

Gender Orientation in Anger Management: an Explorative Research in Today's Scenario

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Abstract- In today's ever-evolving societal landscape, the exploration of gender orientation within the realm of anger management has become increasingly pertinent. As traditional gender roles and expectations continue to be challenged and redefined, it is essential to investigate how individuals of various gender identities experience and express anger. This explorative research aims to delve into the nuanced dynamics of anger management across genders, shedding light on potential disparities and similarities. This study aims to contribute valuable insights to the development of more inclusive and effective anger management strategies by examining the distinct ways in which different genders navigate and cope with anger. Through a comprehensive analysis of diverse perspectives and experiences, we aim to foster greater understanding and empathy in addressing anger-related challenges in today's multifaceted society. Thus keeping all these points in the mind, present study entitled "Gender Orientation in Anger Management: an Explorative Research in Today's Scenario" was planned to find out anger management level among adolescents (13-19 years) in Prayagraj . The intensity of anger experienced by teenagers was assessed using an adolescent anger management scale developed by Leutenberg and Liptak (2011). It was concluded from the study that boys had more anger management issues. While girls were found to more skilled in anger management than boys. Significant differences were found in various anger management-related issues. The paired t-test results revealed a significant difference in anger management between male and female respondents.

Key words- Gender, orientation, anger management, explorative research, today's scenario.

Introduction

In contemporary society, the understanding and management of anger have garnered increasing attention, reflecting a growing recognition of its impact on individual well-being and interpersonal relationships. Amidst this discourse, the influence of gender orientation on anger expression and management has emerged as a significant area of exploration. With evolving societal norms challenging traditional gender roles, there is a compelling need to investigate how individuals across diverse gender identities navigate the complex terrain of anger. This explorative research endeavors to delve into the intricate dynamics of anger management within the context of gender orientation, aiming to uncover nuanced patterns, challenges, and coping strategies. By illuminating the intersectionality of gender and anger, this study aims to enhance our understanding of anger dynamics within today's complex social environment, contributing to a more comprehensive perspective. Through an in-depth exploration of diverse perspectives and experiences, this research endeavors to inform the development of tailored

and inclusive anger management interventions suited to the diverse needs of individuals across the gender spectrum.

Objective- To assess the gender differences with regard to anger management by adolescents in the study area.

Research Methodology

Research Design - The present study followed an 'Action Research Design'. Data was collected from respondents using a survey method, specifically utilizing questionnaire surveys to ensure authentic data collection.

Locale of the study– The study was conducted in Prayagraj District of Uttar Pradesh as the researcher was acquainted and familiar with the place.

Sampling frame- The total sample selected for the present study was 386.

Variables- A set of independent (gender) and dependent (anger) variables were selected for the study.

Tools for Data Collection- The management of anger experienced by teenagers was evaluated using the Adolescent Anger Management Scale developed by Leutenberg and Liptak (2011).

Results and Discussions

Table 1. Distribution of adolescent boys and girls based on their anger management.

Anger management	Range	Boys (n=193)		Girls (n=193)	
		F	P	F	P
1- Read Your Body					
Low	6-8	78	40.41	52	26.94
Moderate	3-5	59	30.56	56	29.01
High	0-2	56	29.01	85	44.04
1- Calm Your Body					
Low	6-8	81	41.96	43	22.27
Moderate	3-5	62	32.12	61	31.60
High	0-2	50	25.90	89	46.11
2- Redirect Your Mind					
Low	6-8	85	44.04	44	22.79

Moderate	3-5	67	34.71	56	29.01
High	0-2	41	21.24	93	48.18
3- Communicate Assertively					
Low	6-8	83	43.00	46	23.83
Moderate	3-5	63	32.74	52	26.94
High	0-2	47	24.35	95	49.22

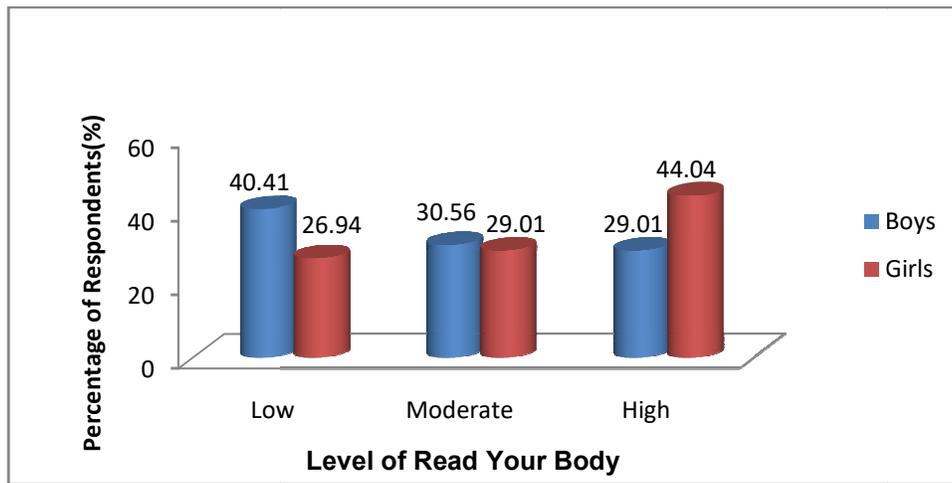


Fig. 1. (a) Distribution of adolescent boys and girls based on their anger management, related to read their body

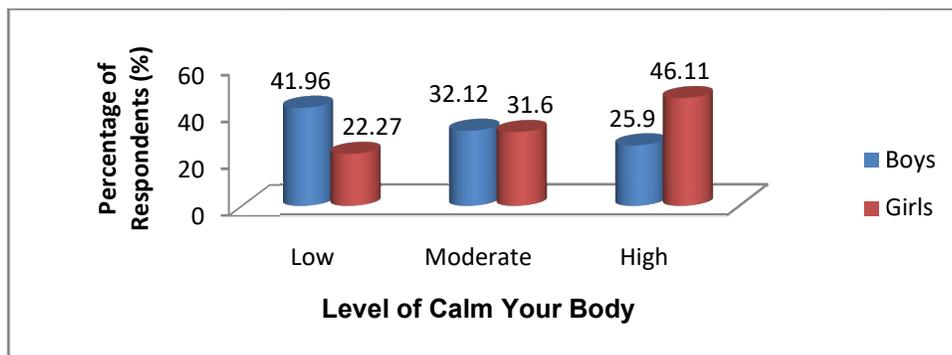


Fig. 1. (b) Distribution of adolescent boys and girls based on their anger management, related to calm their body

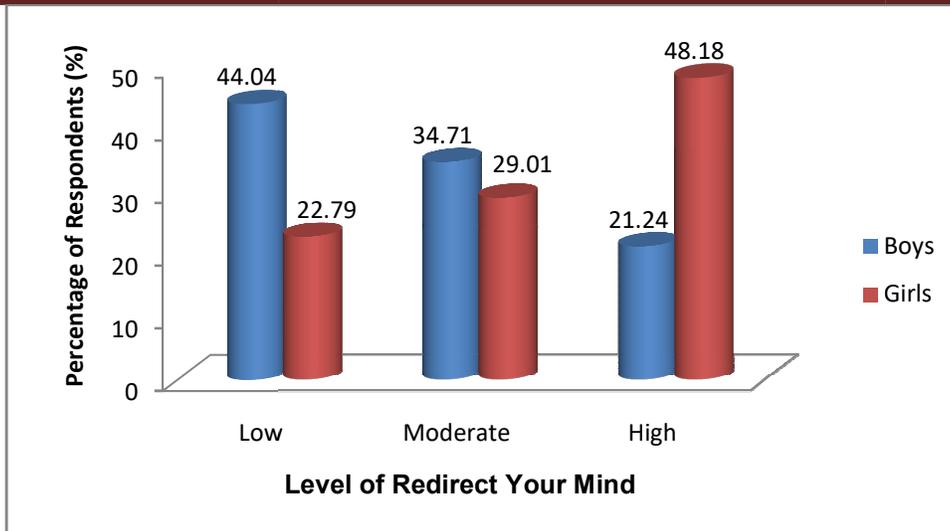


Fig. 1. (c) Distribution of adolescent boys and girls based on their anger management,related to redirect their mind

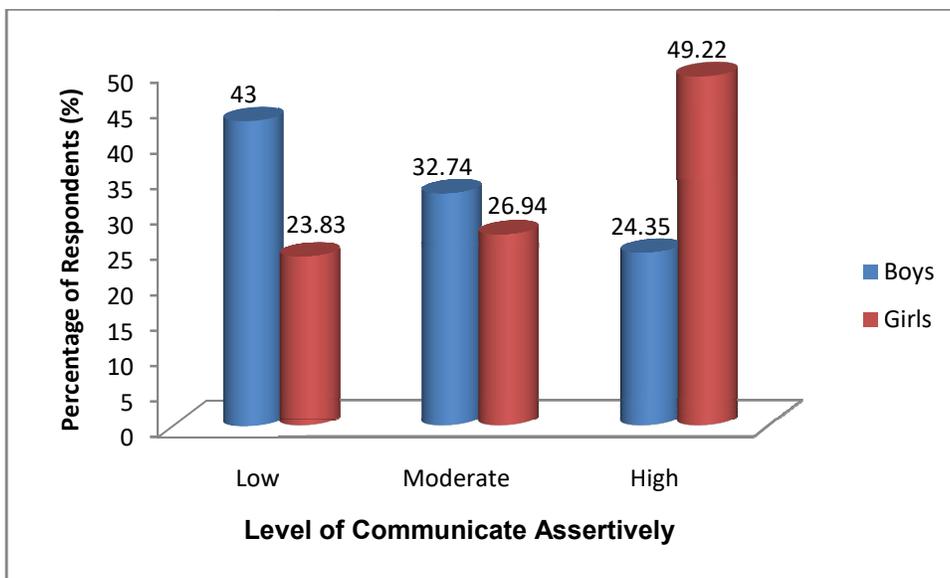


Fig.1. (d)Distribution of adolescent boys and girls based on their anger management,related to communicate assertively

Table 1 illustrates the distribution of anger management techniques among male and female respondents. Among boys, the majority (40.41%) exhibited low proficiency in managing anger, followed by 30.56% demonstrating a moderate level of skill in reading their body's signals associated with anger, and a minimum of 29.01% displaying high proficiency in this technique. Conversely, among girls, the highest percentage (44.04%)

showed high proficiency in reading their body's signals to manage anger, with 29.01% at a moderate level and only 26.94% at a low level. This anger management technique involves fostering awareness of physical sensations linked to anger. Individuals are encouraged to heed their body's cues, such as increased heart rate, muscle tension, clenched fists, or other physical signs of anger, when experiencing anger.

The majority of boys (41.96%) exhibited a low level of proficiency in calming their bodies, followed by 32.12% demonstrating a moderate level, and a minimum of 25.90% displaying high proficiency in this technique. Conversely, among girls, the highest percentage (46.11%) showed high proficiency in calming their bodies, with 31.60% at a moderate level and only 22.27% at a low level. Consequently, the data suggests that girls possessed superior anger control skills compared to boys. Unlike boys, girls excelled in relaxing their bodies by taking breaks, shifting focus, practicing deep breathing, and engaging in activities that alleviate the tension associated with anger and stress. Once teenagers recognize the physical signs of anger, they can employ relaxation techniques to mitigate its intensity. These techniques may include deep breathing exercises, progressive muscle relaxation, or seeking a tranquil environment to gather their thoughts. By calming the body, individuals can effectively reduce anger intensity and prevent impulsive reactions.

Analysis of Figure 1. (c) indicates that the majority of boys (44.04%) exhibited a low level of proficiency in redirecting their minds towards different things, followed by 34.71% demonstrating a moderate level, and a minimum of 21.24% displaying higher proficiency in this technique. Conversely, among girls, the highest percentage (48.18%) showed high proficiency in redirecting their minds, with 29.01% at a moderate level and only 22.79% at a low level. This strategy involves assisting teenagers in shifting their focus away from the source of anger or the negative thoughts fueling it. It is evident from the data that girls possessed more advanced anger control strategies than boys. They demonstrated the ability to think calmly and logically, as well as exert control over their behavior to avoid explosive reactions towards others. In comparison to males, females were adept at quieting negative self-talk in their minds.

Analysis of the table indicates that the majority of boys (43.00%) exhibited a low level of proficiency in communicating assertively, followed by 32.74% demonstrating a moderate level, and a minimum of 24.35% displaying high proficiency in this technique. Conversely, among girls, the highest percentage (49.22%) showed high proficiency in communicating assertively, with 26.94% at a moderate level and only 23.83% at a low level. Consequently, in comparison to boys, girls were more adept at managing their anger. They demonstrated superior ability in assertive communication, characterized by being upfront, honest, and straightforward when expressing their needs, rarely becoming defensive, and actively seeking solutions to problems. Assertive communication

involves conveying feelings and thoughts in a direct, honest, and respectful manner, without resorting to attacks or belittlement of others.

Anger is a complex emotion that, when left unmanaged, can significantly diminish individuals' quality of life by leading to violence and aggression, particularly affecting interpersonal relationships (Haskan&Yıldırım, 2014). The experience of rage and a lack of coping mechanisms for dealing with it are factors that disrupt societal order and contribute to significant issues among teenagers. Learning to manage emotions like rage and tempering aggressive behaviors are crucial aspects of navigating adolescence successfully. Early education aimed at children is especially vital in this regard, as it can prevent the formation of criminal personalities through timely intervention. Studies have shown that early intervention programs, encompassing elements such as communication, conflict resolution, empathy, emotion management, and anger control, have effectively reduced students' tendencies towards violence and hostility (Akgun&Araz, 2014).

Table 2. Frequency and percentage distribution of adolescent boys and girls based on their anger management.

(N=386)

Anger management	Range	Boys (BI) (n=193)		Girls (BI) (n=193)	
		F	P	F	P
Low	0-10	80	41.45	50	25.91
Moderate	11-22	65	33.68	54	27.98
High	23-32	48	24.87	89	46.11

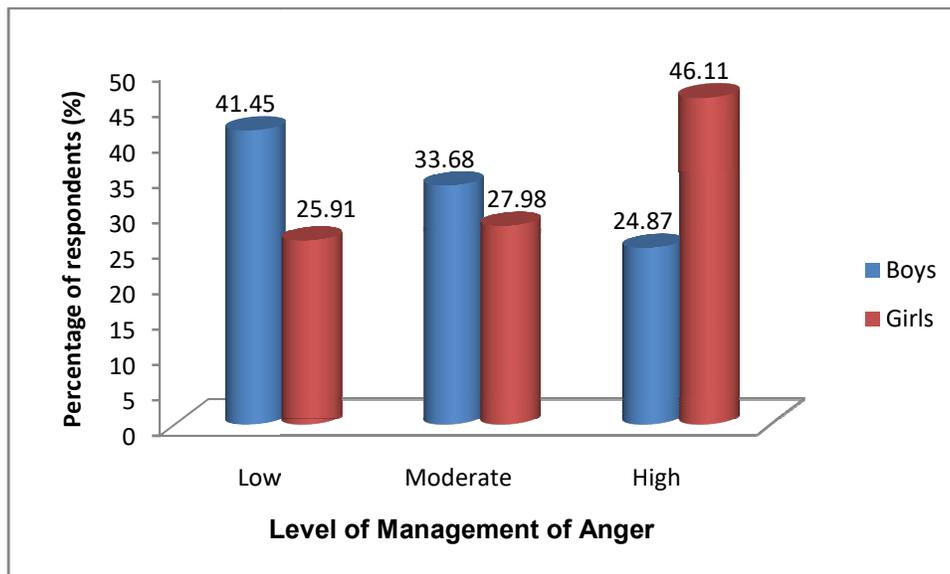


Fig. 2. Percentage distribution of adolescent boys and girls based on their anger management.

Table 2 reveals that only 24.87% of boys exhibited proficient anger management skills, with a notable proportion (41.45%) displaying low levels of proficiency, and 33.68% demonstrating moderate proficiency. Conversely, among girls, a smaller percentage (25.91%) showed low levels of anger management skills, while a substantial proportion (46.11%) displayed high levels of proficiency, and 27.98% demonstrated moderate proficiency. These findings suggest that a greater proportion of girls possessed higher skills in managing their anger compared to boys, who tended to have lower proficiency in anger management. One possible explanation for this discrepancy could be the superior executive skills often observed in girls, as studies have shown a correlation between lower levels of anger and improved executive function (Shoqeirat, 2020).

Executive functions encompass a range of mechanisms geared towards self-control and resource management to achieve specific goals (Hofmann et al., 2012). This concept commonly comes into play when tasks require emotional regulation, self-regulation, or abilities that rely on neurological processes (Bader & Wagner, 2007).

Table 3. Difference in anger management among boy and girl adolescents

(N=386)

Anger management	Boys (n = 193)		Girls (n = 193)		Difference of mean	T cal. value	T tab. value
	Mean	SD	Mean	SD			
BI	16.00	9.14	18.54	9.95	-2.54	2.60	1.97*

*Significant

The table illustrated a disparity between boys and girls respondents, with the mean difference in anger management scores being -2.54. The calculated t-value of 2.60 exceeded the tabulated t-value of 1.97 at a significance level of 0.05%, indicating a significant difference. Specifically, the mean scores for anger management were 16.00 for boys and 18.54 for girls. This discrepancy highlights that girls exhibited a higher mean score (18.54) compared to boys (16.00), indicating a stronger inclination towards anger management.

The value presented in the table indicates a significant difference between male and female respondents in anger management. It is evident from the table that female respondents exhibited greater proficiency in managing their

anger compared to males. They demonstrated a tendency to not readily express anger as easily as males. It is worth noting that sustained and repetitive stress can trigger anger responses. While anger is a natural emotion that activates self-defense mechanisms in stressful situations, excessive stress levels or uncontrolled expressions of anger can have detrimental effects on physical health and emotional well-being. These effects may include depression, reduced quality of life, and interpersonal difficulties (Aekyung et al., 2015). Therefore, it is crucial for adolescents to learn various anger management techniques to effectively navigate their emotions during adolescence and throughout different stages of life.

Conclusion

Anger, aggression, and violence among adolescents in school and college campuses are increasing globally. Anger, often linked with hostile thoughts, physiological arousal, and maladaptive behaviors, triggers powerful and often aggressive feelings and actions that impact all areas of life. Thus keeping all these points in the mind, present study entitled “Gender Orientation in Anger Management: an Explorative Research in Today's Scenario” was planned to find out anger management level among adolescents (13-19 years) in Prayagraj. It was concluded from the study that boys had more anger management issues in the comparison of girls. While girls were found to more skilled in anger management than boys. So, significant differences were found in different anger related issues. The pair t test result revealed significant difference between anger management of anger among boys and girls respondents.

Recommendations

Anger is viewed as a constructive mechanism that signals something is amiss and needs change. It can mobilize psychological resources for corrective action. However, uncontrolled anger can have negative effects on personal and social life, impacting those around them. Being around an angry person can be challenging and may lead to psychological or emotional trauma if not addressed.

- ❖ Given that adolescents are both valuable and vulnerable in our society, it's crucial to adopt a positive and effective approach to enhance their anger management techniques. This will enable them to lead fulfilling and stress-free lives.
- ❖ Anger and its consequences sensitization trainings should be provided to teenagers through broad-based campaigns in schools and community as an urgent basis to prevent more anti social crime related to anger.

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