

ADOLESCENTS ANGER: A REVIEW

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ABSTRACT

Anger is one of our most powerful emotional reaction that affects the human body. It is described as an intense feeling in response to frustration, hurt, disappointment, or threatening. Adolescents with more disorders exhibit irritability and sensitivity rejection or criticism and vital emotions with behavioral manifestation. Although anger have some advantages and disadvantages both. The benefits of anger include overcoming fears and building confidence to oppose dangerous phenomenon or pressure which lead to the fight or flight response. Disadvantages of anger consist of excess anger serving as a numbing agent emotionally, physically, and cognitively. Physiologically, emotions are considered to commence from brain nucleus named as amygdale, part of brain responsible for identifying threats to our well-being, and relaying out an alarm when threats are identified that result in taking steps to protect ourselves. In *Unani* system of medicine Ibn-e-Sina a well known unani physician was the first who described the relationship between psychology and medicine. It is important to know the harmful outcomes of anger and proper ways to manage anger.

KEYWORDS: Anger, Adolescents, *Unani*, Management.**INTRODUCTION**

Anger is an emotional reaction that affects the human body. Certain physical and biological conditions like increased heart rate, increased blood pressure and increased level of adrenaline and nor adrenaline are generally seen in an angry person. Anger is characterized by extreme displeasure, rage, annoyance, or hostility and emotional distress. In addition to understanding issues that can arise from uncontrolled anger, it is very important to understand factors that can contribute to anger in adolescents. Adolescence is the period of life from late childhood until physical growth is relatively complete and also marks the beginning of early adulthood. Age 13 to 16 is considered as early adolescence, and 17 through 21 is late adolescence.^[1] There is no one scientific definition of adolescence or set age boundary, however according to WHO (World Health Organization) adolescent is the age group between 10-19 years. The term adolescence is derived from Latin word *adolescere*, meaning "to grow up".^[2] Physically, adolescents face the development of sexual glands and organs, pubic hair, oily and coarser skin and hormonal changes. These physical developments affect behavior and emotions. Psychologically, adolescents desire independence and development of their identity, experience tension, inner conflict while questioning the authority and values of their parents and others.

Adolescents exhibit an inflated sense of responsibility and a strong need for adult approval. They desire to make their own decisions like adults but have not yet acquired the skills nor discipline necessary for effective and appropriate decision-making. Socially, adolescence is a period when there is a strong need for peer recognition. The peer group becomes a powerful influence and affects adolescent's behavior and attitudes. When an adolescent uses anger or aggression for self expression, it usually means other more appropriate ways to get his needs met.^[3] Certain mental health problems are also triggered by anger such as dissociation, hopelessness, suicidal ideation and inter-personal difficulties. Sexual abuse is another factor which is responsible for loss of social relationships, trust and childhood innocence. When anyone experiences the disintegration of family through inter-familial sexual assault, he or she is more likely to experience elevated anxiety, heightened interpersonal sensitivity, which results in increased anger problem. Adolescents, who are chronically angry, tend to experience stress, as a result of which anger stimulate their stomach, causing it to produce too much acid which leads to gastric ulcers and acid reflux. Anger problem in juveniles is directly proportional to high blood pressure and increased heart rate, which means that health risks posed by anger may begin at an early age.^{[4][5]}

When person become angry our body releases chemicals that can clot the blood. These blood clots can create serious health problems. The clots can travel up the blood vessels thus reaching brain or heart causing a stroke or heart attack, both of which can be fatal.^[6]

An association of anger and fear is also seen in factor analytic studies of the structure of self-reported mood and emotions.^[7]

Unani aspect

In *Unani* system of medicine, the relation between psychology and medicine was first discovered by Ibn-e-Sina. There is a deep relationship between body and mind as *nafsiyati awamil* (psychological factors) are dependent on dominant *khilt* and *mizaj* of a person. Excess of all these factors changes the temperament (*mizaj*), weakens the *hararat-e-ghariziyah* resulting in a dry and feeble body. Unani medicine holds that the human mind and brain needs adequate stimulation and proper relaxation as well. Excess of anger and joy causes cutaneous blood vessels to dilate which provides reddish hue to the skin. This also increases the heart rate which becomes the cause of various cardiovascular diseases in later life of an individual. Equilibrium of both mental activity and rest is required for the preservation of good health and to avoid many physical illnesses. As the famous quote says, "Sound mind in sound body"^{[8][9]}

Adolescence

There is no scientific definition of adolescence or set age boundary. The term adolescence is generally used to define the transitional stage of physical and psychological development between childhood and adulthood. There are many developmental changes occurs in this time period. This time frame, however, not only narrates a very diverse reality, but adolescence varies considerably across cultures, over time, and within individuals. Age do not provide an absolute indicator of adolescence, and it is complicated to agree upon a clear-cut definition of adolescence.^[10]

Adolescents and anger

The socio-demographic variable situations associated with anger, type of anger, style of expression of anger, control over aggressive ideation and protective factors for controlling the aggression and risk factors such as substance abuse, mood disturbance, childhood experience, academic effects, family influence, peer influence, media influence etc.^[11] As central socializing agents for children, parents provide emotional connections, behavioral constraints, and modeling, which affect children's development of self-regulation, emotional expressions, and expectations regarding behavior and relationships.^[12] The term adolescence is commonly used to describe the transitional stage of physical and psychological development between childhood and adulthood.^[10] This time frame, however, not only describes a very dissimilar truth, but adolescence varies noticeably across cultures, over time,

and within individuals.^[10] The similar age group adolescents can experience physical changes differently. The onset of puberty is not the same for all adolescents. For some individuals adolescence may start as early as age 9 for some girls and for some girls can be begin at 13 years. Thus the physical experiences of these individuals are depends upon their social experiences. Girls who mature earlier than their peers often begin "adolescence" looking older than their actual age. Adolescence has not always lasted until a set age boundry like 18 or 21. In Asia the nature is quiet different, group agreement and loyal family membership are valued above individuality, autonomy or individual fulfillment. Therefore, different cultures makes the term adolescence fairly inaccurate as a definition for one markedly inclusive time period. A complete defining of adolescence in society depends on information from various perspectives, most importantly from the areas of psychology, biology, history, sociology, education, and anthropology. All these perspectives gives adolescence a new boundary and adolescence is viewed as a transitional period between childhood and adulthood whose cultural purpose is the preparation of children for adult roles. Emotional traits are stable and reliable individual differences in the experience of emotions and are central features of personality. Negative emotional traits (anger, anxiety, depression) are believed to be a core mechanism underlying disorders of mood, anxiety and aggression. and are independent risk factors for a variety of stress-related chronic illnesses and premature mortality. Trait anger has been defined as the general tendency to experience anger or to respond with anger when one feels unfairly criticized or treated.^[13]

Impacts of anger

Anger is a complex human emotion and a frequent reaction to frustration and maltreatment. All individuals have confronted to angry situations in their lives. The shortcoming of anger is that, although being a part of natural life, prevents individual from reaching own goals, and this the underlying reason of conflict and contradiction about anger.^[14]

Many biological reaction jumps up as one gets angry, the changes brought in the body are due to brain's neural activating system such as noradrenergic system release brush of catecholamine that has systemic effects such depicted as an alteration in physiology such as acceleration of heart, rising of blood pressure, and rate of respiration as well as flushing of face due to increased blood flow attributed to physical action. In addition that energizes musculature to brush with energy lasting up to several minutes so-called adrenaline rush which is executed to take an immediate protective action of angry desire energizing the level that one become ready to fight due to adrenaline rush. Experiencing psychological effects of anger causes chemical as well as hormonal imbalance that results into alteration in body's metabolism, sometimes excessive feeling stressed, and anger provokes overeating that leads to weight gain. In

addition, stress, as a reaction to anger, provokes our stomach parietal cell to produce too much acid making us victim of gastric ulcers and gastro esophageal reflux disease. Anger state being one of the stressful conditions releases stress hormone cortisol which contributes to deplete glucose uptake and increase its availability in the blood thus playing role to disturb the balance of blood sugar level, on the contrary the same glucose will be effective in facing with stressful situation by providing it to heart and brain as an immediate energy source. Moreover, this stress hormone suppress thyroid function hence one can have hypothyroid symptoms during progressing exacerbated stressful situation, decrease bone density and suppresses immunity of body and resulting in making person more susceptible to get infection at the moment of stressful condition. Research have demonstrated that chronic-angry people are more susceptible and suffer frequent colds, flu infections, asthma, skin disease and arthritis, as compared to non chronic-angry people.^[6]

Management of anger

Anger management is a major domain in sociopsychological and behavioral sciences in which professionals try to help people in need by providing them with adequate information and coping skills, as well as informing them about potential risks of biopsychosocial health of people and their surrounding others/environments^[14] Study on the effectiveness of anger management skills training on reduction of aggression in adolescents was done by Valizadeh, Davaji and Nilkamal(2010),revealed global aggression decreased significantly among adolescents who took part in intervention ,among different aspects that comprise aggression,there were significant changes seen on subscales measuring aggressive thoughts and behavior.^[15] It was revealed by Snyder, Kymissis and Kessler(1999) that the treatment group decreased significantly from pre to post assessment on the anger after psychological treatment for anger and aggression in an adolescent population.^[16] Similarly a study was conducted by Najafi Mahmoud and Soheila Moradzadeh Khorasani and aim of their study was to investigate the effectiveness of Cognitive Behavioral Group Therapy on Aggression among addicts. The results showed that cognitive-behavioral group therapy is effective in reducing aggression^[17] Anger is described as a negative phenomenological experience that exists on a continuum in which the frequency, intensity, and duration of the experience, along with expressive (i.e., subjective, physiological, interpretive, and behavioral) characteristics, often leads to significant impairment.^[18] Another study revealed that the meta-analysis examined the effects of CBT, cognitive therapy, relaxation, and 'other' (e.g., social skills training, process group counseling) on various anger problems including driving anger, anger suppression, and anger expression difficulties.^[19] A pilot study for Process Evaluation of School skills Education Program for Prevention of Violence in Adolescents was conducted by Dr Drishti, et.

al, revealed that violence related behavior showed non-significant increase which can be attributed to increased knowledge, awareness and hence better reporting of the situation. There is Significant increament in life appreciation revealed effectiveness of intervention to improve behavior.^[20] Further development of appropriate interventions is needed as there is little evidence of a consistent clinical management approach for self harm among children and adolescents, especially in primary care settings.^[21]

CONCLUSION

The above descriptions and literature reviews reveal the destructive and harmful outcomes of inappropriately managed anger and the necessity to learn more on proper ways of managing anger for adolescents. Sometimes a little gesture of love can go a long way when it comes to anger, prevention is better than cure so appropriate behavior to manage anger should be adopted.

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