



ANGER MANAGEMENT

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Abstract

Anger is an emotional reaction which can range in intensity from mild irritation to intense range. Anger is a strong emotion and its reaction affects an individual's physical, mental and psychological well-being and can create many physical and psychological defeat to an individual's health. Learning how one can recognize and manage this strong emotion can positively promote healthy living, growth and transformation in a person. In this study, we look into the meaning and types of anger, consequences of anger, the importance and strategies of anger management.

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INTRODUCTION

The feeling of anger is a common human emotion. Most times, people who get angry have a valid reason for such outburst. It is often considered as a common experience in everyday life (Averill, 1982). Anger is most time aroused in a person due to provocations or an altercation. However, when it becomes out of control, it becomes destructive and can cause severe issues in a variety of contexts including; issues at work, in one's personal relationship, and in the general quality of one's life. Everyone experiences anger at some point in their lives. Displaying the emotion can yield some good results depending on the situation of need.

There are different emotions that an individual experience, such as happiness, sorrow, anxiety, and contempt but anger remains one of the basic human emotions. These emotions have changed over the course of human history and are crucial to human history and to survival. It is typical to see 'anger' as a bad and damaging emotion which can occasionally result In more harmful actions, despite this fact, anger has some advantages to it such as, it serves as a warning sign that something unfair has occurred and that something needs to be done to make it right (Lambert et al., 2019).

Having anger problems and consistent anger outbursts causes a lot of problem for an individual personal, as well as professional life. One's inability to control his anger makes everyone around him uncomfortable, angry, resentful and wary of him. Anger problem not only affects an individual's personal life but also adversely affects his health, peace of mind and concentration on work.

Hence, it is important that everyone should learn to manage their anger so that anger does not control a person's life.



OBJECTIVE OF THIS STUDY

At the end of this study, the readers should be able to

1. Understand the meaning and types of anger
2. Identify the Consequences of anger
3. Know the importance and strategies of anger management

UNDERSTANDING THE CONCEPT OF ANGER REACTION

Anger is ‘an emotional state that varies in intensity from mild irritation to intense fury and rage. According to R.W. Novaco (2016), Anger is a negatively toned emotion, subjectively experienced as an aroused state of antagonism toward someone or something perceived to be the source of an aversive event. It can also be a product of goal-blocking or frustrations, particularly when recurrent, or be a reactive response to pain, physical or psychological (R.W. Novaco, 2016).

Anger can be classified as a secondary emotion. Emotions such as fear, frustration, anxiety, sorrow, or feeling diminished, inevitably precedes the experience of anger. Generally, anger replaces these primary emotions so quickly that we never notice them. Like other emotions, anger always never act alone. Beneath the primary emotions lie unmet needs.

It is crucial that you know the difference between anger and aggression. Anger is an emotion, and its ok to be angry. While, aggression is acting and letting out the anger inappropriately and aggression is not ok. Learn to check your aggression and express your anger appropriately. People who do not know constructive ways to express anger and frustration frequently become aggressive to express their feelings. Anger is the main component of aggressive behavior and acts of violence. Aggression is usually the result of excited emotional states of anger and frustration Anger, the emotion, is not a problem; what one does with anger can be.



When it comes to anger, everyone has a distinct trigger and experience. It is important that you understand that anger is harmful to others and to oneself.

ASSESSMENT OF THE TYPES OF ANGER PROBLEMS

Anger exists on several levels and spectrum, according to Renee (2023) and can be split into 12 types:

- **Behavioral Anger:** Behavioral anger is comprised of aggressive and cruel actions. It inclines mostly towards the physical aspect. It usually implies an attack towards the subject of the anger, usually a person. It is expressed through trouble-making, physical attack and defiance
- **Verbal Anger:** Verbal anger, on the other hand, merely uses words and not actions. It is expressed mostly by openly speaking insulting words and hurtful criticisms. Accusing somebody of a crime or of a wrong-doing is also an example of verbal anger.
- **Passive Anger:** Passive anger is shown mostly through mockery, or through avoiding a certain instance. People who display this type of anger do not show their anger outright but devise covert ways of expressing it. They do not confront a person or a situation.
- **Self-inflicted Anger:** Self-inflicted Anger is the one that is directed toward a person's own body. Sometimes, people showing this type of anger tend to starve themselves or eat too much. These are the people who believe in the idea of punishing their own self for something wrong they have or others have done.

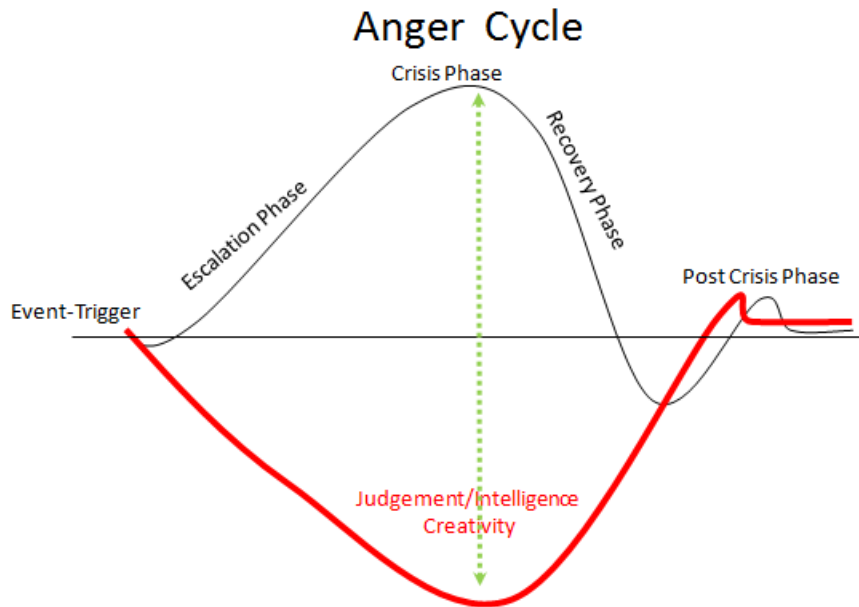


- **Chronic Anger:** People with chronic anger are just angry in general. They are angry with their lives, with their selves, with the people around them and the whole world in general. They do not necessarily have a definite reason for this anger. Most of the time, they are just angry for apparently no reason at all.
- **Judgmental Anger:** Judgmental anger would lead somebody to hurtfully shame the people around him, like his family, friends and neighbors. He expresses his anger by putting others down and belittling other person's abilities.
- **Overwhelmed Anger:** Overwhelmed Anger is seen in people who hate the situations happening around them that directly affect their lives. They usually shout or lash out at someone or something easily. They do so because that is their way of relieving the stress and the pain that they feel.
- **Constructive Anger:** Constructive Anger is the type of anger that makes people want to go out and join groups and movements. They usually do this because they want to do something to correct a certain situation. The main effect of this type of anger is that they want to make a positive change.
- **Volatile Anger:** Volatile Anger is the type of anger is the one that easily comes and goes. The magnitude of this anger varies too. It could build into a rage, or it could be a mild, sudden anger. It could explode abruptly, or it could go unseen. It all depends on the person controlling the anger. This type of anger is expressed either by verbal or physical assault.



- **Retaliatory Anger:** Retaliatory Anger is the most common type of anger. Usually people get angry because other people are angry at them. This anger depends mainly on the other person. If your anger is due to a person lashing out at you, then you are guilty of this type of anger
- **Paranoid Anger:** Paranoid Anger occurs if a person feels, in an irrational way, that they are intimidated by others. People with this type of anger feel and think that other people want to take what is rightfully theirs. They are angry toward other people mainly because they are jealous.
- **Deliberate Anger:** Deliberate Anger is shown by people who would like to gain control over a situation. They are mostly not angry at first. But they will be once you have shown that you are against what they have planned and what they would like to happen. They use anger to gain power over somebody or something.

Anger is an emotion that either controls us or helps us to succeed in life. If we have negative thoughts most likely when a threat hits our emotion, we will explode. We should always be aware of our primary source of anger, that is, unmet desire. Once the needs are identified, an individual can constructively work to get them met or can practice self-soothing and avoid blowing up into anger or rage. There are a range of feelings surrounding the actual feeling of anger that leads us to become angry. In order to understand what makes us angry, it is important to know and identify these range of feelings surrounding anger.



CONSEQUENTIAL RESULTS OF ANGER PROBLEMS

Even though anger occasionally has advantages and beneficial effects, it more often has negative ones. In its most extreme manifestation, it can lead to physical harm to someone or self, loss of family/friends, loss of job, destruction of property, loss of social privileges, going to jail, getting a bad reputation, murder, child abuse among other things. Dr. Tony Flore and Dr. Ari Novick, in their book titled “Anger Management for the 21st Century”, listed the five major consequences of anger as follows:

- **Risk to Health:** Chronic, high levels of rage have been linked to a higher risk of health issues, according to ample research. Significant aspects in determining the effect on one's health include how frequently anger is experienced and how it is expressed during times of emotional pain.



- **Risk to Your sense of worth:** Even though venting anger may feel good in the moment, it frequently results in regret, guilt, shame, and embarrassment. On a cognitive level, one can be aware that their reaction was exaggerated, inappropriate, or uncalled for. The end outcome is typically harm to one's self-esteem.
- **Risk to Your Connections:** The inability to control one's anger is one of the few things that can harm a relationship as severely. Outbursts that are frequent and/or severe, whether you are verbally or physically expressing your anger can destroy friendship, break apart families and ruin friendships.
- **Risk on the kids:** In many cases more so than the effects of parental divorce, prolonged and/or extreme anger in the home can have catastrophic effects on children.
- **Risk at the Workplace:** Poorly controlled rage, frustration, and resentment can seriously undermine what is accomplished at work, both numerically and qualitatively.



ANGER MANAGEMENT

Many people believe that mastering the art of controlling your anger is the goal of anger management. But avoiding anger altogether is not a wise goal. No matter how hard you try to control your anger, it will eventually come out. The real objective of anger management is to recognize the meaning of the emotion and express it in a healthy way without losing control, not to conceal angry impulses. Not only will you feel better after doing this, but you'll also be more likely to get your needs met, be able to handle conflict in your life better, and build stronger relationships. It takes effort to master the art of controlling your anger, but the more you practice, the easier it will become.

To understand what anger management better, is to look at a famous phrase said by the well-known Greek philosopher, Aristotle **“Anybody can be angry, that is easy. But to be angry with the right person, the right degree, at the right time, for the right purpose, and in the right way, that is not easy”**. So, anger management is all about learning to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way.

Anger is not the problem. Out of control anger is the problem. When a person gets angry, it is often a result of threatened emotions, such as hurt of our self-importance, rejections, difficulty to deal with prospects, and antagonistic flight of the imaginations. If you do not deal with anger correctly, it has a way of building-up over time. Before you know it, you can be in a position where anger is controlling you and becoming a negative influence in your life. Being proactive with anger management will help to ensure it remains a healthy emotion that protects you from unnecessary hurt or threat.



The purpose of your anger is to protect you. If you couldn't feel anger, you would be at a big disadvantage. But like any powerful tool, you need to know how to use it.

There are two general ways in which your anger can hurt you and those you love. These are:

- Explosion
- Suppression

- **Explosion**

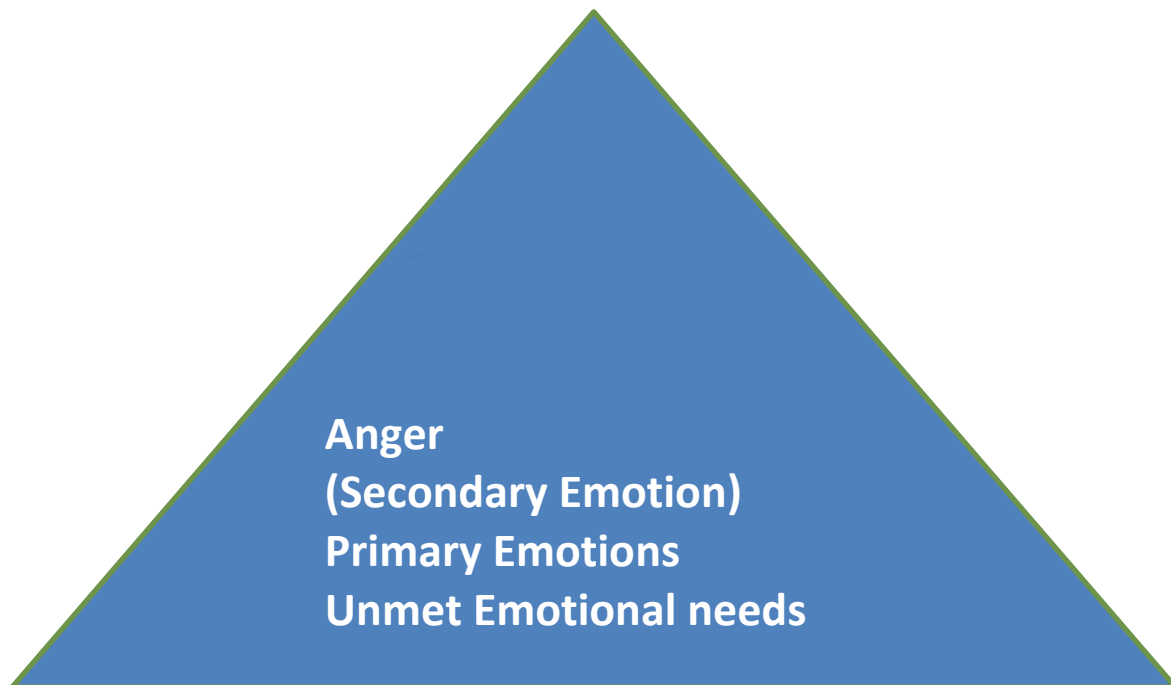
Explosion is basically reacting while the angry energy passing through you is too hot to allow you to think. The part of your brain that can think, the cerebral cortex is kept out of the loop. You are actually operating from the early warning part of your brain, the limbic system, which is fast but not very smart about what's actually going on. That part of your brain is meant to give you a jump on things. It is not meant to handle anything complex. Hence, it is important that by anger management you get the cerebral cortex back in charge. Your first priority however, needs to be damage control by avoiding the explosion. Try a deep breath or two to avoid reacting before you regain control.

- **Suppression**

Suppression is where you are so unwilling to admit that you are angry, that you stuff your feelings deep inside yourself. When you do that, the anger does not go away, but only goes underground. You do not lose the anger; you only lose track of it. Even though you may have told yourself that what happened doesn't matter, you're unconscious knows better. Suppressed anger can go several ways. It can cause you to turn off, to shut down as far as your feelings towards the people around you. It can also form into landmines which are prone to be triggered and to ambush the people around you. Chronic unresolved anger is to be blamed for numerous serious physical health problems. Even though it can be very unpleasant to admit to yourself just how angry you are, identifying the depth of your feelings can be a major step towards getting rid of your anger.



ANGER MANAGEMENT PYRAMID



CONFLICT MANAGEMENT AND ANGER MANAGEMENT STRATEGIES

Managing conflict is an important and initial step towards anger management. When you manage conflicts effectively, you can avoid getting angry and hence avoid an angry outburst. Larson and Gray provided five strategies for managing conflict. These strategies are:

- **Mediation:** The goal is to identify multiple possible alternatives and to mutually select one that is acceptable to all involved parties and in the interest of project objectives.



- **Arbitration:** This strategy requires the project manager to provide a safe and productive opportunity for the conflicted parties to air their disagreements. After careful attention and fully listening to each party, the project manager should formulate, define, and provide a solution to the parties. This strategy is based on the forcing approach to conflict. Arbitration can often be effectively combined with mediation by forcing an initial conflict solution and then allowing the parties to negotiate to a more mutually acceptable alternative.
- **Control:** Based on the smoothing approach, this strategy seeks to bring tension and emotions down to a level at which productive discussion and negotiation can occur. Humour is often an effective tool, as well as the use of temporary breaks or time-outs in the discussions between conflicted parties.
- **Acceptance:** An acceptance decision can be made that the conflict consequences are negligible relative to project objectives and, therefore, require no action. This strategy carries significant risk of later escalation and should be combined with specific plans for monitoring the situation to ensure that the conflict remains at an acceptable level.
- **Elimination:** The elimination strategy is reserved for those conflicts that have become so dysfunctional that the project can no longer tolerate any impacts from them. Often a last resort, elimination involves the removal of the conflicted parties from involvement with the project.



The following are the steps for effective anger management to get control of inappropriate and unproductive anger:

Step 1: Maintain a “Hostility Log”

Use a ‘Hostility Log’ to monitor what triggers your anger and the frequency of your anger responses. When you know what makes you angry, you will be in a much better position to develop strategies to contain it or channel it effectively.

Step 2: Acknowledge that you have a problem managing anger

It is an observed truth that you cannot change what you don’t acknowledge. So it is important to identify and accept that anger is a roadblock to your success.

Step 3: Use your support network

If anger is a problem, let the important people in your life know about the changes you are trying to make. They can be a source of motivation and their support will help you when you lapse into old behavior patterns.

Step 4: Use Anger Management techniques to interrupt the anger cycle

Use Anger Management techniques to interrupt the anger cycle such as follows: Pause-Take deep breaths-Tell yourself you can handle the situation-Stop the negative thoughts.

Step 5: Use empathy

If another person is the source of your anger, try to see the situation from his or her perspective. Remind yourself to be objective and realize that everyone makes mistakes and it is through mistakes that people learn how to improve.



Step 6: Laugh at yourself

Humor is often the best medicine. Learn to laugh at yourself and not take everything so seriously. The next time you feel tempted to kick something, think about how silly you would look and see the humor in your inappropriate expressions of anger.

Step 7: Relax

Angry people are often the ones who let the little things bother them. If you learn to calm down you will realize that there is no need to get uptight and you will have fewer anger episodes.

Step 8: Build Trust

Angry people can be cynical people. They believe that others are going to do something on purpose to annoy or frustrate them even before it happens. If you can build trust in people you will be less likely to become angry with them when something does go wrong and more likely to attribute the problem to something other than a malicious intent.

Step 9: Listen

Miscommunication contributes to frustrating and mistrusting situations. The better you listen to what a person is saying, the better you will be able to find a resolution that does not involve an anger response.

Step 10: Be Assertive

Be assertive NOT aggressive. When you are angry it is often difficult to express yourself properly. You are too caught up in the negative emotion to put together solid arguments or appropriate responses. If you learn to assert yourself and let other people know your

Step 11: Live positively

Life is short and it is much better spent positively than negatively. Realize that if you spend all your time getting angry, you will miss out on the many joys and surprises that life has to offer.



Step 12: Forgive and Forget

To ensure that the changes you are making go much deeper than the surface, you need to forgive the people in your life that have angered you and forget the issues you had with them. It is not easy letting go of past hurts and resentments but the only way to move past your anger is to let go of these feelings and start fresh.

Professor Richard Nelson-Jones of the UK has developed a good structure to use for anger management called CUDSAIR. The acronym ‘CUDSAIR’ stands for:

C – Confront

U – Understand

S – Search

A – Agree

I – Implement

R – Review

CUDSAIR can be applied to any problem that makes you angry. Through using CUDSAIR, the problem is confronted, understood and defined. Solutions for the problem are searched. And then the most difficult part of agreeing on certain solutions is done. The solutions are implemented and most importantly reviewed. During review if you feel that this method works well for you, then reapply the structure next time you confront anger triggering problems.



HOW TO USE CUDSAIR IN ANGER MANAGEMENT

Confrontation - where you all confront the problem instead of one another, and see what the point of your anger is.

Understand - which means you understand how each of you are feeling, and grant the right to disagree.

Define - which is to mark out the area of disagreement.

Search - where you look for the solutions

Agreement - it might be good or bad, it might work or not. But the point is, you see what concessions have been made, applaud it and see what can be done.

Implement - Implementation of the solution.

Review - You let some time pass, and then go back and see if you can do any better this time round.

Cognitive Behaviour Therapy for Anger Management

Cognitive behaviour Therapy involves cognitive restructuring which means changing the way you think. Logic defeats anger, because anger, even when it's justified, can quickly become irrational. Angry people need to become aware of their demanding nature and translate their expectations into desires. So, use cold hard logic on yourself. Cognitive Behaviour Therapy is applied to anger management by giving the person with anger control problems a complete psychological assessment using diagnostic tests to measure anxiety, depression, self-esteem levels and their personality type. An anger test is used to understand the specific areas that trigger anger responses and an individual diagnosis and blueprint for treatment is collaboratively discussed with the person.



BENEFITS OF ANGER MANAGEMENT

- **Improved Mental Health**

It is an undeniable fact that anger can make it difficult to concentrate. Loosing concentration can make it difficult to make or take decisions and can drain your strength. Additionally, uncontrolled anger can result in feelings of resentment and guilt, and can cause issues like anxiety and depression. Developing effective anger management skills helps to reduce all mental health issues.

- **Improved Relationship**

Anger management training greatly helps to improve relationships. People are better able to communicate and resolve disagreements when they have control over their anger. As a result, they tend to experience a strengthened improvement in their connections with friends, family, and coworkers. It's crucial to remember that managing anger should not be used to repress or ignore your feelings. Instead, the objective is to understand and express your emotions in a way that is healthy for both you and those around you.

- **Improved Self Esteem**

You'll begin to perceive yourself more favorably if you learn how to control your rage. You'll be more inclined to take command of your life and less likely to let your anger rule you. You may feel more confident and have a better understanding of who you are as a result. You may improve your relationships, your mental and physical health, your productivity, and your self-esteem by controlling your anger. While it is impossible to never feel angry, it is essential to find healthy ways to manage your anger if you want to have a happy and fulfilling life.



- **Enhanced Efficiency**

You are never very productive at work or at home if you're constantly furious, angry or in rage. Outbursts of anger can result in reduced productivity, missed workdays, and strained relationships among coworkers. Your productivity at work and at home can rise if you can control your anger.

In Conclusion

Anger is ‘an emotional state that varies in intensity from mild irritation to intense fury and rage. ‘Anger management is about learning to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way.

Everyone experiences moments of rage from time to time, and anger is a normal response to events that happen to you, those around you, or someone you care about. Unless your anger results in a reaction that is uncontrollable, violent, or destructive, anger is a normal feeling.

People can learn to detect and regulate their anger by practicing anger management. Anger management is to channel anger in nonviolent and nonthreatening ways rather than to repress it. By staying away from particular situations or refraining from speaking to a certain individual, you could control your anger issues temporarily. But by giving anger control priority, you can control your emotions.

Sometimes being angry is ok. When you acknowledge your emotions, you can create plans to ease the tension and control your response. You might be able to boost your well-being, health, and relationships all at once by giving anger management a priority.



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