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Effects of anger on adolescents and how Yoga help to manage it

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ABSTRACT

The present research experimentally portrays about anger during adolescence and how it can

be dealt using yoga. Adolescence, one of the key stages of development during a period where many fundamental physical and psychological changes occurs. Anger is an important emotion expressed by an adolescent. The way anger is expressed represents a major public health problem for adolescents today. If anger is not expressed in an appropriate manner, then

it may cause physical, psychological & social problem for adolescents (stammer and peter,2004). Many people believe that anger is “unspiritual” a damaging misconception that often causes us to stuff it inside.

Spiritual traditions such as yoga can teach us how to react skillfully to overcome anger without repressing it. Yoga provides mindfulness for navigating challenges and to build a core foundation that can benefit both the mind and body, beyond teenage years. This is a survey- based research conducted amongst the students of late adolescence i.e. 17 to 19 years

of age. The study attempted to analyse how adolescents face anger issues in different spheres of life and how yoga can be one of the effective measures to overcome such complexities

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Introduction:

The period following the onset of puberty throughout that a person develops from a baby into associate adult (Lexico, oxford dictionary). Adolescence may be thought

of as a section or period of time from childhood to the stage of complete independence. Throughout this stage certain changes in a private takes place. Changes like physical (increase tall and

weight, physical growth and sexual development, bone and muscle growth , organ growth etc.) , social (searching for identity, seeking a lot of independence, seeking a lot of responsibility, both reception and in class etc.) , cognitive(advanced reasoning skills ,communicating in different ways etc.) ,emotional(frequent mood swings, feeling to a fault sensitive , feeling uncertain etc.).The world health organisation (WHO) defines a youngster as somebody between ages ten to nineteen. Adolescence may be a time of both confusion and discovery. The transmutation amount will raise questions of independence and identity; as adolescents cultivate their sense of self, they may face troublesome decisions concerning teachers, friendship, sexuality, individuality, drugs and alcohol. Anger is outlined as “an acute emotional reaction evoked by any of variety of stimulating situations, together with threat, raw aggression, restraint, verbal attack, frustrated or frustration” (Chaplin, 1985, p.27). Anger has been related to damaging outcomes for youth (Kerr & Scheinder, 2008) and has been designed as a crucial analysis space by the National Institute of psychological state (2001). Anger may be confusing. It’s not uncommon for male and female to manage the expressions of pain and anger quite otherwise supported sex role meeting they received. So, a woman, eager to avoid the angry girl stereotype that there are a unit insulting terms expresses anger as pain, crying once she gets mad. So, a man, eager to avoid the crying man stereo sort that there are a unit insulting terms, acts angry once he's in pain. Yoga may be a physical, mental, and religious observe or discipline that originated in Asian nation. There is a broad style of faculties, practices and goals in Hinduism, Buddhism (particularly Vajrayana Buddhism), and Jainism. The foremost well -known sort of yoga area sahaj yoga and Raja yoga. Yoga’s combination of breath and movement will facilitate alleviate social and academic

stress, clear the mind and soothen incommodious bodies crowded into desks and stooped over laptop. Studies indicate positive impact on yoga on adolescents psychological feature talents (Chaya , 2012), stress alleviation (white, 2012; Miron Ehud, 2010; Vernon 2003), temperament development (das , 2016) , awareness , self-regulation (adult female , 2016) , activity and emotional maturity (white , 2009)

Literature review:

Anger Management

Anger management could be a method within which folks learn to spot stressors and completely different processes to assist them keep calm in anger management. Folks strive completely different strategies to manage anger and keep calm, for example- 1. Respirate heavily, 2. Writing it down, 3. Running, 4. Physical exercise or by yoga, 5. Or maybe by eating their favorite food. Anger is the most harmful weapon to oneself and to the relationships, and business life yet. Anger could be a feeling, and like all emotions helps us stay self-conscious concerning what's occurring inside us, and around us. (See 7/19/10 journal, adolescence and emotion). Sometimes it arises to response to some perceived violation of one’s well-being by oneself (“I messed up”), by others (“I was mistreated”) or by the planet (“events area unit against me”). At one extreme area unit folks, who are angry all the time, they exist in an exceedingly constant state of violation and area unit boiling over with rancour. At the opposite extreme area unit the folks that never get angry, these forms of folks suffer in silence as a result of they're not showing emotion openly. Anger is sort of a lightning in an exceedingly bottle which bottle is us, if we have a tendency to fuel and encourage the anger inside us then It'll dominate -love, rationality, emotions and physical health of a private and if we have a tendency to direct that heat at others it

scorches – friendships, work relationship, marriages and families and everything in its path. Everybody grasp that once anger isn't igniting our thoughts, we're saner and healthier. However anger can't be thrown away; generally it flares up within us as impromptu as hiccups. Alternative times, we have a tendency to feel with reason provoke- betrayal of friends and lovers, injustice in society, constant failure in life etc. So, the \$64000 question is: however will we have a tendency to deal constructively with this probably harmful emotion? If we have a tendency to area unit crust our anger, what's the trick to mastering it? The traditional yogis didn't have access to the delicate information of anger's organic chemistry that today's researchers have. however their mind - body- energy ideas area unit's sensible analogue for the model that researchers apply to anger now; that partially explains why yoga is such a good approach to handling it. For thousands of years, non-secular traditions like yoga and Buddhism have offered careful opposed – anger prescriptions as a result of anger undermines their main goal: attaining happiness and freedom. In YOGIC THEORY, asana, pranayama, and meditation comprise a comprehensive toolkit for releasing up blockages at the mental, physical, or energetic level. In fact, with a growing body of analysis backing yoga's effectiveness as Associate in Nursing anger "de-fuser," life scientist Ralph LA Forge frequently advises physicians to suggest yoga to their hostility-prone internal organ patients. LaForge is administrator of the lipide Disorder educational program at Duke University Medical Centre's Endocrine Division in Durham, North geographical region, wherever ground-breaking analysis has taken place on "hot reactive" temperament types—that is, folks that react to anger additional explosively than most. Once these same folks have internal organ risk factors like high pressure, cholesterol issues, and central weight gain,

to that they're statistically prone, and Associate in Nursing angry episode might trigger a ruinous heart failure or alternative grievous coronary event. Yoga, significantly therapeutic forms like restorative yoga, says LaForge, has evidenced to be a valuable methodology of cooling hot-reactive down. Stephen Cope suggests that asanas is also really the most effective yogistic remedy for anger "because asanas permit you to maneuver the energy." His cautions against meditation for folk in Associate in Nursing explosive state as a result of pondering awareness simply feeds the flames once the temperature has reached an explicit purpose. Cope's observations underscore the very fact that anger manifests otherwise in everybody and should be treated otherwise yet a number of people get therefore revived up by our catecholamines that we will not assume straight. In those cases, specialists have found the strategies like deep respiratory, moderate exercise, or walking far from a provocative scenario are the most effective to lower the arousal level. Except for those that are milder naturally, awareness will accelerate anger's rush through, and out of, the body. "Yoga helps folks stick with the wave of anger all the thanks to the opposite finish," explains Cope (yoga journal). Some simple and effective yoga poses to manage anger

1. Balasana (child's create) – This pose can calm your mind and strengthen your body. It'll additionally improve your mind-body association.

2. Matsyasana (fish create) – This pose is another yoga position to manage your anger and calm your mind. This create can relieve stress and improve blood circulation to your head.

3. Sukhasana (easy pose) – Sukhasana or the simple focuses on your respiratory. It improves your concentration, calms your mind, strengthen your back, lowers stress and improves your body postures.

4. Sarvangasana (shoulder stand pose) –

Sarvangasana helps management of anger by stabilising your system nervous. It improves flexibility and strengthens your body and mind.

5. Savasana – Savasana or the body create is one in all the most effective yoga asanas to calm your mind and body. This restful position can assist management of the anger. Finish your yoga routine with savasana.

Research objective(s):

To study the level of anger among adolescents

To explore how yoga can help to reduce anger among adolescents

Hypotheses:

There will be a negative relationship between yoga and anger

Methodology:

Preliminary information of participants / respondents-

No of respondents – 50			
Yoga (25)		Non yoga (25)	
Age-		Age-	
17 years	4	17 years	9
18 years	12	18 years	10
19 years	9	19 years	6

Tools:

Novaco anger scale (NAS):

It is a self-report form that with psychological feature, arousal and behavioural subscales that constitutes forty eight things. This form is meant to index a person’s disposition for anger. In its initial version, the NAS total had an enclosed reliability (alpha) zero.95 and a two-week take a look at -retest dependability of zero.84 in studies with the medical specialty patients within the Calif. state hospitals. within the scale development studies with, Calif. patients, it related to zero.42 and 0.47 with speilberger state anger, prospectively at one and a pair of months, severally

Procedure:

-50 respondents were every which way designated to fill the form. Out of that twenty five were yoga practitioners and also the alternative twenty five were non-yoga practitioners.

-Adolescents aged 17-19 were approached on-line to fill the form

Scoring:

Novaco Anger Scale:

To work out the score, add up the numbers you wrote in response to twenty five statements

You can interpret your total score per the subsequent guidelines:

0-45: the quantity of anger and frustration you typically expertise is remarkably low. Solely a little proportion of the population can score this low on take a look at. You may wish to look at whether or not you were honest along with your answer and risk that you simply deny angry feelings

46-55: you're well a lot of peaceful than a median person

56-75: you reply to life’s annoyance with a median quantity of anger

76-85: you often react in an angry manner to life’s several frustrations. You’re well a lot of irritable than a median person

86-100: you're laid low with frequent intense furious reactions that don't quickly disappear. You almost certainly harbour negative feelings long when the initial insult has passed. You’ll expertise frequent tensions, headaches and elevated pressure level. Your anger might usually get out of

management and result in impulsive hostile outbursts that now and then get you into bother.

Data Analysis:

There were 2 variables within the analysis i.e. anger and yoga. Experimental variable is anger and variable quantity is yoga

The result shows that there's a negative vital relationship between anger in adolescents and yoga. This suggests that a lot of the adolescents area unit acting and adopting the ways of yoga in their life the less are going to be the quantity of anger amongst them i.e. Yoga will increase and anger in adolescents decreases.

Discussion:

The study shows as adolescents increase the practice of yoga in their lifestyle, the extent of anger tends to decrease, this encompasses a terribly positive impact on the health of the adolescents. There several factors that leads anger into adolescence, factors like pressure of obtaining sensible grades in colleges, low vanity, victim of bullying or persistent & unhealthy peer pressure, conflict inside family, death of dear etc. This feeling if not given attention and not treated in a very correct manner in a very growing age then a personal will develop into an annoyed, enraged and irascible adult. Anger may be seen having a really serious impact on mental state and thus ought to be managed by oldsters or guardians of the youngsters in a very constructive manner.

In our opinion, to beat anger, yoga is one amongst the effective ways that. As seen

within the study, adolescence World Health Organization perform yoga on a daily basis, area unit a lot of resolved and calmer and show less level of anger than adolescence World Health Organization don't perform yoga. The art of active yoga helps in dominant a personal mind, body and soul. For a common person, practising yoga may appear like simply stretching, however it will do far more for your body from the manner we tend to feel, look and move.

Conclusion:

From the higher than expressed findings and discussion, we are able to conclude that once a personal performs yoga on a daily, then she/he is at risk of less level of anger and have a higher mental and physical health

Hence, yoga ought to be promoted amongst adolescence at varied level such by faculty, by parents, and alternative institutions so that level of anger decreases in adolescence.

Limitations:

1. There was individual World Health Organization don't perform yoga daily, they are doing not show higher or expected level of anger. You'll learn to manage anger by yourself, yoga can't be the sole thanks to manage and management anger

2. There have been several people World Health Organization perform yoga however still typically show anger in several state of affairs, as a result of in developing age individuals don't seem to be able to suppress anger and thus react angry in adverse conditions.

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