



## AWARENESS ON ANGER MANAGEMENT AMONG DENTAL STUDENTS

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### ABSTRACT

Anger is a normal healthy emotion, which is neither good nor bad. Anger is frequently a result of frustration, or of feeling blocked from something that is important. Anger is considered as a defensive response against any kind of fear or emotion of vulnerability. However, it can affect a person's decision making, damage relationships, and otherwise cause harm. So there must be certain measures taken to reduce anger. The aim of the study is to determine the awareness on anger management among dental students. Self administered questionnaire was designed based on the ability of the students to manage their anger. The questionnaire was distributed through an online survey planet link. The study population included dental students. The participants were explained about the purpose of study in detail. The questions were carefully studied and corresponding answers were marked by the participants. The data was collected and statistically analysed. 72.27% of the participants agree that girls and boys show their anger differently. 35.2% participants agree that they get angry when they are treating their patients, whereas 64.8% participants agree that they do not get angry when they are treating their patients. The study concluded that awareness on anger management among dental students was satisfactory.

**KEYWORDS:** Anger management, awareness, dental students.

### INTRODUCTION:

Anger management is a psycho-therapeutic program that is mainly used to prevent and control the anger of many people. It has been established as one of the successful methods to manage anger.



Anger management helps in recognizing frustrations early and resolving them that can keep a person calm and collected. Anger is a symptom for a wide variety of health issues, mostly related to mental health.

Anger is one the prevalent behavioural problems commonly seen amongst youngsters and people around them (1) and its management is one of the essential aspects of psychology that acts on the reaction of an individual due to provocations of incidents occurring to them, that can help to control their anger (2). Anger can lead to aggressiveness in a person. It is seen that anger management skills training does decrease aggression (3). Anger is something that should be managed by parents, teachers and school counselors who should work on anger management programs to help manage anger among youngsters and adolescents (4). One of the methods to reduce anger issues in people is by giving them a motivational approach that involves emotions which is very important for human beings through interpersonal experiences (5).

Social activities can be conducted in schools and colleges that can be effective in decreasing aggressiveness and violence which can lead to anger in a person (6). Anger is an emotion that begins as a result of a standard reaction of mild irritation and can range upto intense response. Anger becomes a major problem when it is felt too intensely, and can affect the physical and mental strain of a person (7). Anger can lead to many problems if it is not controlled properly at the right time such as hurting reputations, destroying relationships, limiting opportunities and can even damage our health (8). Traditional or conventional anger management methods use Cognitive Behavioural and Mindfulness theory to help angry participants adapt and change their behaviours (9). Training program of anger management has had a positive impact on the reduction of aggression and physical and sexual violence in many workplaces (10).

Previously our department has published extensive research on various aspects of prosthetic dentistry(11-19) this vast research experience has inspired us to research about awareness on anger management among dental students.

## **MATERIALS AND METHODS:**

A self administered questionnaire was designed based on anger management among dental students. The questionnaire was distributed through an online survey planet link. The study population included dental students. The participants were explained about the purpose of study in detail. The questions were carefully studied and corresponding answer were marked by the participants. The data was collected and statistically analysed.

## **RESULTS :**

Around 37.9% of the participants agree that they do not get angry often, 34.5% of the participants agree that they get angry sometimes and 27.6% participants agree that they get angry very often (Figure 1). 51.7% of the participants say that they get angry because of stress, 24.1% of the



participants get angry due to work pressure, and 24.1% of the participants get angry due to both the reasons( Figure 2). Around 6.8% of the participants agree that they do not get agree when they treat their patients and 35.2% of the participants get angry when they treating their patients( Figure 3). 53.5% participants say that anger can impact personal and professional life, 23.3% say that anger can impact personal and professional life sometimes and 23.3% say that anger can never impact personal and professional life(Figure 4).Around 47.7% of the participants agreed that they try to control their anger sometimes, 31.4% participants agreed that they try to control their anger and around 20.9% never try to control their anger(Figure 5). 52.9% of the participants believe that anger issue is a mental illness and 47.1% of the participants believe that anger issue is not a mental illness( Figure 6). Around 72.4% agree that getting angry is harmful to your health and 27.6% do not agree that getting angry is harmful to health(Figure 7).72.7% of the participants agree that girls and boys show their anger differently and 27.3% participants do not agree that girls and boys show their anger differently(Figure 8). Around 54% participants say that they would calm themselves down when they get angry, 25.3% participants say that they would show it on other people, and 20.7% participants say they would do none of the above(Figure 9). 45.5% participants say that anger is justified sometimes, 39.8% participants say that anger is justified and 14.8% participants say that anger is never justified(Figure 10).

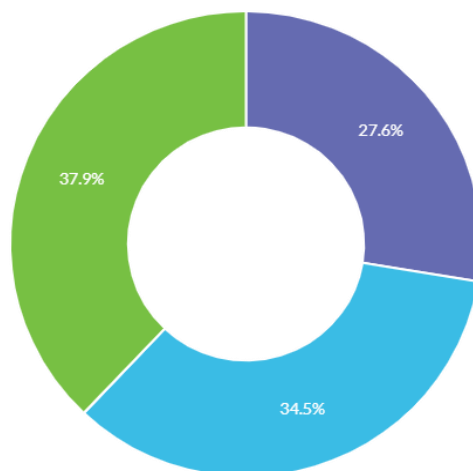


Figure-1:Pie chart showing the responses on how often do they get angry where blue denotes sometimes, green denotes no, and dark blue denotes yes. 37.9% participants agree that they do not get angry often.

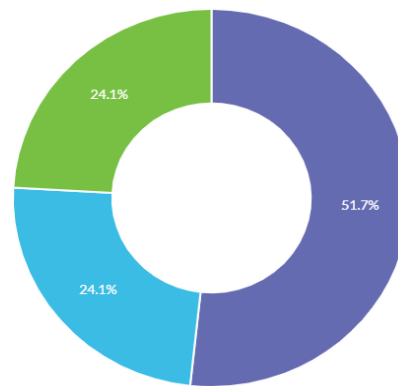


Figure-2: Pie chart showing the responses on what are the major reasons the participants get angry for where blue denotes work pressure, and dark blue denotes stress and green denotes all of the above. 51.7% participants agree that they get angry due to stress.

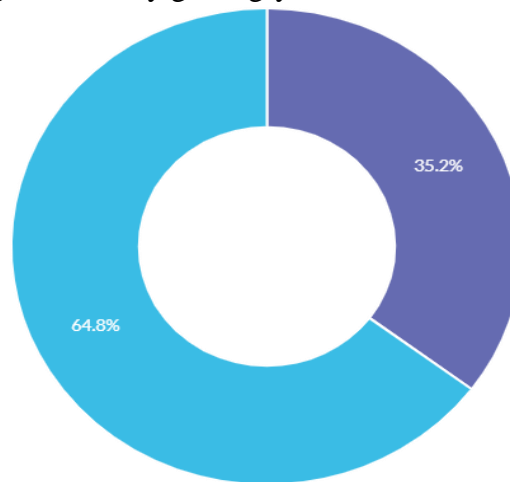


Figure-3: Pie chart showing the responses on the participants getting angry while treating patients where blue denotes yes, and dark blue denotes no. 64.8% participants agree that the participants do not get angry while treating patients.

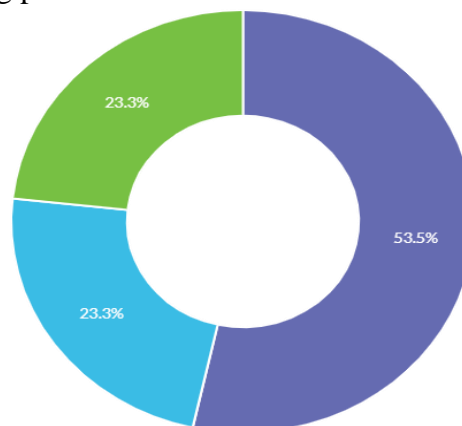


Figure-4: Pie chart showing the responses on anger impacting personal and professional life where blue denotes no, and dark blue denotes yes and green denotes sometimes. 53.5% participants agree that anger impacts your personal and professional life.

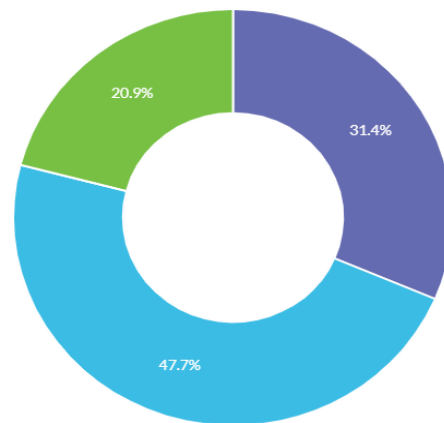


Figure-5: Pie chart showing the responses on controlling anger where blue denotes sometimes, and dark blue denotes yes and green denotes no. 47.7% participants try to control their anger sometimes.

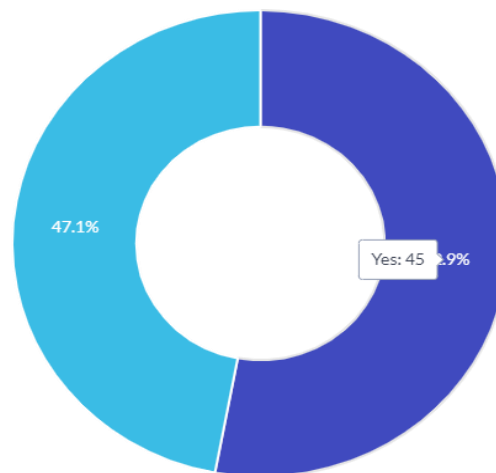


Figure-6: Pie chart showing the responses if anger issue is a mental illness, where blue denotes no, and dark blue denotes yes. 47.7% participants try to control their anger sometimes.

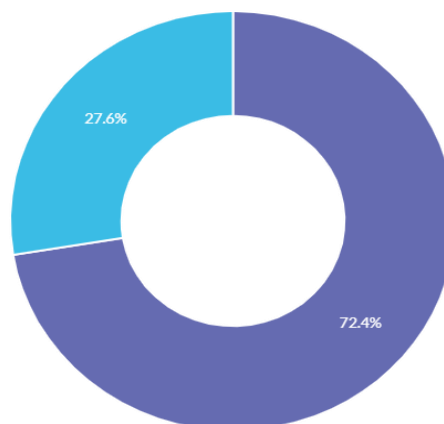




Figure-7:Pie chart showing the responses if getting angry was harmful to your health, where blue denotes no, and dark blue denotes yes. 72.4% participants agreed that getting angry is harmful to health.

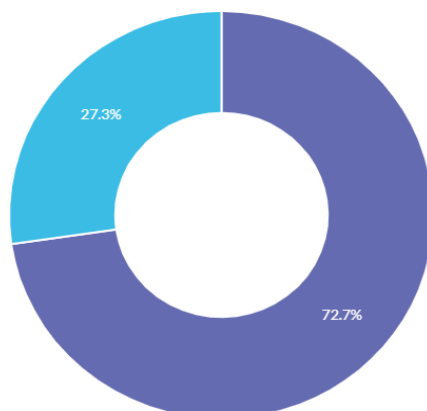


Figure-8:Pie chart showing the responses if girls and boys show their anger differently , where blue denotes no, and dark blue denotes yes. 72.7% of participants agreed that girls and boys show their anger differently.

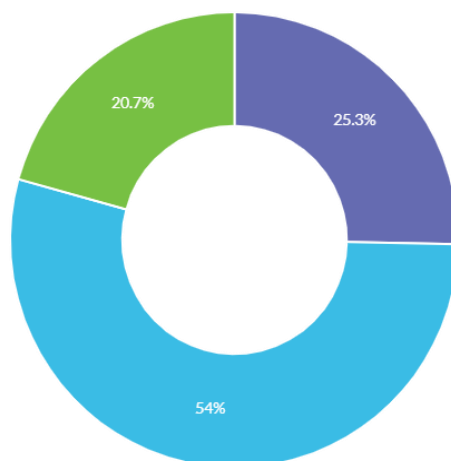


Figure-9:Pie chart showing the responses on what they do when they get angry , where blue denotes calm yourself down, and dark blue denotes they show it on other people and green denotes all of the above. 54% of participants say that they would calm themselves down when they get angry.

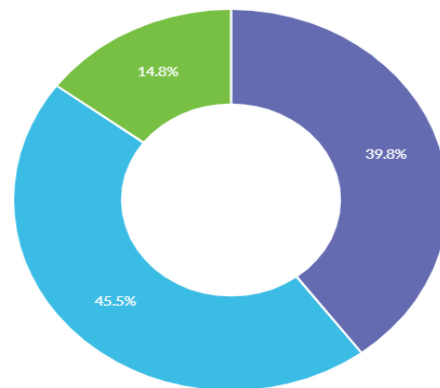


Figure-10: Pie chart showing the responses if anger is justified, where blue denotes sometimes, and dark blue denotes yes and green denotes no. 45.5% of participants agree that sometimes anger is justified.

It is seen from the present study that 47.7% of the participants control their anger sometimes whereas a study done by Gayathri Prabhu suggests that 62% of the students gave the score of “occasionally” and “often” when it comes to suppressing or controlling and tolerating their anger (20). 54% of the participants of the present study say that they would try to calm themselves down when they are angry. A study by Jeevitha says that techniques of yoga, breath exercises, relaxation and meditation techniques, are some of the simple ways in which stress and anger can be managed (21). Study done by YU Ri Kim tells that 18% of South Korean nurses are reported to experience anger at their workplace (22). Aggression is very much related to both the quantity and quality of sleep which has a huge impact on aggression and anger issues (23). A study by Elaheh bahrami anger management has a positive effect compared to a controlled group..51.7% participants agree that anger is due to stress. This anger can also prevent the occurrence of negative consequences of anger and aggression (24).

### CONCLUSION:

The study concludes that awareness of the anger management among dental students was found to be satisfactory but there is a need for the stress management sessions because most of the students undergo stress related mood fluctuations within the academic environment.

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