AGGRESSION AND ANGER MANAGEMENT
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Abstract: Anger is a common and natural emotion; it is the strong feeling of unhappiness and irritation. Study focused on all the reason which makes the person angry and the management of the anger. The locale of the study was Quaid-e-Azam University, Islamabad, while the data was collected with the sample size of 40, by using convenience sampling. The conclusion of the study is that anger is the natural phenomenon its create sometime many physical and psychological tensions and sometime due to anger one can unintentionally do things that he/she don’t want to do.

Key Words: Anger, Management, Hostility, Aggression, Violence

INTRODUCTION
Anger is the strong feeling of annoyance unhappiness or hostility. It is the strong feeling of irritation and displeasure. “Anger is defined as a person’s response to a threat or the perception of a threat against an individual or group” (Lazarus 1991).
The types of threats that tend to trigger an anger response are broad in scope and include both Physical and psychological threats, or threats to a person’s pride or dignity (Lochman, et al. 2010).
Some people have no control on their emotions when they are in anger. “Anger is an emotion that is often difficult to control because of the intense physiological reactions involved in the fight or flight response that triggers anger” (Lochman, et al. n.d).
Intense, uncontrolled feelings of anger are often associated with externalizing behavior problems, particularly aggression (Lochman, et al. 2010).
Aggression is generally defined as a behavioral act that results in harming or hurting others. However, there are numerous types of aggression, depending on the intentions of the aggressor and the situation that stimulated the aggressive response (Lochman, et al. 2010).
Aggression is commonly viewed as being proactive or reactive; overt or covert; or physical, verbal, or relational (Werner and Crick 2004).

Verbal and physical aggressions are associated with anger (Nasir and Ghani 2014).
Anger is a common and natural emotion; problems associated with inappropriate expression of anger remain among the most serious concerns of parents, educators, and the mental health community (Nasir and Ghani 2014). Violence is a form of physical aggression and it is usually an expression of anger (Nasir and Ghani 2014). When anger failed to be controlled it would lead to aggression (Nasir and Ghani 2014).

Anger and aggression, which are generally considered as negative, are disruptive and detrimental emotional and behavioral expressions in social encounters (Lok, et al. 2009). Expression of anger may take many forms, including violence, self-harm, and more commonly, physical and verbal aggression (Blake and Harmin 2007).

Anger has always been recognized as a natural emotion of human being, however, inappropriate expression of anger has negative Consequences such as destructive effects on the living quality of the family, interpersonal behavior and mental states of the individuals (Mohammadi, et al. 2010).
Some of serious social problems like child abuse or domestic violence and different interpersonal disputes are also caused by anger and inability of
individuals to control anger aggravation (Novaco and Chemtob 1998). Experiencing anger is strongly influenced by learning and will very fast shift from one family member to another (Mohammadi, et al. 2010). In fact, children whose parents are most of the time remain angry will get irritated easily.

**MATERIALS AND METHODS**
The present study focused on the problems created by anger and how to cope with the anger. The locale of the study was Quid-e-Azam University, Islamabad from where a sample of 40 respondents was selected through convenience sampling. The sampling units include 20 male and 20 female students of the university.

**RESULTS AND DISCUSSION**
85% of the respondents were of the age group of 22-25. Because the data was collected from university students. The data was collected from 20 males and 20 female to know the opinion of both gender about the anger and also to know the level of anger and level of reaction when they are in anger.

42% of the respondents said that they are doing BS while 52% were in MSC and only 5% were doing MPhil. Sometime the level of maturity is based on the level of education of the person. Educated people can handle the situation better than uneducated persons and they try to understand the situation rather to create problems.

According to percentile analysis of “do you feel anger” 92% respondents said that yes they feel anger because this is the natural thing while only 7% said that they don’t feel anger because according to them they have strong control of themselves that’s why they never feel anger on any one.

According to percentile analysis of “why do you feel anger” 75% respondents said that they feel anger when someone doesn’t agree with them. Some of them said that they feel angry because other try to argue with them or sometimes when they face conflict on opinions while 25% respondents said that they don’t feel angry on other just because of their arguments. According to them every person is different and can have different opinions about the things that’s why they understand this difference of opinions and they do not get hyper and they tolerate with them which keeps them calm.

According to percentile analysis of “reaction of people when they are pressurized for some work” 82% respondents said that they feel anger and depression when they are pressurized for some work. According to them this happens when they are not in the mood of working or they have some other problems like when they don’t feel good due to headache, tension and anxiety. Sometimes people get irritated with the burden of work which makes them vexed. Expression of anger may take many forms, including violence, self-harm, and more commonly, physical and verbal aggression (Blake and Harmin 2007).

According to percentile analysis of “Can anger controlled by medical treatment”. 57% respondents agreed on that extreme anger can be controlled by medical treatment. Anger is treated by many good psychologists or also with medicines while 42% said that the anger is not controlled by medical treatment because this is the natural feeling or emotion that’s why it can be controlled by one own self.

When this question asked by the respondents that when they get angry on the people to whom they don’t show their anger like on boss, parents and teachers etc. then they control their anger? 90% said that they control their anger because they have respect for their parents and teachers and they try to tolerate with their anger and remain silent for peace. Some respondents said they became aggressive but they cannot do anything because of fear of dismissal of the job.

Anger is the feeling which is controlled by some people easily but when it is on extreme it leads the person towards the violence. Violence which is a form of physical aggression is on the rise among adolescents (Nasir and Ghani 2014). According to percentile analysis of “is anger leads to violence” 85% respondents specially boys said that yes some time when they are extremely angry on someone or at some situations this thing lead them toward violence and create serious conflicts. Only 15% were disagreed according to them the anger don’t lead them towards violence. “Courts are referring an increasing number of people to anger management treatment, yet there are very few available guidelines for how to diagnose and treat angry people” (Lench 2004).
CONCLUSION
This research concludes that the anger is the natural phenomena and everyone gets anger in his/her daily routine life. Some people are really more "argumentative" than others are and they get angry more easily and more extremely than the average persons do. There are some people who don't show their anger in loud extravagant ways but are chronically short-tempered and grumpy. Easily angered people don't always curse and throw things. Sometimes they withdraw socially sulk or get physically ill. Anger can be controlled by many thing like medical treatment, Relaxation, Simple relaxation tricks such as deep breathing and relaxing imagery can help in calm down angry feelings. Cognitive Restructuring, this means changing the way you think and there are so many other things that can control the anger of the person like changing your environment, using humor or better ways of communication.

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