ANGER PROBLEMS AND ITS MANAGEMENT SKILLS

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Abstract- The present article will illustrate "when we faced with the challenging situations of anger, and cool anger down constantly what problems we face?", "if when we face with anger-provoking situations we instinctively express anger, what problems do we face?" and "with this description, how does an individual with the skills, anger management, anger-provoking situations act?". And eventually it is concluded that people in response to angry situations generally respond in four forms, and also the best anger controlling methods were explained.

Keywords- Challenging situations of anger, cooling anger down, anger-provoking situations, expressing anger, anger management.

I. INTRODUCTION

Psychology is the scientific study of behavior and mental processes as a science which uses systematic methods (such as scientists in disciplines such as physics, chemistry and biology) to observe, describe, predict the full extent of treatment. In this statement, Behavior is anything that we can do and can be directly observed (crying, talking and riding a motor). The mental processes are those thoughts, feelings and motivations that we have insideand are not directly observable. Psychology domains are as follows: brain damage and facial recognition, attributing traits to people, forgetting your childhood memories, balancing weight and expressing anger [8]. The present article is studying anger problems and its management skills.

Anger is a feeling that varies from mild irritation and resentment to intense and crazy anger. Anger is an innate reaction to frustration and ill-treatment. All of us inevitably encounter with situations in life that make us angry. An attribute of anger is that while it is a part of life, could prevent us from achieving our goals. Anger is a natural emotion, as flooding is a natural phenomenon. We have learned in the history to build the flood barrier in the flood current, to use its energy to produce electricity, also use it as drinking water and irrigation of agricultural land. So if we do not learn how to control our anger, anger will take us under control.

First of all, we should be aware of anger causes, then the solutions could be provided. It is believed that we usually become angry by others or external stimuli. But it seems that there is an interface of factors or filters between the trigger and incidence of anger. The unwelcomed events which would probably trigger a person to be outraged are environmental, cultural, emotional, physiological, attitude and thinking style. The reaction of a person may be behavioral like aggressive retaliation, beating, fighting, and so on, emotional like anger, depression, and etc., or physical like high stress, deep physical arousal and …. To be better understood, each of the above parameters will be described. Environmental factor_ Adverse events or anger-provoking environment where external stimuli are experienced in it, play an important role in the final result. Probably kick your foot in any of the following situations may shape different reactions on your behalf: In your brother or sister's wedding ceremony (you may react by saying a funny sentence), or to get into the stadium to watch the final match of the football World Cup, Brazil and Iran (probably you yourself said even if the shoes are missing it is worth.

Cultural factors_ Several cultural factors involved in the expression of anger. Each of the different cultural backgrounds in the face of anger-provoking situations show different reactions: A person in the subculture of whom screaming is normal behavior.A person in a subculture of whom an interpersonal violence is not acceptable. A person who grew up in a family that adversity and hardship are considered as factors that are conducive to growth and empowerment. Emotional factors_ When we have positive or negative feelings, our response to anger-provoking situations will be different. For example, if you hear the news of passing your MA exam, power outageand heat will be delightful, vice versa if you do not do not pass it, negative emotions arise, the bad effect of power outage will be added. Physical factors_ Research shows that people who suffer from chronic pain, their discomfort and anger are more than others. Attitude and thinking style_ In connection with the relationship between attitudes and thinking with anger,it is enough to remember even people with a common cultural background and collaborative environment, emotional states and physical health, faced with a controversial situation, how different reaction they show. The human mind is the most important psychological component. It seems that despite the importance of environmental, cultural, emotional and physical factors in expression of anger, thoughts are assumed tohave an important role in emotional states. If we have this attitude that always people around us should be fair, reasonable,

consideration, polite and ... they are more likely to violate the above attitude, it will impress us badly.At first glance, it seems that in facing anger-provoking situations, we have two more solutions: expressing the anger and swallowing it.

II. REVIEW OF LITERATURE

To demonstrate the noninferiority of a telemedicine modality, Foy, Reilly, Shore, He, and Frueh [5] (2010) compared videoteleconferencing to traditional in-person service delivery of a group psychotherapy intervention for rural combat veterans with posttraumatic stress disorderParticipants were1. randomly assigned to receive anger management therapy delivered in a group setting with the therapist either in-person (n = 64) or via videoteleconferencing (n = 61). Clinical and process outcomes indicate delivering cognitive-behavioral group treatment for PTSD-related anger problems via videoteleconferencing is an effective and feasible way to increase access to evidence-based care for veterans residing in rural or remote locations.

The introduction of Eggert, and Nicholas's (1994) [4]book provides a brief history of the program's development and discusses key concepts about anger and anger management. A chapter on "getting started" provides practical information for establishing a group. Key considerations and sample activities are provided for getting the group started.A chapter profiles each module. Background information and group-implementation plans and activities are provided. The modules are presented in a sequence that fosters group development and anger-management skills training: assessment, skills building within the group, and skills application and transfer beyond the group.

Kassinove and Chip [11],describing their book as the complete guidebook for practitioners, wrote seven detailed sections or better to say eighteen chapters on anger management which covers the basics of anger and the anger episode model, preparing for change, changing, accepting, adapting, adjusting, maintaining change, working on the therapist's own anger, and provide sample anger management treatment programs. They concluded that anger management had better include thinking, feeling, and behavioral methods. They pointed out that the highly emotive aspects of REBT and its approach to anger management are quite important for the practitioner.
Sanders, Pidgeon, Gravestock, Connors, Brown, and Young (2004) [14] tried to know if does parental attributional retraining and anger management enhance the effects of the Triple P-Positive Parenting Program with parents at risk of child maltreatment.Ninety-eight parents experiencing significant difficulties in managing their own anger in their interactions with their preschool-aged children were randomly assigned either to an enhanced group-administered behavioral family intervention program based on the Triple P-Positive Parenting Program that incorporated attributional retraining and anger management (EBFI) or a standard behavioral family intervention program (SBFI) that provided training in parenting skills alone. EBFI showed a significantly greater short-term improvement on measures of negative parental attributions for children's misbehavior, potential for child abuse and unrealistic parental expectations than SBFI.

III. RESEARCH QUESTIONS

1. When we faced with the challenging situations of anger, and cool down anger constantly what problems we face?
2. If when we face with anger-provoking situations we instinctively express anger, what problems do we face?
3. With this description, how does an individual with the skills, anger management, anger-provoking situations act?

IV. DISCUSSION

Answering the first question, we can say many scientific findings indicate that perpetual cooling anger down as the only way to deal with anger-provoking situations will follow unpleasant psychological consequences. Depression is the most common complications of the procedure. Also there are findings that showcooling anger downcauses adverse health effects such as weakened immune system and such person is more prone to infectious and physical diseases. In order to answer the second question, research helps us to dispense with this method, too. sinceconstantly becoming angry, like cooling anger down, puts our health at risk. Increased heart rate, blood pressure and increased activity of endocrine are factors which in the long term have negative effects on many different body systems such as cardiovascular, immune and digestive systems. Anger's negative effects is not limited to the physical body but also damaged our psyche. After a person gets angry,he/ she will get upset,he/ she gets so upset why he/ she gets anger.Gradually anger undermines a person's life satisfaction.

Regarding the final concluding research question, we want to describe the characteristics of the people skilled in controlling anger. So they do not act to harm themselves. They do not act to harm other individuals. They are aware of their rights, and try to understand as much as possible to prevent the loss of their rights. They watch that anger is not turned to aggressiveness. They do not resort to the threat or use of force. Without accusing the other person, they accept responsibility for their feelings: rather than telling (you pissed me off), they say (I'm angry.).

Instead of judging the other person's personality, they talk about anger provoking situation instead of telling (you're a slut person) but they say: (messinessof room makes me uncomfortable). This talented people try not to feel angry for a long time. They can talk to a person without losing control. They try to say things that they do not later regret not speaking angrily.

Now talking about the third research question, we should say a number of anger controlling techniques. The first one is emotional self-awareness. It is true that when we are in an angry situation, it is possible to get angry, but knowing that we are angry plays a very important role in controlling anger. This stage is called emotional consciousness.The sense of emotional self-awareness is that one knows his feelings and emotions in different situations.With internal speech, we recognize emotional state: "I'm angry now."The second step in the emotional self-awareness stage is to try to understand our anger.As mentioned earlier, the main cause of anger is not others, their encounters, or, in other words, external stimuli, but our ineffective and negative thoughts, which makes anger turn into anger.An example of inefficient thoughts is: "Always everyone should behave in the right way."

To neutralize anger, two general methods are used: long-term approach and short term method.There are methods that, in the long run, will increase our tolerance in angry situations.These methods make it possible, before we enter into angered situations, to work with our practice to prevent ourselves from controlling anger.In short, the effects of long-term methods will be that long after they are repeated, we will be able to neutralize our anger in angered situations and not allow it to take control of us.
Aerobic Exercise: It is a very beneficial method that in the long run leads to an increase in the ability to neutralize anger.Aerobic exercises are some of the activities in which a person performs a regular physical activity at a relatively long time. During these activities, the heart rate and respiration gradually increase and for a while, activity continues with maximum heart rate and respiration.Sports such as running, swimming, cycling, fast walking, mountain climbing are part of aerobic exercise.Usually sports and leisure are closely related. That is, we need to have leisure time in order to be empowered in life, especially in the face of angry situations. The second most effective method that helps us to control our anger in the long run is called spontaneity. Many of the findings point to the effectiveness of this method in controlling unpleasant emotions such as anger and anxiety. The third is to anticipate anger situationsin the long run. We have learned with experience and training how to avoid potential hazards. (We all know that the chance of a crash when driving a red traffic light is very high.). Thus, by predicting, in addition to not exposing ourselves to anger provoking situations, we are also prepared to deal with them.It should be noted that the following physical conditions are predictors of anger in individuals: fatigue, hunger, changes in the hormones that occur in puberty, menstruation and childbirth, chronic or acute pain, physical or psychological dependence (drug addiction to alcohol, etc.) Because long-term methods take a longer time, we need methods in order to counter anger in order to get results faster and help us to neutralize the anger. Emotional self-awareness in angry situations quickly prevents a person from losing control.“What do I feel at the moment?”, “I'm angry at the moment”. To ask ourselves about our emotional state, and to answer it, is the primary factor in emotional self-awareness. Emotional self-awareness is considered as the first stage of anger control, but it also has short-term effects to neutralize anger. The main reason is that emotional self-awareness is considered as a short-term approach.

Generally, emotions, and especially anger, are not a mere mental phenomenon, but physiological and physiological components play an important role every day.As we know, blood pressure, heart rate, respiratory rate, body temperature and metabolic rate are among the physical variables that increase when angry, due to the activity of the automatic nervous system.Among the above variables, respiration is an activity that can be focused more quickly on it.Deep breathing can affect heart rate and, consequently, blood pressure, which can prevent deep physical activity by breathing deeply. Another way to neutralize anger in the situation is to use distraction methods.What's happening in distraction is that our attention is diverted from the main subject, and the underlying issues are taken into consideration.Counting numbers, remember the poem, remembering a pleasant memory or image, to recall a joke, and not thinking are mental activities that need to focus and can distract our senses from an angry situation and thus increase our ability to neutralize.

CONCLUSION

Concerning three research questions, respectively, we can say people in response to angry situations generally respond in four forms which where studies regarding their advantages and disadvantages in the present study:the first group are a people who, as a matter of fact, fall into anger and do not show any reaction. These are called passive people.The second group are people who, unlike the first group, express their anger. This group are called aggressive people.The third group are people with an unspecified aggression. Stubborn, tear-grunge, tingling, and retarding are the characteristics of this group of people.And finally, the fourth group are the ones who have the best and most appropriate dealing with angry

situations.The decisive ones are those who have successfully completed the previous two stages of anger control (emotional self-awareness and neutralizing anger), and in the third stage, a decisive approach, with certainty, that is, without anxiety of fear, without eloquent behavior, they are talking with the individual who caused anger.

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