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The Study to Assess the Knowledge on Anger Level among Adolescent in Selected School

Anitha D¹, Nagalakshmi H², Devabharathi M³

Nursing Tutor, Department of Community Health nursing, SIMATS, Thandalam, India

BSc Nursing, 4th year, Saveetha College of Nursing, SIMATS, Thandalam, India

ABSTRACT: **AIM:** the present study aims to assess the knowledge on anger level among adolescent in selected school at Smch. **METHODS AND MATERIALS:** A descriptive research design was used for the present study. A total 60 samples were collected using nonprobability purposive sampling technique. The demographic variable of adolescent and anger level of school children was assessed using structured questionnaire and, followed by that data was gathered and analyzed. **RESULTS:** the results the study revealed that there is a significant association of demographic variable such as gender with level of knowledge on anger at the level of $p < 0.05$. **conclusion:** Thus, the present study despite that providing thought field therapy to the adolescents was very effective in reducing the level of anger.

KEYWORDS: anger, adolescent, school, knowledge

I. INTRODUCTION

Anger is an emotional state that varies in intensity from mild irritation to intense from person to person. It is a kind of physiological and biological changes, which is accompanied by increases in heart rate, blood pressure, and levels of the hormones epinephrine and nor-epinephrine. (1) Anger remains one of the most significant problems facing our society today. In a world growing more crowded, with the pace of life increasing exponentially, there is growing potential for anger to play a destructive role on a large scale. (2) As per Central Intelligence Agency (2019), about 243 million Indian adolescents sheer a moral nature of aggressive behavior and violence. (3) Anger in adolescence defined from both a physiologic and an emotional point of view, is an imbalance between environmental demands and a adolescence's coping resources that disrupts the equilibrium of the adolescence. (4) Adolescent who are exposed to frequent images of violence through videogames, movies and television, will have a risk of anger expression. (5) Anger permits a 'fight' response and has been associated with hostility, aggression, and violence, particularly among adolescents (6) Brunner and Spielberger (2009) described anger as a fundamental emotional state that contributes to healthy human functioning and survival. (7) Besides leading to physical and verbal aggression, anger is found to be a strong emotional predictor of violence that is strongly connected to cognitive distortion. (8) Anger experience can take the form of a temporary response to situations at a particular time (as well as a chronic tendency experienced over time). On the other hand, an individual can express anger outwardly (9). Were uncertain to every age group, adolescents were at typical point to undergo uncontrollable anger. This study aims to assess the knowledge anger level among adolescents at selected school.

II. MATERIAL AND METHODS

After obtaining and ethical clearance from the institutional ethical committee of saveetha institute of medical and technical science and formal permission letter obtained from the head of the smch, present study was conducted. For the present study descriptive research design was adopted. The data were collected using a nonprobability purposive sampling technique from 60 samples. The inclusion criteria for the study, participants, who are available during the study period and who are cooperative and who understand both Tamil and English. exclusion criteria for the study are samples who not willing to participate in the study. The purpose of the study was explained by the investigator to each of the study participants and a written informed consent was obtained from them. the demographic and the level of anger was collected from the samples using semi structured questionnaire. the data were analyzed by biostatistics. The sample characteristics were described using frequency and percentage, Chi-square was used to associate the level of anger with their selected demographic variables.

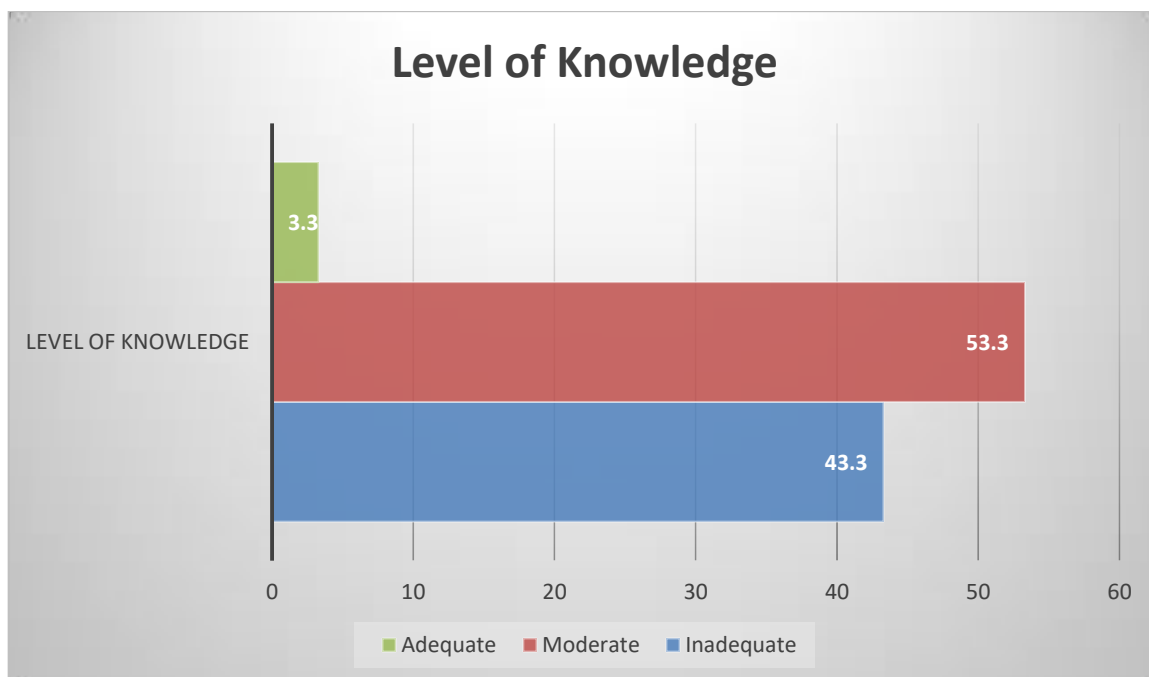
III. RESULTS AND DISCUSSION**SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES OF THE ADOLESCENTS**

The result shows that maximum of them were age group of 13 years, 60% were of female and 36.6% were muslims about 36.6% were nuclear family maximum of them were gained education till higher secondary, 36.6% were farmer with income of Rs 15536-20175, 55% were urbanized area, 36.2% were tamil medium education, 35% were first child for the family, maximum of them had educational status in pervious class 71 to 80%, about 38.3% were in the weight of 51 to 60kg, and 35% were height of 140 to 145cm.

SECTION B: ASSESSMENT OF KNOWLEDGE ON ANGER LEVEL AMONG ADOLESCENTS**Table 2: Frequency and percentage distribution of level of knowledge on anger**

	Inadequate		Moderate		Adequate	
	No.	%	No.	%	No.	%
level of knowledge	26	43.3	32	53.3	2	3.3

This table shows that maximum of them had moderate knowledge on anger, 43.3% had inadequate knowledge and 3.3% at adequate knowledge on anger.

**SECTION C: ASSOCIATION OF LEVEL OF KNOWLEDGE ON ANGER WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.**

The result shows that the significant association of demographic variable such as gender with level of knowledge on anger.



IV. CONCLUSION

From the results of the present study shows significant improvement for researcher.

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