



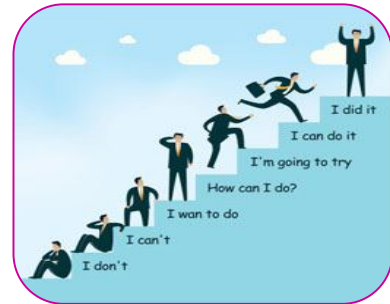
ANGER MANAGEMENT – KEY TO SUCCESS IN LIFE

Prin. Dr. L. K. Shitole

E. S. Divekar College of Arts, Science and Commerce,
Tal. Daund, Dist. Pune.

ABSTRACT

Anger management is not about emotion suppression rather it is learning how to appropriately express a normal human emotion without escalating a situation. Outrage is a fundamental human feeling that is experienced by all individuals. Ordinarily activated by a passionate hurt, outrage is typically experienced as a disagreeable inclination that happens when we think we have been harmed, abused, contradicted in our long-held perspectives, or when we are looked with deterrents that shield us from achieving individual objectives. The author has offered number of suggestions to tone down the anger and get rid of tension / stress. Anger is a normal, healthy emotion. In any case, it's unfortunate when it erupts constantly or spirals wild. The feeling of annoyance is neither great nor terrible. In the event that you have a hot temper, you may feel like it's out of your hands and there's little you can do to tame the monster. Be that as it may, you have more authority over your annoyance than you might suspect. You can figure out how to express your feelings without harming others. The genuine objective of outrage the board isn't to stifle sentiments of displeasure, but instead to comprehend the message behind the feeling and express it strongly without losing control. If the anger situation is managed properly, one will not have any problem to achieve the life goals.



KEY WORD: Anger, temperament, emotions, positive attitude, depression, exercise, diffusion of tension, Yogic exercises.

INTRODUCTION

Emotion is a strong feeling deriving from one's circumstances, mood, or relationships with others. The word emotion comes from the Middle French word emotion, which means "a (social) moving, stirring, agitation." Anger management is the psychological process whereby the individual learns to recognize signs of increasing anger and then take action in order to calm one's emotions. Anger management is not about emotion suppression rather it is learning how to appropriately express a normal human emotion without escalating a situation.

CONCEPT OF ANGER:

According to the National Anger Management Association, anger can be defined as simply a negative emotion or mood. Anger is a basic emotion. As such, the purpose of anger is to enable us to adapt to some demand of our environment; "anger propels animals to attack or destroy". Outrage is an essential human feeling that is experienced by all individuals. Commonly activated by an enthusiastic hurt, outrage is typically experienced as a terrible inclination that happens when we think we have been harmed, abused, restricted in our long-held perspectives, or when we are looked with hindrances that shield us from achieving individual objectives. Anger can be constructive or destructive. When well-managed, anger or annoyance has

very few detrimental health or interpersonal consequences. Out of control anger alienates friends, co-workers and family members

IMPACT OF ANGER ON HEALTH:

The long-term physical effects of uncontrolled **anger** include increased anxiety, high blood pressure and headache. ... Then again, all around oversight outrage can be a valuable feeling that persuades you to roll out positive improvements.

Physical impacts of outrage: Anger triggers the body's 'battle or flight' reaction. Long haul procedures for annoyance the executives incorporate normal exercise, learning unwinding methods and advising.

Outrage is an amazing feeling. In the event that it isn't taken care of properly, it might have dangerous outcomes for you and those nearest to you. Uncontrolled annoyance can prompt contentions, physical battles, physical maltreatment, and attack and self-hurt. Then again, very much overseen outrage can be a helpful feeling that spurs you to roll out positive improvements.

HEALTH PROBLEMS WITH ANGER

The steady surge of pressure synthetic compounds and related metabolic changes that run with intermittent unmanaged outrage can in the long run reason damage to a wide range of arrangement of the body. A portion of the short and long haul medical issues that have been connected to unmanaged outrage include:

- ❖ Headache,
- ❖ Digestion problems such as abdominal pain, insomnia,
- ❖ Increased anxiety,
- ❖ Depression,
- ❖ High blood pressure,
- ❖ Skin problems such as eczema, heart attack, stroke.

Suggestions for long-term anger management

The way you typically express anger may take some time to modify. Suggestions include:

- ❖ Keep a diary of your anger outbursts, to try and understand how and why you get mad
- ❖ Consider assertiveness training, or learning about techniques of conflict resolution.
- ❖ Learn relaxation techniques, such as meditation or yoga.
- ❖ See a counsellor or psychologist if you still feel angry about events that occurred in your past.
- ❖ Exercise regularly

Steps to be taken for anger management:

Following are the few steps which one should initiate in right earnest and cultivate the habit of observing on every occasion when you get angry:

1. Think before you speak

When one gets angry and without thinking words are used or actions are taken which ultimately bring you in difficulty. Later on you repent and blame yourself. Therefore, it is always better to take a pause and try to calm down the anger.

2. Once you settle down, then you may express your anger:

When you get a feel that you are getting angry, the first step you should take is to remain calm and without losing assertion state what you wanted to state but the tone of your voice should not be confrontational. Remember while expressing yourself please do not hurt the feelings of the opposite party.

3. Get some exercise

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.

4. Take a timeout

Whenever you are in stress, please take a break for some time and take some other work. When your anger has come down, quietly handle the situation without getting irritated or angry.

5. Search for possible solutions

Try alternate possibilities to come out of the difficult situation. In the process of identifying alternate solution there is a possibility that the time taken for identifying may calm you down and the anger is managed. Sometimes, in such a situation remain alone and close your eyes. Your tension will get reduced.

6. Stick with 'I' statements

Without blaming the other party for the mess that has been created have a positive approach to regularize the issue, tendering assistance if possible, your issue will get solved. When you want to pin point any lapse be polite and explain its implications so that the one involved in it will get educated.

7. Don't hold bitterness

Have a noble heart and forgive the mistake committed by the other party. If you realize that you were at fault then without any hesitation admit it so that the other party will not capitalize on it. Tender your apologies. Do not carry bitterness as it is harmful in the long run.

8. Use humor to release tension

Use of mild humor helps in diffusing tension. Humor gives you courage to face what made you angry. Always be careful in using your expressions in polite words. Such an approach will not add to bitterness.

9. Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

10. Solicit someone's assistance:

When you feel that your anger is getting beyond control. Without any hesitation seek someone's help without making it a prestige issue. Think of the long term damage your anger may have on the issue that is being dealt with.

11. Practice Yoga Exercises:

Many of us feel anger, irritability and frustration throughout the course of our daily lives. Exercise can be a great daily treatment to release those feelings. Yoga is, in part, a practice for life. It's natural and normal to feel anger, and yoga can help us find the compassionate action that the anger is sometimes trying to point us toward.

For controlling your anger take the following steps:

- ❖ Breathe Slowly and Relax
- ❖ Inhale and exhale deeply 3 or 4 times in a row.
- ❖ Count slowly to four as you inhale.
- ❖ Count slowly to eight as you exhale.
- ❖ Focus on feeling the air move in and out of your lungs.
- ❖ Concentrate and feel your ribs slowly rise and fall as you repeat the exercise.

Yoga is calming and relaxing. When you focus on listening to your body, it is hard to hold onto anger. Try focusing on your breathing instead of focusing on what you are angry about

CONCLUSION:

Anger is a normal, healthy emotion. However, it's undesirable when it erupts constantly or spirals crazy. The feeling of displeasure is neither great nor awful. On the off chance that you have a hot temper, you may feel like it's out of your hands and there's little you can do to tame the monster. Be that as it may, you have more authority over your displeasure than you might suspect. You can figure out how to express

your feelings without harming others. The genuine objective of indignation the executives isn't to stifle sentiments of resentment, yet rather to comprehend the message behind the feeling and express it steadily without losing control. If the anger situation is managed properly, one will not have any problem to achieve the life goals.

REFERENCES:

1. Shyam Bhatwadekar, Dr. Kalpana Bhatwadekar, (2013) "Essentials of Anger Management", Createspace Independent Pub
2. Coren Giles, (2010), "Anger Management – for beginners", published by Hodder & Stoughton General Division
3. Tekinsav Sütçü GS (2006). Investigating the effect of the cognitive behavioral group intervention to reducing anger and aggression for adolescents. Unpublishing PhD dissertation. İzmir: Ege University, Turkey.
4. <https://www.helpguide.org/articles/relationships-communication/anger-management.htm/>