

Anger-Expression and Self-Control Skills among Teenagers In A High School, Bharatpur

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Abstract

Background: Anger is completely normal, usually healthy, human emotion but when one cannot manage their extreme anger it can become destructive and can lead to serious problems among teenagers. Self-control skills are a vital psychological variable that plays an important role in solving various problems of anger and aggression. This study aims to assess the anger-expression and self control skills among teenagers in high school, Chitwan.

Materials and Methods: In this descriptive, cross - sectional study teenagers aged 13-19 years studying in grade 8, 9 and 10 in Greenland Public School, Chitwan, a total of 113 respondents were selected by the stratified random probability sampling technique. Data was collected through interview by using a modified state trait anger expression inventory and standard self control scale during one month period and was analyzed by using descriptive (frequency, percentage, mean, median and standard deviation) and inferential statistics (Chi-square, Pearson correlation).

Results: The result revealed that less than half (47.4%) of the respondents had high level of anger-expression and more than half (51.9%) of the respondents had lower self control skills. The respondents' level of anger expression was statistically significant with class and father's educational status. There was also a statistically significant association between the respondents' level of self control skills and exercise. The results also showed moderately positive correlation ($r=0.171$) and statistically significant association between anger-expression and self control skills.

Conclusion: In conclusion, nearly half of the teenagers had high anger-expression and low self control skills. Thus, the findings of the study could draw some attention towards the younger population facing difficulties and hoping for assistance to deal with the strong influences of anger. Hence, effective anger-management strategies for coping with anger and improving self-control skills can be implemented for the teenagers.

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I. Introduction

About 22% (6.38 million) of Nepal's 28.5 million populations are adolescents¹⁵. Among every 5 teenagers 1 has issues in managing their anger and 11% of them experience chronic anger. This has become one of the most common mental health problems among teenagers¹². When teens display anger aggressively, they become a risk to themselves as well as others. Fifteen percent of general adolescent population has self-harmed due to anger⁵. In addition, teens that were punished for their anger when they were young might also be at higher risk for anger disorders later in life. They never learn how to express the emotion properly, so the problem tends to grow¹¹. High school adolescents have more negative anger experiences and are in need of support in terms of effective self control skills⁴. Higher scores on self-control correlated with a higher grade, better adjustment, higher self-esteem, less binge eating and alcohol abuse, better relationships and interpersonal skills, secure attachment, and more optimal emotional responses. Low self-control is thus a significant risk factor for a broad range of personal and interpersonal problems¹³. Due to the emotional, physical and moral changes, youth are under pressure. In daily life, teenagers experience a lot of complications which leads to distress and anger. As the frequency of these incidence increases, it starts affecting the attention and concentration, academic performance, and relationship among the teenagers or we can say that it leads to some psychological and physical consequences. There is a need for the proper assessment of youth for anger expression and self- control skills. The current study aims to assess the anger-expression and self-control skills among teenagers in a high school, Chitwan

II. Material And Methods

This descriptive, cross-sectional study design was carried out on teenagers studying in grade 8, 9 and 10 in Greenland Public School, Bharatpur Metropolitan City-12, Chitwan, Nepal. A total of 133 teenagers (both male and females) of aged less than 19 years were selected for this study.

Study Design: Descriptive, cross-sectional study design

Study Location: This was a secondary school based study done in Greenland Public School, Bharatpur Metropolitan City-12, Chitwan, Nepal

Study Duration: June 2019 to December 2019.

Sample size: 133 students

Sample size calculation: The sample size was estimated on the basis of a Probability Stratified, proportionate random sampling technique. The target population from which we randomly selected our sample was considered 202. The sample size actually obtained for this study was 46 students, 45 students and 42 students from grade 8, 9 and 10 respectively.

Subjects & selection method: The study population was drawn from teenagers of age group 13-19 studying in grade 8, 9 and 10 studying in Greenland public school.

Inclusion criteria:

All the teenagers of age group 13-19 studying in grade 8, 9 and 10 willing to participate and were available at the time of data collection

Procedure methodology

After Informed consent was taken from the parents, data regarding socio-demographic characteristics and associated factors of anger-expression was collected by using structured interview and data regarding anger-expression was collected by using modified State Trait Anger Expression Inventory. It consisted of 42 items based on four point likert scales It had 5 sub scales which included state anger, trait anger, anger control, anger expression-in and anger expression-out. The lowest score was 0 and the highest score was 126.

For self control skills standard self control scale developed by Tangney, Baumeister & Boone in 2004 was used which consisted of 36 items, including 5 sub scale which were self-discipline, deliberate/impulsive action, healthy habits, work ethics and reliability based on five point likert scale.

Statistical analysis

Data was analyzed using SPSS version 20.0. The data was analyzed by using descriptive statistics (frequency, percentage, mean, median, standard deviation and inter-quartile range) to identify the level of anger-expression and self control skills. Likewise, inferential statistics (chi-square and Pearson correlation) were used to measure the association between anger-expression and self control skills with selected variables and also to measure the correlation between anger-expression and self control skills. The level of significance was set at 0.05.

III. Result

Table 1 shows that out of 133 respondents, more than half (52.6%) of the respondents have low level of anger-expression while less than half (47.4%) of the respondents have high level of anger-expression

Table no 1
Respondents' Level of Anger-Expression

Variables		Frequency	Percentage
High level of anger-expression	(\geq median)	63	47.7
Low level of anger-expression	(< median)	70	52.6
Total		133	100

Table 2 depicts that out of 133 respondents, more than half (51.9%) of the respondents have lower self-control skills while less than half (48.1%) of the respondents have higher self-control skills.

Table no 2
Respondents' Level of Self-control Skills

Variables		Frequency	Percentage
High level of self control skills	(\geq median)	64	48.1
Low level of self control skills	(< median)	69	51.9
Total		133	100

Table 3 shows that the respondents level of anger expression is statistically significant with class ($p=.006$) and father's educational status ($p=.045$). There is no significant association between respondent's level of anger-expression and age, gender, ethnicity, religion, parents' occupation, type of family and other selected variables

Table no 3
Association between Respondents' Level of Anger-Expression and Selected Variables

Variables	Level of Anger-expression		χ^2	p-value
	Low anger-expression No. (%)	High anger-expression No. (%)		
Age				
Less than 15 years	38 (46.3%)	44 (53.7%)	3.394	.065
15 years and above	32 (62.7%)	19 (37.3%)		
Gender			0.436	.509
Male	36 (50.0%)	36 (50.0%)		
Female	34 (55.7%)	27 (44.3%)		
Class			10.163	.006
Eight	28 (62.2%)	17 (37.8%)		
Nine	15 (33.3%)	30 (66.7%)		
Ten	27 (62.8%)	16 (37.2%)		
Ethnicity			0.850	.654
Janjati	19 (59.4%)	13 (40.6%)		
Brahmin	45 (50.0%)	45 (50.0%)		
Others	6 (54.5%)	5 (45.5%)		
Religion			0.368	.544
Hindu	61 (51.7%)	57 (48.3%)		
Non-Hindu	9 (60.0%)	6 (40.0%)		
Father's educational status			6.210	.045
Basic education	14 (56.0%)	11 (44.0%)		
Secondary education	38 (43.8%)	44 (53.7%)		
Bachelor and above	18 (75.0%)	6 (25.0%)		
Father's occupation			0.189	.664
Self employed	29 (55.8%)	23 (44.2%)		
Employed	41 (51.9%)	38 (48.1%)		
Mother's educational status			0.282	.963
General literate	9 (50.0%)	9 (50.0%)		
Basic education	15 (50.0%)	15 (50.0%)		
Secondary education	33 (53.2%)	29 (46.8%)		
Bachelor and above	13 (56.5%)	10 (43.5%)		
Mother's occupation			4.680	.096
Self employed	18 (72.0%)	7 (28.0%)		
Employed	13 (50.0%)	13 (50.0%)		
Homemaker	39 (47.6%)	43 (52.4%)		
Type of family			2.854	.091
Nuclear	49 (48.5%)	52 (51.5%)		
Joint	21 (65.6%)	11 (34.4%)		
Sharing feelings or problems with parents			4.857	.088
Always	28 (66.7%)	14 (33.3%)		
Sometimes	34 (45.9%)	40 (54.1%)		
Never	8 (47.1%)	9 (52.9%)		
Feelings or problems listened by parents			1.000	.806 ^e
Yes	66 (52.4%)	60 (47.6%)		
No	4 (57.1%)	3 (42.9%)		
Substance use			3.006	.083
Yes	15 (40.5%)	22 (59.5%)		
No	55 (57.3%)	41 (42.7%)		
Have been bullied			0.129	.720
Yes	48 (51.6%)	45 (48.4%)		
No	22 (55.0%)	18 (45.0%)		
Have been verbally abused			1.538	.215
Yes	37 (48.1%)	40 (51.9%)		
No	33 (58.9%)	23 (41.1%)		
Have been physically abused			3.175	.075
Yes	36 (46.2%)	42 (53.8%)		
No	34 (61.8%)	21 (38.2%)		
Exercise			1.796	.407
Regularly	8 (53.3%)	7 (46.7%)		

Sometimes	37 (40.5%)	40 (51.9%)		
Never	25 (61.0%)	16 (39.0%)		
Art				
Regularly	6 (60.0%)	4 (40.0%)	5.415	.144
Sometimes	37 (46.2%)	43 (53.8%)		
Rarely	14 (53.8%)	12 (46.2%)		
Not at all	13 (76.5%)	4 (23.5%)		
Mobile games/video games				
Played	63 (53.8%)	54 (46.2%)	0.575	.448
Never played	7 (43.8%)	9 (56.2%)		
Time spend playing mobile games/videogames				
1-2 hours/day	52 (55.9%)	41 (44.1%)	2.084	.555
3-4 hours/day	7 (53.8%)	6 (46.2%)		
5 hours and more	4 (36.4%)	7 (63.6%)		

Significance level at 0.05

Table 4 reveals that the respondents level of self control skills is statistically significant with exercise whereas there is no significant association between respondent's level of self-control skills and age, gender, ethnicity, religion, parents' education and occupation and type of family.

Table no 4
Association between Respondents' Level of Self-control Skills and Selected Variables

Variables	Level of self control skills		χ^2	p-value
	Lower self control skills No. (%)	Higher self control skills No. (%)		
Age				
Less than 15 years	45 (54.9%)	37 (39.5%)	0.770	.380
15 years and above	24 (47.1%)	27 (52.9%)		
Gender				
Male	39 (54.2%)	33 (45.8%)	0.329	.556
Female	30 (49.2%)	31 (50.8%)		
Class				
Eight	25 (55.6%)	20 (44.4%)	1.507	.471
Nine	25 (55.6%)	20 (44.4%)		
Ten	19 (44.2%)	24 (55.8%)		
Ethnicity				
Janjati	18 (56.2%)	14 (43.8%)	5.485	.063
Brahmin	49 (54.4%)	41 (45.6%)		
Others	2 (18.2%)	9 (81.8%)		
Religion				
Hindu	60 (50.8%)	58 (49.2%)	0.447	.504
Non-Hindu	9 (60.0%)	6 (40.0%)		
Father's educational status				
Basic education	17 (68.0%)	8 (32.0%)	3.592	.166
Secondary education	42 (51.2%)	40 (48.8%)		
Bachelor and above	10 (41.7%)	14 (58.3%)		
Father's occupation				
Self employed	31 (59.6%)	21 (40.4%)	1.668	.197
Employed	38 (48.1%)	41 (51.9%)		
Mother's educational status				
General literate	9 (50.0%)	9 (50.0%)	2.016	.569
Basic education	17 (56.7%)	13 (43.3%)		
Secondary education	34 (54.8%)	28 (45.2%)		
Bachelor and above	9 (39.1%)	14 (60.9%)		
Mother's occupation				
Self employed	14 (56.0%)	11 (44.0%)	0.221	.895
Employed	13 (50.0%)	13 (50.0%)		
Homemaker	42 (51.2%)	40 (48.8%)		
Type of family				
Nuclear	54 (53.5%)	47 (46.5%)	0.423	.516
Joint	15 (46.9%)	17 (53.1%)		
Single parent	1 (50.0%)	1 (50.0%)		
Sharing feelings or problems with parents				
Always	19 (45.2%)	23 (54.8%)	1.882	.390
Sometimes	39 (52.7%)	35 (47.3%)		
Never	11 (64.7%)	6 (35.3%)		
Does parents listen to your				

feelings or problems				
Yes	67 (53.2%)	59 (46.8%)	0.261	.205 [€]
No	2 (28.6%)	5 (71.4%)		
Substance use				
Yes	15 (40.5%)	22 (59.5%)	2.640	.104
No	54 (56.2%)	42 (43.8%)		
Have been bullied				
Yes	49 (52.7%)	44 (47.3%)	0.081	.776
No	20 (50.0%)	20 (50.0%)		
Have been verbally abused				
Yes	41 (53.2%)	36 (46.8%)	0.137	.711
No	28 (50.0%)	28 (50.0%)		
Have been physically abused				
Yes	39 (50.0%)	39 (50.0%)	0.267	.605
No	30 (54.5%)	25 (45.5%)		
Exercise				
Regularly	12 (80.0%)	3 (20.0%)	9.396	.009
Sometimes	32 (41.6%)	45 (58.4%)		
Never	25 (61.0%)	16 (39.0%)		
Art				
Regularly	6 (60.0%)	4 (40.0%)	0.137	.711
Sometimes	45 (56.2%)	35 (43.8%)		
Rarely	8 (30.8%)	18 (69.2%)		
Not at all	10 (58.8%)	7 (41.2%)		
Mobile games/video games				
Played	61 (52.1%)	56 (47.9%)	0.026	.873
Never played	8 (50.0%)	8 (50.0%)		
Time spend playing mobile games/videogames				
1-2 hours/day	51 (54.8%)	42 (45.2%)		
3-4 hours/day	4 (30.8%)	9 (69.2%)	2.701	.440
5 hours and more	6 (54.5%)	5 (45.5%)		

Significance level at 0.05

€- Fisher Exact Test

Table 5 shows that there is moderately positive correlation ($r=.171$) between anger-expression and self-control skills and also there is statistically significant association between anger-expression and self control skill ($p=.049$).

Table no 5
Relationship between Anger-Expression and Self-control Skills

Variables	<i>r</i>	<i>p</i> -value
Anger-expression vs. Self control	.171	.049

r- Pearson correlation

significance level at 0.05

IV. Discussion

Regarding the level of anger-expression among 133 respondents, the findings of the study revealed that more than half (52.6%) of the respondents have low level of anger-expression compared to high anger-expression which was 47.4%. This finding is almost similar with the study conducted by Dhasmana, Singh, Srinivasan, and Kumar⁷ in which more than one-fourth of the study participants (76%) reported lower level of anger. This study is in contrast to another study from turkey conducted by Bayram, Dogan, Aydogan, and Bilgel² where scores of anger-expression were found to be higher among students. The reason for low anger-expression might be that the respondents perceived higher level of anger-expression as less acceptable or socially inappropriate and they may believe that they will have negative consequences from expressing their anger.

The overall mean score of level of anger-expression was found 62.14 ± 15.485 and the higher score among the domain was anger control (54.56%) with mean score 11.458 ± 3.995 . The lowest score among the domain was anger-expression out (40.85%) with the mean score 11.030 ± 4.414 . This finding seems inconsistent with the study conducted by Zimprich and Mascherek¹⁶ where there was high score for anger out than anger control. The reason for higher score for anger control might be that teenagers are more likely to suppress their feelings.

The current study found that anger-expression was statistically significant with class ($p=.006$). This study is almost similar with the study conducted by Kerr and Schneider¹⁰ which revealed statistically significant relationship of anger-expression with increasing grades ($p<.05$). The reason could be that as teenagers grows

and mature, greater repression of their anger might be seen since they may believe that more anger should be not be expressed.

The findings of the study also revealed that father's educational status was another significant variable which influenced the level of anger-expression ($p=.045$). However this findings is in contrast with the study from United States conducted by Boylan, Lewis, Coe, and Ryff³ where there is no statistically significant relationship with father's educational status ($p > .46$).

Similarly there was no any statistically significant association between age, gender, religion, ethnicity, and parent's occupation, type of family and associated factors. This findings seems consistent with the findings conducted by Jeyasutha⁹ which revealed that there was no significant association of anger-expression with age, sex, religion, type of family, siblings, type of stay, socio-economic status, hobbies, and academic performance at $p>.05$. However, another study done by Thompson, Rodolph, and Henderson¹⁴ had showed the inconsistency findings where multiple factors had contributed to their anger-expression like divorce, physical or psychological abuse and alcoholism where $p<.05$. This may be due to the reason that demographic variables listed in this study may or may not influence the level of anger-expression.

The study also found that self-control skills were statistically significant with exercise ($p= .009$). This finding is similar to the study conducted Zou, Liu, Xie, and Huang¹⁷ which showed that self-control ability can be improved through exercise. This may be due to the reason that exercise may serve as a potentially effective intervention for enhancing self control.

This study also noted that there was moderately positive relationship between self-control skills and anger-expression and also there was statistically significant relationship between them. This findings is almost similar with study conducted by Denson, DeWall, and Finkel⁶ which showed positive correlation between anger-expression and self control skills that maladaptive anger regulation decreases self-control and, consequently, increases anger-expression. However, this finding is in contrast with study conducted by Agbaria and Atamna¹ where there was an inverse relationship between self-control and anger-expression ($r = -.20, p <.01$), the greater the self-control, the lower the anger. This finding is also in contrast with another study conducted by Harmarta, Karahan, Zorlu, and Parmaksiz⁸ which showed negative correlation between self control and destructive anger-expression ($r = -.232, p<.01$). This reflects the fact that self-control skills are essential in determining the people's behavior, whether people act upon or control their anger urges.

V. Conclusion

The study findings indicated that less than half of the respondents have high anger-expression and more than half of the respondents have lower self-control skills.

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