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A study to assess the level of anger, coping and factors influencing anger amongst adolescents of selected schools, Udupi district Karnataka.

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"ABSTRACT

A research study titled "A study to assess the level of anger, coping and factors influencing anger amongst adolescents of selected schools, Udupi District Karnataka" was conducted by Pusahole Natso , as a partial fulfillment of the requirement for the degree of Master of Science in Nursing at Manipal College of Nursing, Manipal.

The objectives of the study were to assess the level of anger, identify the factors influencing anger, assess coping among the adolescents and to determine the relationship between anger and coping among the adolescents.

The conceptual framework for the study was based on Roy's Adaptation Model. A quantitative approach with descriptive survey design was adopted for the study. Cluster sampling method was used for selecting the sample. The instruments used for data collection were: Demographic Proforma, State-Trait anger expression inventory, Rating scale on factors influencing anger, and Behavioral anger response questionnaire.

Content validity was established by giving the tools to seven experts. Scale validity index for demographic proforma was 0.97 and for rating scale on factors influencing anger was 0.85. Pretesting was done among ten adolescents. Reliability was established for rating scale on factors influencing anger using Cronbach's alpha and found to be reliable with the score α = .99.

The pilot study was conducted among 40 adolescents. It was found to be feasible. All the required permission was sought, including the approval from the Ethics committee. The data was collected from 2nd to 18th January 2017. A total of 453 adolescents from four English Medium Schools of Udupi District were selected for the study. Data was analyzed using SPSS 20.0 version. Descriptive statistics, exploratory analysis and inferential statistics were used for analyzing the data.

Majority (66.9%) were in the age group of 13-14 years. 53.6% of the participants were females, most of the adolescents (36.2%) were from 8th standard. Majority (82.3%) followed Hindu religion. Majority (73.1%) belonged to nuclear family and 59.2% participants were the first child in their family. Most of the monthly family income (32.0%) was Rs 10,001-20,000. Majority of their parents (91.8%) stayed together. Most of their parents (41.3% fathers and 38.4% mothers) had attained their high school education. Many of their fathers were unskilled workers in occupation (35.5%) and majority of their mothers (74.2%) were skilled

workers. Only 18.1% of the adolescents have relationship issues while majority (81.9%) of the adolescents do not have any relationship issues with classmates, parents and teachers and peers.

Among 453 adolescents, 82.3% have average level of State-anger, 12.6% of the adolescents have elevated level of State-anger, 5.1% have very high State-anger. None of the adolescents have low level of State anger. 46.6% of adolescents have average level of Trait-anger, 36.2% have low level of Trait-anger, 10.2% have elevated level of Trait-anger and 7.1% have very high level of Trait-anger. 47.7% of adolescents have average level of Anger expression-out, 33.8% have low level of Anger expression-out, 11.9% have elevated level of Anger expression-out, and

6.6% have very high level of Anger expression-out. Majority of the adolescents i.e. 50.8% have average level of Anger expression-in, 19.4% have elevated and low levels of Anger expression-in respectively, and 10.4% have very high level of Anger expression-in. Concerning Anger-control 48.3% have average level of Anger-control, 26.5% have low level of Anger-control, 17.7% have elevated level of Anger-control, and 7.5% have very high level of Anger-control.

The present study revealed seven factor-solution which influences adolescents anger, and were named as social impact, emotional self-regulation, and gratification of needs, perception, and influence of family environment, over-expectations and feelings of frustration.

The mean and standard deviation of Behavioral Anger Response Questionnaire were, Direct anger out (9.70 ± 2.54), Assertion (12.42 ± 3.15), Social support seeking (11.21 ± 2.69), Diffusion

(11.41 ± 3.21), Avoidance (12.75 ±3.15), and Rumination (7.76 ± 2.19).

The study found a weak positive correlation between anger and coping which can be inferred as higher the anger more coping was used by the adolescents.

Adolescents studying in high schools were mainly between 13-16 years of age. Majority of the adolescents have average level of anger experience. Some of the key factors that influences their anger emotions includes social influence, academic pressure, family

environment, frustration. The adolescents adapt various ways for coping such as avoidance, social support seeking, direct anger out, rumination and assertion.

Based on the present study recommendations were made for future study.
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