Effect of Anger and Anger Management Skills during the Covid-19 Pandemic: A Survey

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ABSTRACT

The purpose of present study was to investigate anger and related issues among individuals during the Covid-19 pandemic situation. The online survey was conducted among varied age groups to analyse the effect of pandemic conditions on the mental health of individuals. A total of 233 people participated in this online survey from different educational backgrounds and professions to help in the analysis of cause of anger, its effect on larger areas including family, work, health and society as a whole. This study also focused on various approaches of anger management and importance of family and healthy social circle on the mental health of an individual. The results of present study revealed that people who are not engaged actively in social behaviour or under peer guidance suffer more due to anger and related issues whereas individuals who practiced healthy habits like yoga, meditation or exercise showed better anger management skills.

Keywords: Anger expression, Anger management, Emotional sensitivity, Health effects, Social skill.

1. Introduction

Anger management is the main domain in socio-psychology and behavioural science where professionals try to help people by giving information about the skills, as well as inform them about the potential health or bio psychosocial risk on their selves and their environment. Anger management is done by understanding the nature of their anger, focusing on conceptualizing anger with other people, situations, and angry events, and thoughts, images, and physical cues that indicate increased anger [1].

Aggression is a behavior that is often found in children and adults [2-3]. Emotional conditions are relatively unstable which can be a trigger aggression, in the study show that if individuals can manage their emotions, it can reduce the risk of maladaptive behavior, including aggression behavior [4].

Problems with anger and aggression are the most common things found in adolescents. The inability to control the emotions of anger can be a trigger for the emergence of aggression. Anger management is the ability to regulate thoughts, feelings, lust, and anger in the right way and positively and socially acceptable. Studies have shown that anger management only has a mild to medium effect on reducing negative emotions and negative behavior including aggression [5]. Another study explained that anger management training can reduce total aggression which in school teenagers [6].

Anger management is the skill to recognize signs that you are angry, and take action to deal with situations in a positive way. Anger is a normal human emotion and healthy when properly expressed.

Problems related to anger are one of the most common reasons why children and adolescents are referred for psychological services [7]. The terms anger, hostility and aggression are often used interchangeably. However, some researchers consider that hostility, anger and aggression can represent the cognitive, affective and behavioral components of the same multidimensional construction [8].

2. Material and Method

Present study was based on online survey using the Google form. The study was carried out during the Covid-19 pandemic between April 2021 to June 2021 and a total of 233 response was recorded. The questionnaire was designed to study the cause of anger and anger management skill among different age groups and gender. A total of 15 questions were asked for this purpose including their gender, age group, profession and views upon anger and its management (Table 1).

Table 1. Questions used in the online survey for study of anger management

Questions	Opt A	Opt B	Opt C	Opt D
Did you get anger?	Always	Yes	Sometimes	No
Causes of anger? Long work time / Insult	Always	Very often	Sometimes	Rarely/No
It makes me angry if someone lies to me or cheats on me?	Agree	Strongly agree	Never	Somewhat agree
If things don't go according to my way; I get into an argument even against my will	Agree	Strongly agree	Never	Somewhat agree
I find myself frequently annoyed with certain friends or family	Yes	Always	No	Sometimes
I can't tolerate incompetence. It makes me angry	Agree	Strongly agree	Never	Somewhat agree
When a situation makes me angry, I'm still able to focus and work to resolve the situation	Agree	Strongly agree	Never	Somewhat agree
Do you feel any health effect after anger?	Headache	Rapid breathing	Smoking and drinking alcohol	Lack of sleep
I embarrass family, friends, or co-worker with my anger outbursts	Agree	Strongly agree	Disagree	Somewhat agree
I remember people and situations that make me angry for a long time	Agree	Strongly agree	Disagree	Somewhat agree
What do you do to cope up with your anger?	Yoga or mediation	Sports or gym	Laughing therapy	Listen to music
To whom do you look forward to manage your anger?	Friend	Spouse	Family and relatives	Pet names

3. Result and Discussion

The study was carried out during the Covid-19 pandemic between April 2021 to June 2021 and a total of 233 response was recorded of which 106 were male and 127 were female. 82% of the respondents belonged to the age group of 15-25 years where 54.5% are undergraduate students. Of the total respondents only 3% people said they do not get anger while 62.7% said that they get anger sometimes, 21.9% gets angry often and 12.4% always gets anger. The results based on survey showed that for majority of persons the cause of anger was long working duration and some kind of insult (Fig.1).

Fig.1. Response on (a) Did you get anger? (b) Cause of anger?

A maximum of 38.2% people agreed that the cause of anger is when someone lies to them or cheats upon them while 9.9% people said that these factors have never made them angry. Mixed response was received for argument against the will where 30% respondents said that they never get involved in the argument against their will while 30% people were somewhat agree to this situation (Fig.2).

Fig.2. Response on (a) It makes me angry if someone lies to me or cheats on me (b) If things don't go according to my way; I get into an argument even against my will

The affect of Covid-19 and pandemic lockdown could be seen on majority of the respondents where 39% people said that they frequently get annoyed with certain friends or family members and 22.7 gave negative response. Also 9% respondents strongly agreed that they cannot tolerate incompetence and become angry while 30.9% have disagreed to the incompetence factor as the cause of anger (Fig.3).

Fig.3. Response on (a) I find myself frequently annoyed with certain friends or family (b) I can't tolerate incompetence, it makes me angry

Of the 233 respondents, 149 people agreed that under the anger condition, they could focus and work to resolve the situation whereas 39 people disagreed to this and said they cannot work effectively under this situation. Also the effect of anger was analysed on the health. 54.9% respondents agreed that they feel headache after anger, 27.5% faced sleep disorders, while 3.4% people said that they drink or smoke to cope up with anger (Fig.4).

Fig.4. Response on (a) When a situation makes me angry, I'm still able to focus and work to resolve the situation (b) Do you feel any health effect after anger?

Fig.5. Response on (a) I embarrass family, friends, or co-worker with my anger outbursts (b) I remember people and situations that make me angry for a long time

Current study shows that 15.5% of respondents feel that due to anger outburst, they embarrass family, friends or co-workers while 54.9% people disagreed to this situation. Results of the present study indicates that out of 233 respondents, 137 people remember the people and situation that had made them angry for a long time while 50 people forget these things easily (Fig.5).

As the anger management strategy, 67.4% respondents chose listening to music, 10.3% prefer yoga or meditation, 11.2% desire for physical activity like sports or gym and the remaining 11.2% favour laughing therapy to cope up with the anger. In the similar fashion for anger management, 50.2% of the respondents look forward to their friends, 26.8% look forward to their family and relatives during the anger management, 15.6% preferred pet animals while only 7.4% look forward to their spouse for anger management (Fig.6).

Fig.6. Response on (a) What do you do to cope up with your anger? (b) To whom do you look forward to manage your anger?

This research result indicated that there was direct relation between anger management to aggression behaviour. During the pandemic conditions of Covid-19, social behaviour of human beings got affected. Restrictions to home and online work and education had an impact on the mental health and behaviour of individuals. Majority of the respondents involved in the current study realized that anger had some negative effects on their friends or family and most of them also experienced health hazards due to anger.

At the same time, the outcome of this study suggests that people have awareness about the ill-effects of anger and knows how to control anger related emotions. This study shows that people are involved in several healthy habits like yoga, meditation, sports, gym, etc. and rely on them for anger management. This is accordance with research that anger management can support children to control the emotions so that maladaptive behavior can be decreased [5]. Another research mentioned that it will be more effective when extra treatment is given to drop the aggression behavior. Previous studies also mentioned that cognitive behaviour therapy (CBT) is the most effective treatment to drop the children's aggression behavior so that children's learn about good coping strategy and with role play, so that unwanted negative behavior can be prevented [9,10].

In the present survey, several respondents have mentioned that the company of friends and family help them in anger management. This is in accordance with the previous study which proves that the moderating effect of social skills is quite good in anger management and aggression relationships. Some other studies also prove this, related to

social skills and aggression. Different research findings show that social skills training can reduce social anxiety, generalized delinquency depression, anger, social disturbances, inability to adapt, negative behaviour towards peers, and many other emotional and behavioural problems [11]. Social skills training positively influences student behaviour including reducing anger and negative consequences, controlling excitement and feeling relieved [12]. Thus social skills can be an effective moderation in reducing aggression with anger management in individuals.

4. Conclusion

The survey report of present study indicates direct relation between anger and current pandemic situation. Certain changes in the lifestyle, social behaviour, education and working conditions have created an impact on the mental health of people as well. Most of the respondents who belonged to the young age and involved in the current study realized that anger had some negative effects on their friends or family and most of them experienced certain health hazards also. Overall outcome of the current study suggests that people knows how to control anger related emotions and work effectively on the anger management skills. Based on the results of the analysis carried out in this study, it can be concluded that there is a moderating effect of social skills on the relationship between anger and its control.

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Competing Interests Statement

The authors declare no competing financial, professional and personal interests.

Consent for publication

Authors declare that they consented for the publication of this research work.

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