

LIFE SKILLS DEVELOPMENT



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Life Skills

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CONTENTS

S.No.	Title of the Chapters	P.No.
1	Reading and Writing: Indispensable Life Skills for Youth <i>Fr. Dr. D. Thomas Alexander, SJ</i>	1
2	Nurturing Self-esteem - <i>Dr. M. Antony Raj</i>	13
3	Negotiation Skills: A Strategy to Achieve Win-Win Goals <i>Dr. A. John Lawrence</i>	27
4	Cultivating Creative Thinking: Empowering Individuals with a Fundamental Life Skill <i>Dr. A. Punitha Mary</i>	35
5	Resilience: Essential Skills for Aspiring Educators <i>Dr. A. Michael J Leo</i>	49
6	Time Management - <i>Dr. Y. Daniel</i>	65
7	Stress Management <i>Mrs. A. Metilda Jasmine Shanthi</i>	75
8	The Human Touch: Exploring the Importance of Interpersonal Skills and Tactics for its Development - <i>Dr. S. Sherlin</i>	87
9	Critical Thinking - <i>Dr. R. Sathesh Franklin</i>	100
10	Numerical Skills - <i>Dr. A. Nicholas Jegan</i>	115
11	தேர்மறை எண்ணங்கள் முனைவர். உ.சுப்பிரமணியன்.	129
12	Conflict Management skills <i>Mrs. M. Rosary Kiruba Alexy</i>	135
13	Interpersonal Relationship <i>Dr. S. Mercy Johanna</i>	151
14	Self-awareness: The Road to Personal Development <i>Fr. A. Loyola, SJ</i>	160
15	Mastering the Art of Anger Management <i>Dr. R. Balasubramanian</i>	173



MASTERING THE ART OF ANGER MANAGEMENT

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Introduction

Anger is thought to contribute to the overall phenomenon of aggression and violence (Averill, 1982; Levey and Howells, 1990). Anger is a horrible condition of affairs since it may cause issues for both individuals and society as a whole. "Anger is not an activity; it is a reaction. A state of reaction is a state of enslavement," says Sadhguru. It is often viewed as a daily occurrence. Anger typically has positive effects in achieving the individual's needs, yet it is unpleasant and harmful to one's physical and emotional well-being. When it spirals out of control, it becomes destructive and causes problems in various areas of life, such as personal relationships, the workplace, and general quality of life. Anger evolved alongside humans as part of the 'flight or fight' response (James Kirby & Stan Steindl, 2016). This chapter investigates the causes of anger and provides some useful anger coping methods.

Literature on Anger Management

Psychologists state that "angry is a strong emotion often caused by some form of wrong-doing, ill treatment, or unfairness" (Hendricks et al., 2014). The exact translation of the term "ரௌத்திரம்பழகு" stated by Subramaniya Bharathi is "Practice anger," but the notion is that one's justified rage against injustice or wrong doing should not be in vain. It ought to be transformed into uplifting positive energy. According to the Bodhisatvayana, anger directed toward one's personal gain is the only kind that is ultimately detrimental to oneself; anger



directed towards the good of others is not. Jesus become enraged at the sight of wicked attitudes and deeds of those around him. Thirukural states “செல்லா இடத்துச் சினந்தீது செல்லிடத்தும் இல் அதனின் தீயபிற.” (Thirukural, 302). It means wrath against persons of force is vain. It is still worse when it comes to the weak. Aathichudi states “ஆறுவது சினம்” which means anger should be reduced or controlled. According to Aristotle, "Anybody can become angry; that is easy. But, being angry with the right person, at the right time, for the right reason, and in the right way is not something that is easy or within everyone's power". Naladiyaar opines:

நெடுங்காலம் ஓடினும் நீசர் வெகுளி
கெடுங்காலம் இன்றிப்பரக்கும் - அடுங்காலலை
நீர் கொண்ட வெப்பம் போல்தானேதணியுமே
சீர் கொண்ட சான்றோர் சினம். - நாலடியார். 68

It means when water is boiled, it gets rid of impurities, and after sometime it cools down. Similarly, when wise persons get angry for some reasons, their anger subsides in a short time but if those who are inferior in knowledge, their anger will not end ever.

It indicates that when water is boiled, it removes impurities and eventually cools down. Similarly, when wise people become upset for various causes, their anger disperses quickly, whereas others who lack knowledge will remain angry indefinitely.

Understanding Anger from Biological Perspectives

Research suggests that the adolescent brain is constantly changing, particularly in the prefrontal cortex, which is responsible for impulse control and decision-making. Furthermore, neurotransmitters can lead to anger-related problems. Adolescents experiencing rage may have abnormalities in neurotransmitters such as serotonin and dopamine. Such imbalances can cause mood swings, making it difficult

to successfully manage their rage (Stangor, 2014). The prefrontal cortex, which regulates judgement and self-control, develops during adolescence (Konrad et al. 2013). This continuing development might make it difficult to make sensible judgements and control emotions, aggravating anger-related issues.

Anger inspired by Horace's Four Seasons of a Man's Life.

Horace, the Roman poet, defined human existence in his poem "Ars Poetica" as boyhood, youth, manhood, and old age. The rage that exists in man's life is as follows:

Childhood's Anger

Children's wrath is frequently displayed beyond their control. They do not respond on purpose, and their rage fluctuates hourly. It happens because they lack the ability to detect and deal with powerful emotions. It is not always simpler to deal with children's rage. Once they have calmed down, they may feel ashamed of their actions. Micheal Potegal, a psychologist at the University of Minnesota, discovered a mixture of two emotions: anger (screaming, yelling, hurling objects) and grief (crying, moaning, lying on the floor). Parents and carers can help youngsters cope with their anger through a variety of ways. For example, engage in physical activities, relax by chatting to youngsters, and use the 'thinking stopping technique' while feeling angry. Focussing on good memories distracts youngsters from their negative feelings (Wilde, 2000).

Youth's Anger

Youth's rage is legendary since it manifests itself in a variety of ways. Teen fury can be a terrifying emotion, but it is not necessarily harmful. Its negative manifestations can include physical and verbal violence, prejudice, malicious gossip, anti-social conduct, sarcasm, addictions, withdrawal, and psycho-somatic diseases. Such destructive

expressions of adolescent anger can shatter lives by breaking relationships, causing harm to others, disturbing jobs, clouding effective thinking, damaging physical health, and, in some cases, ruining their future. Their anger might be reduced by reconsidering the circumstance, creating healthy self-expression, and increasing resilience, self-awareness, and self-soothing.

Manhood Anger

Increased anger with ageing is a prevalent issue. Stress, public humiliation, loss, prejudice or injustice, and distressing or unsettling circumstances can all trigger fury. Anger is generated in large part by society, the job, and the household. According to clinical psychologist Malie Coyne, investigations have shown that women have several common sources of rage. Most notably, emotions of powerlessness, injustice, and circumstances associated with menopause. Men's testosterone levels begin to fall, while women's oestrogen levels begin to fall around the age of fifty, both of which can lead to sadness and mood swings. Women tend to cry and vent to friends, but men hide their depression with rage (Albert, 2015). The disorder is distinguished by hostility, impulsivity, and recurring angry outbursts. Simple relaxation techniques, such as deep breathing and soothing imagery, can assist to calm furious emotions.

Old Age Anger

Anger is not only unpleasant and stressful, but it can also harm their physical health. Cognitive skills deteriorate with age, resulting in memory loss, trouble processing simple facts, and a desire for attention, which can appear as rage. Chronically restrained anger has been linked to elevated blood pressure. During anger, the body releases two hormones, cortisol and nor epinephrine, which activate the body's 'fight or flight' response, resulting in an elevated heart rate, increased blood pressure, muscle tension, and other intense symptoms (Barlow et

al.2019). According to a study conducted by the American Psychological Association, anger in old age is associated with higher inflammation. To reduce anger, elderly individuals should focus their anger on the circumstance rather than on a specific person. The most popular hobbies for older persons are chair yoga, Pilates, and walking while listening to music.

Various forms of anger

Anger can be expressed in a variety of ways. Not all anger is expressed in the same way. It might be inward, outer, passive, or forceful rage (Siegman & Snow, 1997).

Outward Anger

Outward anger is defined as expressing anger in an understandable form, which may include shouting, throwing, swearing, or smashing things, as well as being verbally or physically abusive to people.

Inner Anger

Internal rage can manifest as gloomy and sad thoughts and negative self-talk. Self-harm and isolation from others are examples of interior wrath.

Passive Anger

Passive anger is shown indirectly, such as by giving someone the quiet treatment, sulking, being sarcastic, or making nasty remarks.

Assertive anger

Assertive rage is usually the most effective way to express feelings because it is delivered directly and in a non-threatening manner to the individual involved.

How can I perfect the art of rage management?

Anger management is thought to involve learning to regulate one's anger. However, it is not a good idea to never get angry. No matter how hard one tries not to be angry, it will eventually come out. The ultimate goal of anger management is to understand the meaning of underlying emotions and release them in a healthy manner without losing control. Taking control of one's anger and knowing when to let it out will help one achieve his or her goals, enhance relationships, and live a more fulfilling life. Here are some anger management techniques:

Identifying the Trigger

Warning indications of anger and numerous triggers must be discovered early on, while remaining cool and in control in a positive and effective manner. Managing anger does not imply suppressing or rejecting the associated emotions (Nimisha, 2021). Anyone who puts in the work, time, and patience may learn it.

Cognitive Restructuring

Many mental health treatment programs involve Cognitive Behavioural Therapy (CBT) (Relly & Shopshire, 2019). In the context of anger management, Cognitive Behavioural Therapy (CBT) assists people in overcoming negative ideas. Anyone can gain control over their behaviour and emotions by replacing negative thoughts. It works by assisting in understanding what causes anger and how to respond to it. Individuals can investigate thought processes, recast unfavourable beliefs, and develop healthy behavioural responses.

Distraction Techniques

Distraction strategies such as leaving an uncomfortable situation, fixing something, writing, painting, cleaning the kitchen, gardening the yard, paying bills, or spending time with children can all help to relieve anger.

Anger diary

Recording angry feelings and thinking on them later can help people predict triggers and cope with anger more successfully. Understanding the effective and ineffective anger management strategies will help to design a better anger management plan. Keeping a journal can help to identify and change beliefs that lead to exaggerated rage. It can be beneficial to modify one's mental process in order to become more realistic and constructive.

Music Therapy

Music therapy has been shown to be a useful strategy for treating anger and other illnesses. Anyone who struggles with anger or has a condition may benefit from music therapy (Hakyoort et al., 2015). Lyrical analysis, lyric composition, dance and movement performances, and other forms of music therapy may have favourable effects.

Eating the correct food

Ayurveda has for decades debated the relationship between food, body, and mind. According to this belief system, our constitution is divided into three types: Vata (air), Pitta (fire), and Kapha (water) (Shipa and Venkatesha Murthy, 2011). Each of us has a combination of all three. The food we eat improves these constitutions. Excessive consumption of acidic foods causes irritation or wrath. Foods rich in refined carbs, such as white bread, pasta, and pastries, might increase blood sugar swings. This might cause mood swings, impatience, and reduced emotional stability.

The Role of Support Systems

Support systems include parents, teachers, carers, and friends. They play a crucial function in helping adolescents cope with their anger. When wrath is exhibited, these persons must demonstrate

patience and empathy. These characteristics create an environment conducive to open conversation and mutual understanding.

Conclusion

Learning to handle anger is critical for personal development and successful relationships. Anger that is not controlled can cause conflict and stress. It's vital to remember that rage is a typical reaction to a problem. However, how one handles rage matters. With the help of parents, teachers, carers, and friends, anyone may learn to properly regulate their anger. They can learn self-awareness, relaxation techniques, communication skills, and find healthy outlets for their emotions. Seeking professional assistance is an option when necessary. Ultimately, anger does not dominate the stages of life. With the correct skills and a support system, anyone can effectively traverse it and use anger as a tool for personal growth.

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