of psycho education module among adolescents**

S no	Paired t-test: pre vs posttest anger	Mean	N	Std. Deviation	t-value	p-value
Pair 1	Pretest anger	74.97	60	13.914	14.310**	0.000
	Posttest anger	42.47	60	17.362		

**Table 4:** Shows that the relationship between pretest and posttest level of anger among adolescent's correlation coefficient value is 0.384 and have significance with p value of 0.002.

**Table 5: Association between pretest and selected demographic variable among adolescents (N=60)**

S no	variable	Chi square	P value
1	Age	17.239**	0.002
2	Gender	9.886*	0.042
3	Religion	3.551	0.895
4	Education of father	27.585*	0.035
5	Education of mother	26.443*	0.048
6	Occupation of father	32.015**	0.001
7	Occupation of mother	18.232	0.31
8	Monthly income	24.693*	0.016
9	Geographical background	11.837	0.159
10	Type of family	15.875**	0.003
11	Type of residence	6.589	0.582

**Note.** \*Significant at 0.05 level

\*\*Significant at 0.01 level

**Table 5:** Shows that association between Pre-test and selected demographic variables among adolescents are age, gender, education of father, education of mother, occupation of father, monthly income resistance at <0.05 levels.

**Table 6: Association between post test anger and demographic variables. (N=60)**

S no	Variable	Chi square	P value
1	Age	5.970	0.113
2	Gender	10.271*	0.016
3	Religion	4.159	0.655
4	Education of father	41.968**	0.000
5	Education of mother	22.804*	0.029
6	Occupation of father	21.9323**	0.000
7	Occupation of mother	7.294	0.838
8	Monthly income	23.527**	0.005
9	Geographical background	7.881	0.247
10	Type of family	25.562**	0.000
11	Type of residence	5.021	0.541

**Note.** \*Significant at 0.05 level

\*\*Significant at 0.01 level

**Table 6:** Shows that association between pre-test and selected demographic variables among adolescents are gender, education of father, education of mother, occupation of father, monthly income, type of family resistance at <0.005 levels.

**5.CONCLUSION:** In this study out of 60 adolescents, Pre test level of anger were low anger (3.30%), substantially peaceful (10.00%), average amount of anger (30.00%), substantially more irritable (31.70%), anger out of control (25.00%). Post test level of anger low anger (56.70%), substantially peaceful (18.30%), average amount of anger (20.00%), substantially more irritable (5.00%), anger out of control (0.00%). There is statistical association of pretest level of anger and selected demographic variable that is age, gender, education of father, education of mother, monthly family income at  $P < 0.01$ . There is statistical association of posttest level of anger between selected demographic variable that is gender, age, education of father, education of mother, monthly family income at  $p$  is  $< 0.01$ .

## 6 . RECOMMENDATIONS:

- Similar studies can be carried out to assess the effectiveness of psycho education module in overcoming anger on the adolescents.
- A similar study can be done for both male and female adolescents of school going children. A similar study can be conducted on a large sample.
- The study can be carried out on mental disorder among the adolescents in the school setup.
- A study can be carried out to determine the effectiveness of psycho-education module in reducing anger among per operative adolescents.
- A comparative study can be conducted between adolescent and elderly

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