



Personality Development through Anger Management

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Abstract:

Today, anger is observed as the most emerging issue, when started expressed in pathetic way. Experts from medical, diet, educational and philosophy background are trying to reason out its causes. They are trying to relate its causes in fast food, rate race, severe competition in life, changing family pattern and gradual decline of ability to resolve conflicts. Even minors are not an exception. As an outcome of these issues, they are facing severe stress, anxiety, anger, conflict, frustration etc. Large amount of theories and research evidences talk on negative effects of anger elements i.e. on cognitive tasks, life style, personality, career, life decisions etc. However, assuming the universality of the anger, as an emotion; it might have certain positive effects too. The present theoretical and logical paper aims at studying ‘effect of understanding and managing anger on developing personality. Following objectives have been framed (i) To understand the exact nature of the anger. (ii) To understand the process of making use of arousal coming out of anger converting into energy. (iii) To understand how and in what direction anger management will help in developing personality. Looking at present scenario, adolescence is taken into consideration. The thought process proposed in this article will be helpful in developing different models and modules on anger management.

Key Words: Anger Management, Personality

Introduction:

As Aristotle rightly pointed out, ‘Anybody can become angry-that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way- that is now within everybody’s power and is not easy’.

This statement is very true. At a given moment, anybody become angry on any one it may be an object or a person. But making control over the anger is very difficult. Maturity, competence and training given to an individual may help to reduce their anger. However, immaturity, low competence and lack of training lead to despair. Childhood and adolescence is the stage of life where individual lag behind on these qualities and resulted despair express in terms of maladjusted behavior, i.e. anger.

Changing life style, fast food, influence of media, reinforced behavior in a wrong notion leading to the anger prone and aggressive behavior. Basically anger is an emotional experience it effect on human physiology, emotions, psychology and behavior too. Anger effects on individuals’ health, emotions aspects. Also expression of anger has legal perspective.

Basics Behind Present Paper: Philosophers and thinkers says, the anger is a reaction to frustration. So anybody may frustrate and it result into anger. No one can claim that he/she never been frustrated in their life and no one can claim that he/she never been angry at object or a person. If the anger is an unavoidable expression of human, then investigator wish to propose following rationale.

Issue: Anger is an unavoidable expression of human life.

Solution:

- (i) Learn to express it in a rational and logical manner.
- (ii) Develop an appropriate personality to express anger in logical manner.
- (iii) Take outcome of logical anger expression as a positive reinforce to the behavior.

The above given interaction can be understood in the light of following discussion of three objectives: (i) To understand the exact nature of the anger. (ii) To understand the

personality characteristics of the people those help in reducing the anger. (iii) To understand how and in what direction anger management will help in developing personality.

Objective (i): To understand the exact nature of the anger.

(a) What is Anger?

- Every human experiences anger, it's a natural emotion. Even some non-human are not an exception. Dislike, irritation and non-pleasure are the mild forms of anger.
- Anger is the reaction to the experiences of criticism, frustration and threat. Sometimes, becoming angry should be considered as usual and healthy response.
- Feelings of sadness, loneliness and frightened can be resulted into Anger.
- In severe anger the capacities of judgment, thinking get impaired. Person may more likely to express unreasonably and irrationally.

(b) Effects of Anger

- **Health Related Effects:** Backache, Digestive disorder, Headache, Hypertension, Insomnia, Skin disorder, Strokes, Heart Attach, Lower Pain threshold, Weak immune system etc.
- **Emotions Related Effects:** Alcohol abuse, Depression, Drug abuse, Eating disorders, Low self esteem and Moodiness, Self harm etc.
- **Behaviour related Effects :** Harm to public goods, harm to other people, attacking or withdrawal behavior, violent behavior, odd reactions and self harm etc.
- **Types of Anger:** Depending on the style of anger. It is categorized into (i) Trait vs State anger and (ii) Anger In vs Anger Out. According to the expression style of the anger, it effects on the health.

Objective (ii): To understand the process of making use of arousal coming out of anger converting into energy.

Investigator, in present article believes that anger can be reduced by (i) knowing oneself (ii) knowing how to express oneself (iii) converting arousal in effect of anger into energy.

Knowing Oneself:

Many a times people don't understand their strengths and weaknesses. Without knowing oneself, they accept various challenges and opportunities. Due to incompatibility and lack of self awareness they fail or could not perform upto the expectations. This result into the failure, frustration; and it leads to anger. However, given a thought and conscience on oneself and then set the goal will lead to success. This will help for reducing the anger.

Knowing how to express oneself:

Sometimes individual do understand the state of anger and its causes. But (s)he fails to express anger in an appropriate manner. In other words, he fail to make a rationalization of his anger. Moreover, in many cases anger expression is reinforced in wrong manner. Investigator feels that given a training on 'How to express oneself?' and 'Schedule the model of reinforcement' will be effective in shaping the anger.

Converting arousal coming out of anger into energy:

Anger is the negative emotional experience. Being an emotional experience, psychological and physiological arousal is part of this. This is natural human tendency that to label psychological and physiological arousal (Attribution). As we know, Anger is an outcome of the frustration (negative experience) and we label this psycho-physiological arousal from a negative perspective. This leads to failure and despair. However, if an individual trained about 'How to convert this arousal into an energy?' by giving training (self instructions, positive self talk, thoughts restructuring, thoughts analysis etc) will be helpful in making appropriate us of this energy.

(iii) To understand how and in what direction anger management will help in developing personality.

In the process of anger management, personality should be developed in accordance with solving following issues.

- 1) **Develop Cognitive Judgment:** Anger effect negatively on cognitive functioning i.e. thinking, planning, decision making and judgment. Decision making capacity becomes poor in effect of uncontrolled anger. The rate of accuracy declines. However, ability to manage anger, will lead to exercise better judgment. Anger management exercises are often meant to channelize the anger so that you do not lose control over yourself when you lose temper. Developing cognitive judgment will be helpful in reducing anger experience and expression.
- 2) **Manage with Stress:** Stress is the psychological factor that effects on psychological and physiological health and social well-being. Stress and anger has relationship in both manner, stress makes person angry whereas anger increases the stress. Hence, stress management is essential. Better the stress management, better the performance on task. With better control over oneself, one will see that it's easier to avoid some situations that may be stressful.
- 3) **Lower Conflicts and Disputes:** In anger, we often find ourselves indulged in conflicts. Conflicts or disputes occur because of differences in opinion. Awareness of anger management technique would be helpful in reducing the anger prone situations. One should be able to treat differences in opinion just as opinions instead of taking them as personal attacks. By doing so, there will be lesser hassles at workplace with co-workers, employers and in family. You will be able to have more peaceful interactions with others.
- 4) **Improve Interactions along with the Communication:** Anger is generally caused because of misunderstandings, which are in turn, caused due to communication gap between the two people involved. Good communication skills can also be helpful in avoiding anger or angry situations. Many problems are solved when people know how to be assertive. When people do not know how to assert themselves properly angry behavior is often used instead. Controlling and channelizing anger in a constructive way will make communication easier and will create your image as a person who is open-minded and easy to talk to.
- 5) **Closer and Healthier Relationships:** Another benefit of anger management is that it helps you to get closer to others and makes you more comfortable in personal relationships. The people we love are often the victims of our anger when we lose

control. Channelizing anger will make us more capable of leading a life that is comparatively free of repulsive scenes or outbursts of anger.

6) Awareness about responsibility: Once you are able to control anger, will know when you are the cause of any trouble and when you are not. When the problem is because of you, you will also be able to know how to handle the situation calmly and still not be blamed. Taking the full responsibility of your task is also a personality trait that leads to personality development.

7) Empathy: Empathy means to be able to feel the same way the other person is feeling. Anger management trains you how to empathize which is very beneficial. Empathizing leads to better understanding and thus lesser conflicts. Being able to empathize means that you can see situations from others' point of view also leaving no space for conflicts.

Conclusion:

- (i) The nature of the anger is multidimensional in nature. The effects of anger depend on its nature and how the individual perceive it.
- (ii) Psycho-physiological arousal is an ingredient of anger experience and expression. Given an appropriate training is helpful in converting this arousal into energy.
- (iii) Using anger management techniques the negative effects on personality can be reduced.

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