

THE INFLUENCE OF ANGER ON MANAGEMENT STUDENTS AND ITS IMPACT ON THEIR PERFORMANCE AND RELATIONSHIP

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Abstract

Anger is one of the most understood & overused human emotion. A little anger can configure energy in us to take action in positive direction where as the excess of it can lead us to the action vulnerable, weak or unacceptable. Everyone can become angry at some point of time & know what anger is Anger can vary from mild irritation to intense fury and can be reflected by a variety of things. When we react to frustration disappointment, rejection, failure, criticism threat, misunderstood object of laugh, we may become angry & this is a normal response. The angry person usually finds the cause of his anger in an intentional, personal & controllable aspect of another person's behavior or circumstances. In the current scenario the researchers strongly feel that there is a need to study that do the males and females are equal victims of anger or it attack any of them more than the other.

Keywords: Anger Management, Behaviour.

Introduction

"Anger is a temporary madness"

- Osho

Anger is one of the most common and destructive delusion & it affects our mind almost every day. It is an emotion that is accompanied by physiological, behavioral & emotional changes. This strong emotion of displeasure caused by some kind of discontent that is either real or perceived to be real by the individual.

The cognitive behaviour theory attributes anger to several factors such as past experiences, behaviour learned from others, genetic predisposition & a lack of problem solving ability.

The part of our brain that affects our anger and depression is the 'amygdala'. This part of brain is triggered, normally, through becoming scared or angered which in turns invokes the fight or flight response in the brain.

Anger can be constructive or destructive. Constructive anger can lead you to realize the released energy of anger into the harder task performance and more effort toward work; also it motivates to take action to correct that wrong thing. Out of control anger accelerates scrimmage with co-workers & family members. It also causes reduced performance, health problems & even early mortality.

Gary Genter, a psychologist who specializes in anger management explains that there are several sources of anger: physiological, cognitive and behavioural. Physiological anger is natural anger, Cognitive sources of anger are based on how we perceive things and behavioural sources of anger come from the environment which we create for our self.

Chronologically angry people create an environment in which others are aggressive in return, leading to the creation of vicious circle.

Objective of The Study

- To find out whether the male students are more prone to anger as compared to female students or not.

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- To find out the various reactions of anger.
- To provide suggestions to cope us with anger.

Design of The Study

The study is based on primary data. The data is collected through questionnaire. A structured 2 point scale questionnaire was used to measure the anger. The 2 types of responses used in the questionnaire in order are True & False. The questionnaire was administered on 100 randomly selected individuals including students of management, both undergraduate and post graduate level IIMT University, Meerut to make the sample

representative. X^2 test is applied to the data to find out the degree of association. Individual data analysis for reactions under the influence of anger in management students are tabulated and presented with the help of bar diagrams.

Data analysis is done as:

Hypothesis

Males are most prone to anger as compared to females.

Observed Table

Levels

	Better	Normal	Problem	
Sex	I	II	III	Total
Male	10	15	25	50
Female	25	10	15	50
Total	35	25	40	100

Expected Freq. Table

	Better	Normal	Anger Mgt. Problem	
Sex	I	II	III	Total
Male	17.5	12.5	20	50
Female	17.5	12.5	20	50
Total	35	25	40	100

$$\begin{aligned}
 \chi^2_{cal} &= \sum_i \sum_j \left(\frac{O_{ij} - E_{ij}}{E_{ij}} \right)^2 \\
 &= \frac{(10 - 17.5)^2}{17.5} + \frac{(25 - 17.5)^2}{17.5} + \frac{(15 - 12.5)^2}{12.5} \\
 &\quad + \frac{(10 - 12.5)^2}{12.5} + \frac{(25 - 20)^2}{20} + \frac{(15 - 20)^2}{20} \\
 &= \frac{56.25}{17.5} + \frac{56.25}{17.5} + \frac{6.25}{12.5} + \frac{6.25}{12.5} + \frac{25}{20} + \frac{25}{20} \\
 &= 3.21 + 3.21 + 0.5 + 0.5 + 1.25 + 1.25
 \end{aligned}$$

$$\chi^2_{cal} = 9.92; \chi^2_{tab} = \chi^2_{cal} (0.05) = 5.99$$

Where degree of freedom = 2

Level of significance (α) = 5%

So, we accept the null hypothesis (H_0) at 5% level of significance.

Based on data, 40% of the students admitted that they suffer from severe anger problem and suffered from it even more than once in a day. 18% admitted that they suffered from anger about once in a day. 7% accepted that once in a week they felt anger where as 31% felt this only once in a month and only 4% said that they never felt anger.

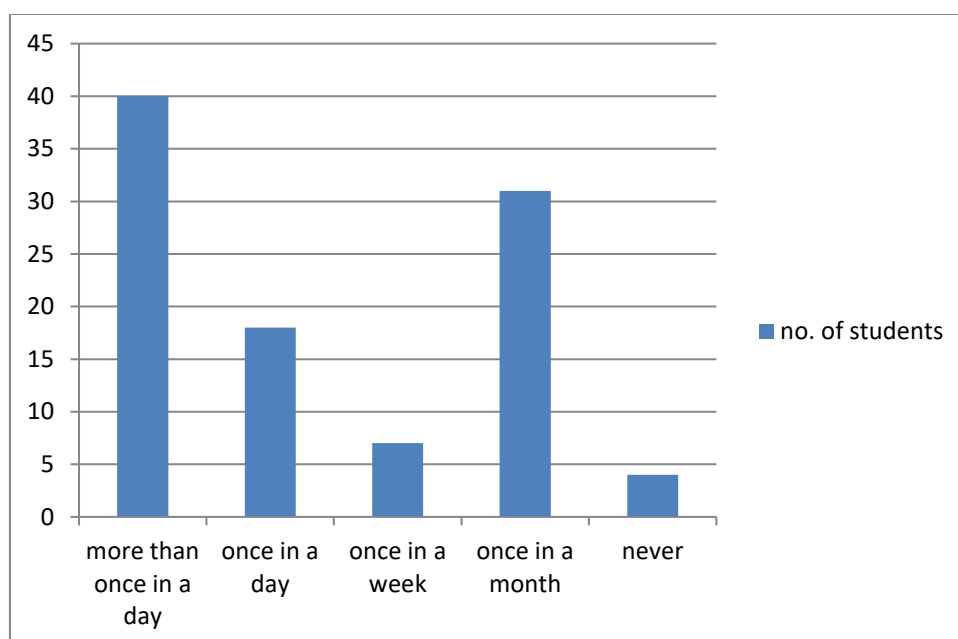


Figure 1

When asked the violent behavior or reactions or feelings they have or they do when they felt anger is as below:

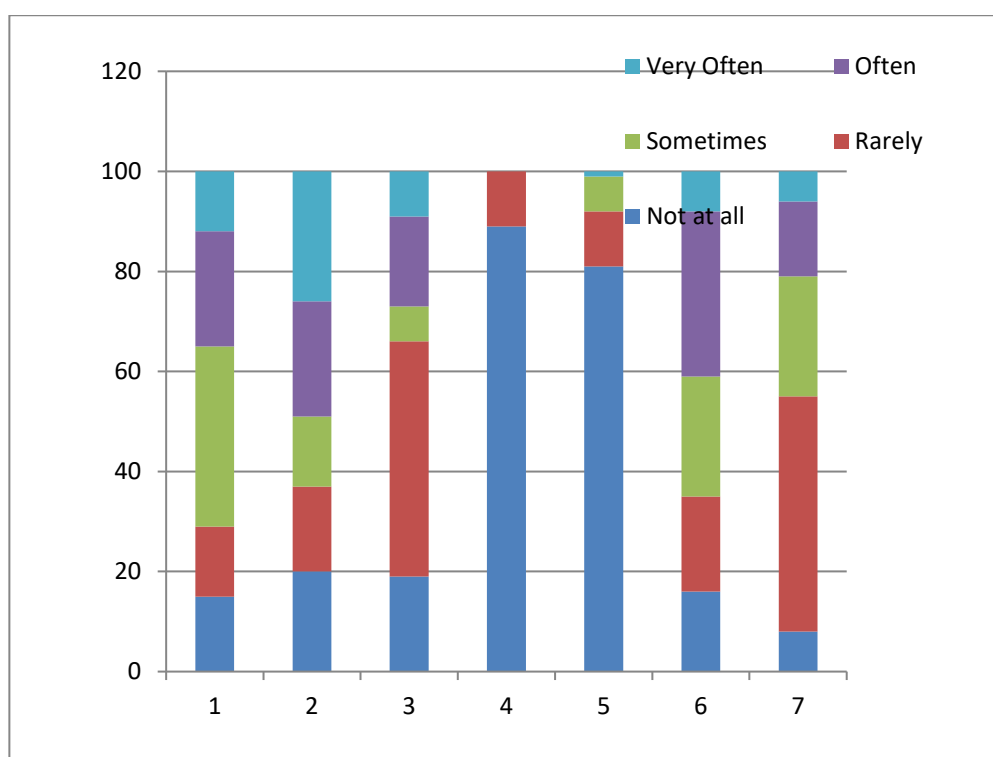


Figure 2

Student's violent reactions and feelings: (1) Hit someone or something or wishes to do so. (2) Shouting or use of abusive language. (3) Crying. (4) Doing antisocial behavior or activity. (5) Hurting self. (6) Leading to physical fights. (7) Depression (feeling end of the world).

When asked for anger and its impact on performance and personal relationships the following responses are found

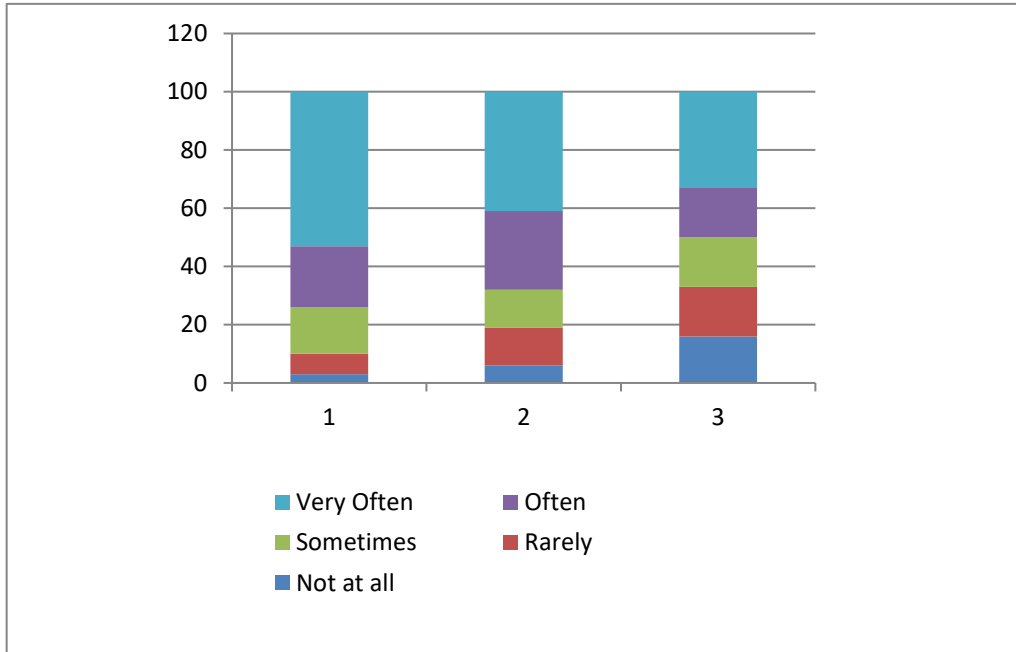


Figure 3

Impact of anger also has various ranges: (1) Really affects the performance when angry. (2) Really affect the study and personal relationships. (3) Inappropriate image of self in teacher's perception.

When asked about the method by which students calm down themselves, students have given the following responses.

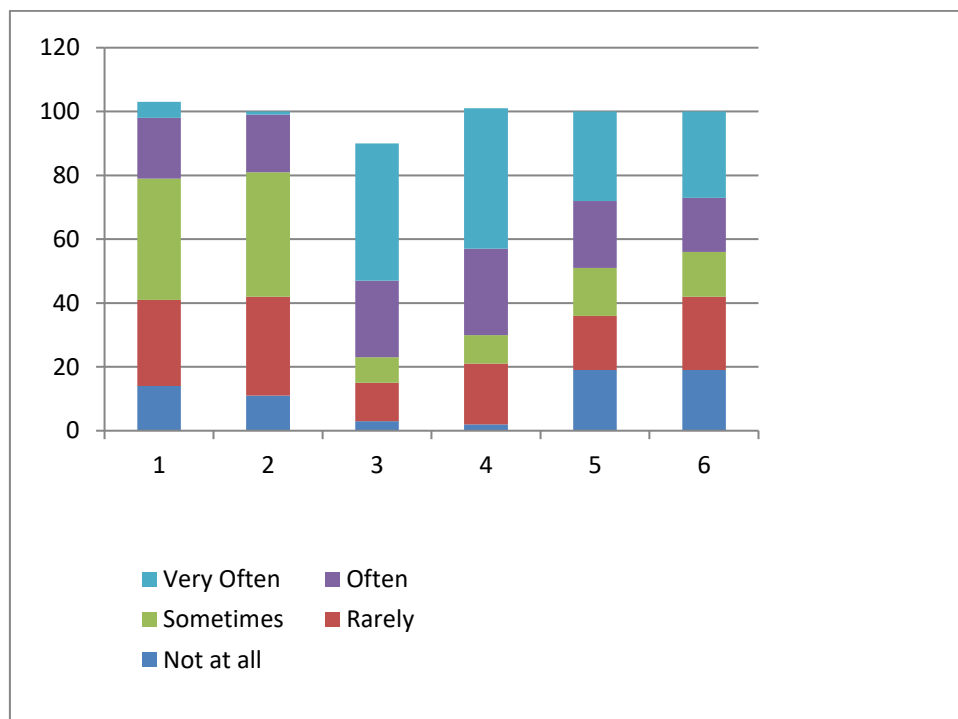


Figure 4

Methods of calming down and cope up with anger: (1) Eating. (2) Sleeping. (3) Avoiding the situation. (4) Moving to a close person (family

member/friend). (5) Indulging self into a hobby activity.

Suggestions for Coping Up with Anger

Though anger is inevitable emotion but as it can reduce one's decision making ability and performance, it is necessary to manage anger at the earliest. Some of the methods to cope up with anger are as follow:

1. **Learn to relax-** It is very important to learn to relax by deep breathing, help of yoga or meditation by pampering yourself, by a mantra given by the movie 3 idiots "All is Well" etc.
2. **Sound sleep-** It is very helpful as it not only rejuvenate mind and body but also repair damage.
3. **Cognitive Restructuring-** It is changing the way you think about things. It involves becoming more optimistic & more rational rather than emotional.
4. **Introspection-** One has to find out the reasons of not meeting expectations, the behavioral pattern which is irritating others & taking corrective actions.
5. **Adding Humor to life-**It is not necessary to behave every time very sincerely. One can try using humorous acts can lighten one's mood. Adding humor can not only uplift the one's mood but it soothes the others also.
6. **Change your environment-** Environment plays very important role in making one irritated & fury. In the frustrating environment one can take a break for 15 - 20 min to regroup & refresh.
7. **Exercise regularly-** Regular exercises can reduce the flow of hormones & chemical that causes anger.
8. **Withdrawal or avoidance-** Withdrawing from the intense situation can also help up to avoid anger
9. **Emotional Intelligence-** Developing high EQ and becoming emotionally intelligent helps in dealing people and situation in a more effective and efficient manner.
10. **Going to a trustworthy person-** When a person is angry and if he/she moves to a close person then this also helps to calm down as by opening up in front of them emotional outburst settles down as well as right suggestion are also received.

Result and Conclusion

In the light of the observation, we conclusion that the gender and Anger level are associated or

dependent on each other. And further from the data it is obvious that male students are more prone to anger as composed to female students.

Further 40% students indicated anger problem as they felt anger even more than once in a day. Although anger is a problem in students, still their reactions under anger are ordinary as their responses for 'very often' category is quite low for hit someone, crying, hurting self and depression; nil for anti-social behavior and for shouting and use of abusive language is also not alarming. When it comes to affect on performance and its impact on studies and personal relationship, then anger really affects them. Even they feel that because of anger and its responses their teachers have made an inappropriate impressions of them. The methods which they use to calm down is avoiding the situation and moving to a close person; then the very often response is for indulging in hobby activities and intake of sedative

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