Research Article

"A STUDY TO ASSESS THE LEVEL OF ANGER AND IRRATIONAL BELIEFS AMONG ADOLESCENT STUDENTS WITH A VIEW OF BEHAVIOUR MODIFICATION IN SELECTED GOVERNMENT HIGHER SECONDARY SCHOOLS AT PUDUCHERRY"

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ABSTRACT

"Anger" is defined as a "feeling of displeasure resulting from injury, mistreatment, opposition, etc., and usually showing itself in a desire to fight back at the supposed cause of this feeling". A Quantitative Research approach was adopted for this present study. This study adopted descriptive research design. The study setting selected government higher secondary schools, Puducherry. Population includes all adolescents students studying at selected schools, Puducherry. Sample size consists of 60. The study finding shows that (18.3%) had no anger, (16.7%) had mild anger, (36.7%) had moderate anger, (28.3%) had severe anger. The study findings regarding the level of irrational beliefs among adolescents shows that (15.0%) had no irrational beliefs, (20.0%) had mild irrational beliefs, (30.0%) had moderate irrational beliefs, (35.0%) had severe irrational beliefs.

INTRODUCTION

In this modern day world we are bombarded with lot of things such as instant coffee, instant milk, instant noodles, and instant spaghetti. With this kind of modernization people tend to be impatient. With this habit of impatience, people tend to lose control of their temperance. According to the National School Safety and Security Services (2007), American school staff and students suffered 31 school-related violent deaths and 59 nonfatal shooting incidents during the 2006-2007 school years. The National Centre for Education Statistics (2007) reports that, in 2005, 4% of students aging 12 to 18years reported being victimized at school during the previous six months. In 2004, students aging 12 to 18 years were victims of approximately 1.4 million nonfatal crimes at school, including 583,000 violent crimes. "Anger" is defined as a "feeling of displeasure resulting from injury, mistreatment, opposition, etc., and usually showing itself in a desire to fight back at the supposed cause of this feeling". There is pain or trouble involved in anger circumstances. The etymology of anger is "distress" or "angh" which means "constricted". The Latin is "angustus or angustia" which means "tightness". Anger is the presence of threat and fear from the person being threatened that produces a very negative behaviour in his/her words and action.

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There is a struggle of self-control and temperament outburst. Mental Health Organisation: Boiling Point Report 2010, reports that almost a third of people polled (32%) say they have a close friend or family member who has trouble controlling their anger. More than one in ten (12%) say that they have trouble controlling their own anger. More than one in four people (28%) say that they worry about how angry they sometimes feel. One in five of people (20%) say that they have ended a relationship or friendship with someone because of how they behaved when they were angry. 64% either strongly agree or agree that people in general are getting angrier. 58% of people wouldn't know where to seek help if they needed help with an anger problem. 84% strongly agree or agree that people should be encouraged to seek help if they have problems with anger. The main causes of anger among this group were, performance and pay (20%) Legal issues 17% (71% of these cases were about allegations in their irrational beliefs) working relationships 18% (67% of these were about problematic relationships with managers because of their anger), Career difficulties 9%, Personal problems 15% due to their irrational beliefs

Statement of the problem

"A study to assess the level of anger and irrational beliefs among adolescent students with a view of behaviour modification in selected government higher secondary schools at puducherry".

Objectives of the study

- To assess the level of anger among adolescent students in selected government higher secondary schools at puducherry.
- To assess the level of irrational beliefs among adolescent students in selected government higher secondary schools at puducherry.
- To associate the level of anger and irrational beliefs among adolescent students in selected government higher secondary schools with selected demographic variables.

MATERIALS AND METHODS

This chapter describes the research methodology followed to assess the level of anger and irrational beliefs among adolescent students. It deals with the research approach, research design, setting of the study, population, criteria for sample selection, sample size, sample technique development and description of the tool for data collection, content validity, pilot study, procedure for data collection and statistical analysis. A Quantitative Research approach was adopted for this present study. This study adopted descriptive research design. The study setting selected government higher secondary schools, Puducherry. Population includes all adolescents students studying at selected schools, Puducherry. Sample size consists of 60 adolescent students who fulfilled inclusion criteria .Simple Random sampling technique was adopted for this present study.

Part I: The demographic data consists of 13 items seeking information about age, Sex, father's educational status, mother's educational status, father's occupation, mother's occupation, parent's monthly income, type of family, dietary pattern, number of siblings, religion, residential area.

Part II: The structured questionnaire consists of 25 situational questions to assess the level of anger among adolescent students.

Part III: The structured questionnaire consists of 20 questions to assess the level of irrational beliefs among adolescent students.

SCORE INTERPRETATION OF THE INSTRUMENTS

Table 1.

DESCRIPTION	SCORE
No annoyance	0-45
Mild anger	45-55
Moderate anger	56-75
Severe anger	< 76

Table 2.

DESCRIPTION	SCORE
Normal relational beliefs	0-45
Mild irrational beliefs	45-55
Moderate irrational beliefs	56-75
Severe irrational beliefs	< 76

RESULTS

- The study finding shows that (18.3%) had no anger, (16.7%) had mild anger, (36.7%) had moderate anger, (28.3%) had severe anger.

Table 3. Frequency and percentage distribution of the level of anger among adolescent students N = 60

Level of Anger	Frequency (n)	Percentage (%)
No annoyance	11	18.3
Mild anger	10	16.7
Moderate anger	22	36.7
Severe anger	17	28.3
Total	60	100.0

Figure 4. Percentage distribution of the level of anger among adolescent students

Table 4. Frequency and percentage distribution of the level of irrational beliefs among adolescent students N = 60

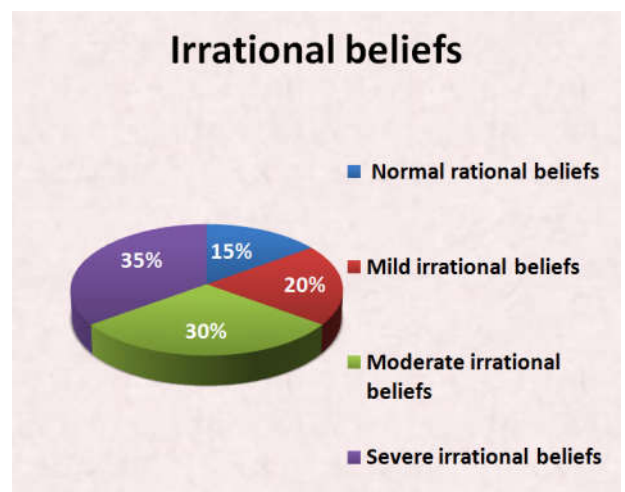| Irrational beliefs	Frequency (n)	Percentage (%)
Normal rational beliefs	9	15.0
Mild irrational beliefs	12	20.0
Moderate irrational beliefs	18	30.0
Severe irrational beliefs	21	35.0
Total	60	100.0

Figure 5. Percentage distribution of the level of irrational beliefs among adolescent students

- The study findings regarding the level of irrational beliefs among adolescents shows that (15.0%) had no irrational beliefs, (20.0%) had mild irrational beliefs, (30.0%) had moderate irrational beliefs, (35.0%) had severe irrational beliefs.

Table 5. Frequency, Percentage distribution, Chi Square Value of level Of Anger among Adolescent students with selected demographic variables N = 60

S : no	Demographic variables	Level of anger				df	Chi square value	P value
		No anger	Mild Anger	Moderate anger	Severe anger			
1.	Age of the student					6	20.686	0.002 S
	13 – 14 yrs	5	6	4	1			p<0.05
	15 – 16 yrs	2	4	11	4			
	17 – 18 yrs	4	0	7	12			
2.	Sex of the student					3	0.732	0.866
	Male	5	6	10	9			NS
	Female	6	4	12	8			
3.	Father's educational status					9	7.350	0.601
	Primary	8	6	14	11			NS
	higher secondary	2	2	7	5			
	Graduate	1	2	1	1			
4.	Mother's educational status					6	5.988	0.425
	Primary level education	8	7	17	11			NS
	higher secondary education	3	2	5	6			
	Graduate	0	1	0	0			
5.	Father's occupation					9	7.595	0.575
	daily wages	5	6	14	7			NS
	self employee	4	4	7	9			
	government employee	1	0	1	1			
	Unemployed	1	0	0	0			
6.	Mother's occupation					6	13.05	0.045
	daily wages	5	0	8	3			S p<0.05
	self employee	0	1	5	1			
	government employee	0	0	0	0			
	house wife	6	9	9	13			
7.	Parent's Monthly income					9	8.855	0.451
	below `3000	3	1	3	3			NS
	`3001 - `5000	4	5	12	3			
	`5001 - `10000	3	3	5	10			
	Above `10000	1	1	2	1			
8.	Type of family					6	5.042	0.538
	Nuclear family	9	8	17	16			NS
	Joint family	2	2	5	1			
9.	Dietary pattern					3	2.584	0.460
	Vegetarian	1	0	2	0			NS
	Non-vegetarian	10	10	20	17			
10.	Number of siblings					9	3.864	0.920
	0	0	0	2	1			NS
	1	7	5	13	10			
	2	2	4	4	4			
	3	2	1	3	2			
11.	Religious					6	1.582	0.954
	Hindu	9	9	18	15			NS
	Christian	1	1	3	1			
	Muslim	1	0	1	1			
	Other	0	0	0	0			
12.	Residential area					3	7.015	0.071
	Rural	4	4	3	1			NS
	Urban	7	6	19	16			

S – Significant; NS – Non significant

- The result shows that the (38.3%) of the student belongs to the age group of 17 -18 years, and (35%) of student belongs to 15 – 16 years, and rest of the (26.7%) belongs to the age group of 13 – 14 years. The obtained $x2 = 20.686$ and $p = 0.002$. It inferred that there was significant association between the level of anger and age of the student. This concludes that there was relationship between the level of anger and age of the student.

- With respect to mother's occupation the table reveals that (26.7%) were daily wages, (11.7%) were self employee, majority of mother (61.7%) were housewife, and (0%) were government employee. The obtained $x2 = 13.050$ and $p = 0.045$. It inferred that there was significant association between the level of anger and mother's occupation.

This concludes that there was relationship between the level of anger and mother's occupation.

- The study finding shows that (38.3%) of the student belongs to the age group of 17 -18 years, and (35%) of student belongs to 15 – 16 years, and rest of the (26.7%) belongs to the age group of 13 – 14 years. The obtained $x2 = 23.478$ and $p = 0.001$. It inferred that there was significant association between the level of irrational beliefs and age of the student. This concludes that there was relationship between the level of irrational beliefs and age of the student.

DISCUSSION

- The basic aim of the study was to assess the level of anger and irrational beliefs among adolescent students

with a view of behaviour modification in selected government higher secondary schools at puducherry.

- The structured interview using rating scale and questionnaire was used to assess the level of anger and irrational beliefs among adolescent students. The response was analysed through descriptive statistics (frequency and percentage) and inferential statistics (chi square test).

Conclusion

The study revealed that 11(18.3%) have no anger, 10(16.7%) had mild anger, 22(36.7%) had moderate anger, 17(28.3%) had severe anger. Regarding the level of irrational beliefs among adolescent students (15.0%) had no irrational beliefs, (20.0%) had mild irrational beliefs, (30.0%) had moderate irrational beliefs, and (35.0%) had severe irrational beliefs.

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