

ANGER MANAGEMENT AMONGST WOMEN

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ABSTRACT

The main purpose of this research paper is to understand anger management amongst women. Normally the management strategies and approaches are the same for men and women. Research has indicated that women usually experience higher rate of stress, depression and other problems as compared to men, hence, they need to implement effective strategies to manage their anger. Anger management is a crucial area and every person needs to put this into practice, irrespective of their age group, background and status. An individual should be aware of appropriate strategies and methods to exercise control on his anger. There are individuals who learn to exercise control and manage their anger in an appropriate manner by themselves, without consulting others. Their experience of life helps them to realize that anger would impose detrimental effects, hence, it should get managed. Whereas, other individuals seek help from counsellors, health care providers, and medical practitioners for the purpose of anger management.

Keywords: Anger Management, Causes, Effects, Strategies, Support, Encouragement

INTRODUCTION

Anger is regarded to be a completely normal and a healthy, human emotion. But when it gets out of control, it proves to be destructive and can lead to several problems, those can be work related, in personal relationships with the individuals and in the overall quality of life. The individuals need to possess knowledge and awareness regarding how to keep a control on their anger. As it has been stated above that it is normal and healthy, when an individual learns how to keep a control on it. On the other hand, if he does not control it, then it can lead to harmful consequences and disadvantages. Anger is stated to be an emotional state that varies in intensity from mild irritation to intense fury and rage. Like other emotions, it is accompanied by physiological and biological changes. Intense anger effects the health of the individuals, when they get angry, their heart rate and blood pressure increases, as do the levels of the energy hormones, adrenaline and non-adrenaline (Controlling Anger – Before It Controls You, 2007).

The factors that may cause anger can be internal and external. Internal anger can occur within an individual if he experiences a threat, or strict attitude from his employers, supervisors, teachers or parents, whom he cannot retaliate. On the other hand, external anger can occur when one gets angry with a specific person, he can be one's co-worker, manager, friend etc. or an event, such as getting caught in a traffic jam or when one's flight has got cancelled or when has not scored well in a test and so forth. Worrying is also a common area that causes anger and experiencing of traumatic or depressive feelings can arouse anger within the mind-sets of the individuals (Controlling Anger – Before It Controls You, 2007).

CAUSES OF ANGER AMONGST WOMEN

The causes of anger that have been stated below applies to all individuals. The highlighting of these areas have been done with an emphasis put upon women. The causes of anger amongst women vary according to their natures, attitudes, and situations:

Crime and Violence – Women and girls belonging to all age groups have been subjected to crime and violence. The different types of crime and violence includes, verbal and physical abuse, sexual harassment, rape, murder, and acid attacks. Experiencing these situations make them largely vulnerable and arouse the feelings of anger and frustration within them. Getting overwhelmed by anger due to these acts, may enable them to commit suicide or they become introvert in nature or make an attempt to harm other persons. In majority of cases, if a woman is well educated and aware, she will not tolerate such acts and will protest against them. On the other hand, women belonging to deprived, underprivileged and marginalized sections of the society are more subjected to these acts.

Household Management – In majority of the households in urban areas, individuals usually hire helpers to assist them in carrying out of the household tasks. In most cases, the helpers are hired to perform the functions of cleaning, sweeping, washing, cooking, gardening or other household activities, such as plumbing, painting, repairing, electric work, and carpentry. It is vital to ensure that they are efficient in the performance of their job duties and maintain their timings. In some cases, when helpers do not perform their jobs well, women may get angry on them, but this kind of anger is usually in a mild form. There have been instances, when women show extreme anger and due to this, they usually give up their help. To maintain discipline and efficiency in the management of the household, it is necessary to show mild anger to these people, only when requirements are not adequately met.

Traffic Jams – In the densely populated cities and regions, where there is high traffic, individuals usually get stuck up in traffic jams, when they are going to work, to attend an important meeting or for the purpose of other works. Getting stuck up in a traffic jam usually arouses anger within them. When individuals are driving by themselves, they do not have any other means to express their anger. In some cases, individuals do get stuck up in traffic jams for hours and they do not have any other choice except to wait. In such cases, usually they are late for work or they have to postpone the meeting in case they are not able to attend it. Therefore, all tasks face a setback, when individuals get stuck up in traffic jams.

Unsuccessful in one's Work Performance – In educational institutions and employment opportunities, when an individual works hard to the best of his abilities and is unsuccessful, then he feels anger. In schools and colleges, when a person has studied all night and is not able to achieve the desired results, he feels angry. On the other hand, when a person is not able to do well in his employment setting to please his supervisor and employer, then he may not achieve good feedback, this may arouse anger within his mind-set. The primary cause of anger is when a person has worked hard, has been sincere in his performance, in spite of these factors, he has been unsuccessful. On the other hand, when one has been unsuccessful in his performance due to

ignorance or unawareness, then he may not feel angry, as he is aware that he would not achieve the desired results, because he has not adequately prepared himself.

Work and Study – Every individual in the present existence, desires to have a productive career. For achieving a prolific career, he has to work hard in his studies, achieve good grades and get engaged in an employment opportunity in accordance to his skills and abilities. There are individuals who are able to achieve their goals and objectives with sincere hard work and dedication. On the other hand, there are individuals, who experience disappointments and are not able to achieve their desired goals and objectives. Disappointments cause anger and as a result, either the individuals take extreme steps or make an attempt to adopt another path, where they are able to accomplish their goals and objectives.

Stress – The prevalence of stress amongst individuals in majority of cases is common, they usually feel stressed in the performance of number of tasks, such as preparation of exams, taking part in competitions, doing home-work assignments, organizing a seminar, preparing a presentation, other job duties, carrying out of the household functions, child development, taking care of the needs and requirements of the family members, health, financial problems, and in dealing with people in order to get tasks completed. Stress makes a person feel angry and irritable. The primary cause of stress is when he person feels pressurized by work, he has limited time and possess the viewpoint that he will not be able to complete the job within the limited time (Anger Management Workbook, n.d.).

Frustration – Frustration is regarded as an imperative area that causes anger amongst the individuals. Frustration arises due to number of areas, when a person has not been successful in the achievement of the desired goals and objectives, when he feels he is not able to exercise any kind of control over things, when a person feels he is not able to perform his job duties in an appropriate manner, when a person is not able to form appropriate relationships and terms, especially with the one that he needs support and assistance from such as, family members, teachers, supervisors, or employers and experiencing loneliness also adds to the frustration of the individuals (Anger Management Workbook, n.d.).

Fear – When a person feels fearful about anything, then he may feel angry. For instance, there are number of areas that arouse fear amongst the individuals, such as, taking an exam, especially in a subject area that one may find difficult to understand. In some cases, fear also arises within the mind-sets of the individuals regarding getting along with difficult people, in employment settings and educational institutions. Fear is common amongst women belonging to socio-economically backward sections of the society. They normally feel fearful in interacting with the outside world, especially when they have experienced violent or criminal acts. When an individual has experienced threats of violence or physical and verbal abuse, the fear that arises within him, compels him to depict anger (Anger Management Workbook, n.d.).

Annoyance – There are number of situations that take place in one's daily life that causes annoyance and irritation amongst the individuals. These include, scarcity of resources, civic amenities, lack of equipment, materials and so forth. In some cases, there are certain people in the

neighbourhood, school, employment setting or amongst the relatives, whom one does not like and does not take pleasure in interacting with them. Different people possess different natures, attitudes, behavioural traits and mind-sets, hence, the feelings of hatred enables them to depict annoyance and irritation. The main objective of every individual is to sustain his living in an appropriate manner, when he experiences impediments within the course of attainment of his goals and objectives, he feels annoyance (Anger Management Workbook, n.d.).

Resentment – Within the course of one's existence, all individual experience anger, irritation, insults and criticism. These can be from family members, relatives, friends, community members, teachers, supervisors, employers, or colleagues. In some cases, individuals would react accordingly, whereas in others, they need to keep a control on their anger and stay calm, especially when they are castigated by their elders and superiors. Experiencing resentment does arouse anger within the mind-sets of the individuals, but it is crucial for them to stay calm, especially in front of those individuals, from whom they need support and assistance to enhance their living. Anger arises within the individuals, when they have been hurt, offended or excluded (Anger Management Workbook, n.d.).

EFFECTS OF ANGER

The effects of anger are usually not positive and may impose unfavourable consequences amongst the individuals. The effects may assume a major form or a minor form. The effects have been stated as follows: (Anger Management Workbook, n.d.).

Depression – The meaning of the term of depression is acute misery, melancholy and dejection. When an individual experiences depression, in some cases he even has to undergo medical treatment. He experiences loss of interest in activities that were once enjoyed and does not take keen interest in carrying out of other tasks. When a person experiences anger, he needs to take it out in some form, but one should not depict extreme anger that may hurt others. Restraining the feelings of anger may reflect ones thoughts and approaches. Individuals need to take immediate guidance from others, which may include family members, friends or professionals to curb depression and anger.

Consequences upon Career – Effects of anger may have detrimental consequences upon one's career. Whether a person is a student, attending school or is engaged in job, if he loses anger on individuals in educational institutions or at the workplace, his career opportunities would get affected. There have been instances, when there are occurrence of violent and criminal acts in these areas. Individuals may impose harmful effects upon the other individuals, which may include his supervisors, directors, colleagues, teachers, staff members and fellow students. As a result of which, they are either suspended or even if they are retained, they lose communication terms and no one is willing to support or assist them in future in the performance of their work duties.

Alcohol and other Drug Problems –An individual makes use of alcohol and other drugs to minimize the effects of anger on his mind-set. As in some cases, situations cause excruciating suffering upon the individuals that he is unable to control. In order to curb the effects of anger, he

takes alcohol and drugs. Making use of alcohol and drugs enables him to forget about negative consequences of an angry outburst. But the fact is, making use of these would not provide any remedies to the problems and difficulties. Making excessive use of alcohol would impede the thinking abilities of the individuals and it would result in more anger and problems.

Health Problems – As the person gets older, he experiences many health problems, such as pain in the joints, high or low blood pressure, visual impairments, hearing impairments and so forth. In old age, it is vital for a person to keep a control on anger from assuming a major form. There are various kinds of health problems experienced by the individuals, but these problems are more severe when the person is above 60 years of age. These are, headaches, sleep problems, digestive problems, and heart problems. The primary causes of these problems are the feelings of anger and frustration, hence, it is stated individuals need to keep themselves calm even in difficult situations.

Decision Making and Thinking Skills –Anger impedes the decision making abilities of the individuals and their abilities to think logically and rationally. Making decisions and thinking is an integral part of every-day life. When a person is angry, he may not be able to think logically or make sound decisions. Rather in the feelings of anger, he may make incorrect decisions or think illogically. Anger can make it difficult for someone to think clearly. One may have problems in concentrating on important tasks, which may result in errors. It is stated, one should always think before speaking, when a person is angry, he makes use of inappropriate words.

Problems with Relationships –When a person is not aware of the methods and strategies to control one's anger, he usually ends up in insulting, criticising or threatening the other individuals. These individuals may be close family members or distant friends. Feelings of anger prove to be impediments in forming relationships with the other individuals. The others too may respond with anger and resentment, which may damage the relationships between the two or more individuals. Problems with relationships, as a result of anger are common which may take place between parents and children, spouses, siblings, friends, teachers and students, colleagues, superiors and subordinates and so forth. Getting angry on them may abstain the individuals from acquiring support and assistance.

Low Self-Esteem – The prevalence of the feelings of anger amongst the individuals may contribute to low self-esteem. When a person feels, he is too short tempered, gets angry on trivial matters and as a result of which he hurts the feelings of other people, he develops low self-esteem. A person feels low self-esteem, when his career suffers a setback as a result of his anger. When he gets angry on his colleague, or is engaged into conflict with a fellow student or a staff member in an educational institution, he does feel disappointed and does not feel like going to work or class. As a result of low self-esteem, in some cases, a person develops an introvert nature and does not take pleasure in interacting with people around.

WAYS TO DEAL WITH INTENSE SITUATIONS

Within the lives of the individuals, there are certain situations that are intense and may lead to trauma, depression and anger. These situations may be loss or separation from close family members, relatives or friends, financial losses, loss of property and assets, accidents, and getting suspended from educational institutions or employment settings. These situations do take place within the lives of the individuals and they are required to prepare themselves to face them. The ways to deal with these situations have been stated as follows:

When a person is studying or is engaged in employment, he should make relationships his top priority and establish effective communication terms with the people around. The main reason for making relationships a top priority is, individuals will be able to do well in their tasks and operations, when they create a mutual understanding between themselves and the other people. Efficiency in relationships will enable the individuals to provide solutions to their problems at work, students are able to enhance their understanding and performance by taking help from fellow students, hence, they need to establish appropriate relationships with them. This in turn would contribute in saving the individuals from suspension and dismissals (Eastridge, n.d.).

Loss or separation from close relatives and friends is unavoidable, individuals have to experience and deal with these situations. It is vital for a person to focus upon the present, in the present existence, focusing upon work, job duties, responsibilities and relationships is important for the individuals. What has occurred in the past cannot be ignored, but individuals need to prepare themselves, develop positive thinking and focus upon the enhancement of the present and future. These losses which have been experienced cannot be made up, but individuals can only form new relationships. In the present and future, individuals are required to do well in their job duties and operations and adequately sustain their living conditions (Eastridge, n.d.).

In all the areas, whether educational institutions, organizations, market places, or homes, the occurrence of conflicts and disputes are common. Driving in densely populated cities is difficult and there are occurrence of road accidents, which are destructive in some cases. The occurrence of various incidents and situations may cause severe losses, for instance, if a person gets involved in a conflicting situation with his supervisor, he may experience detrimental consequences, he may even end up losing his job, which is a cause of a financial loss. Financial losses are devastating, especially for individuals who are financially not strong and struggle to earn their living. There is a saying, money is lost, nothing is lost, individuals need to keep a control on their mind-sets and devise measures to make up for the losses they have suffered.

Individuals in some cases experience losses due to carelessness on the part of the other individuals. There have been prevalence of theft and murder cases, which make the surviving members of the households undergo pain and suffering. In severe cases, it is difficult for persons to forgive others, but in the case of educational institutions and employment settings, individuals should always possess a forgiving nature. In order to bring conflicting situations to an end, it is crucial for the individuals to possess a forgiving nature. This nature of the individuals in most cases is applicable in the case of parents, teachers and employers (Eastridge, n.d.).

Accidents and losses suffered regarding property and assets are natural or man-made. Natural disasters occur due to earthquakes, droughts, floods and man-made disasters are explosions or eruptions, which may occur in industries or households. The losses suffered are immense as a result of these disasters, these are losses of life and property. The individuals do feel distressed, when they experience these losses, but they need to adequately prepare themselves to recuperate. The individuals, who are aware, they may have insurance policies to help them recuperate. On the other hand, deprived, disadvantaged and marginalized communities, who are not educated and do not possess the awareness recuperate from the losses they have experienced in the long run.

STRATEGIES TO CONTROL ANGER

The strategies required to control anger have been stated as follows: (Controlling Anger – Before It Controls You, 2007).

Relaxation –Making use of relaxation tools such as deep breathing and relaxation imagery can help in calming down the anger feelings. There are books, articles and courses that can make provision of knowledge amongst the individuals to help them control their anger. Besides, deep breathing and making use of other relaxation exercises, there are other techniques that can help a person control anger, such as, drinking water, doing yoga and meditation, running and getting engaged in other physical activities. These techniques certainly prove to be helpful in curbing the feelings of anger and make the individuals stay calm and peaceful. When an individual stays calm and composed, then he can devise solutions to his problems and difficulties in an effective manner.

Cognitive Restructuring –When individuals are angry, they tend to speak inappropriate language, be abusive or depict their anger by even physically hurting people, throwing of objects and causing harm to oneself. The thinking of a person gets dramatic and exaggerated, his thinking abilities get hampered and he does not understand what he or she is speaking. What is important is, instead of thinking negative and speaking negative, a person should say to himself that there is always next time and he will work to find out solutions to the problems. When one gets angry he should avoid making use of the words, like ‘never’ and ‘always’. The use of these terms would alienate and humiliate the individuals who might be willing to work with them towards finding a particular solution. One should always remember that getting angry would not provide solutions to the problems or make a person feel better, it would rather make an individual feel regretful.

Problem Solving –Sometimes, anger and frustration are caused by real and inescapable problems within the lives of the individuals. Anger to these situations is regarded natural. The individuals normally possess a cultural belief that every problem has a solution. In such cases, one should not focus upon finding solutions to the problems, but rather focus on how to handle and deal with the problem. Creative thinking of a person may enable him to devise effective solutions to problem solving. There are problems which can be solved by individuals solely and on the other hand, there are problems, the solutions of which make the individuals take help and assistance from others. The individuals are required to analyse their weak areas and implement measures to improve them.

Better Communication –When a person is angry, he usually tends to jump to conclusions and in most cases, those conclusions can be inaccurate. When two or more individuals are involved into communication with each other and the discussion gets heated, then it is vital for them to avoid speaking to each other and calm down. After a certain time period, when the individuals begin their communication, then they may come to a better conclusion. If a person feels what the other one is saying is not appropriate, he should give him explanation in a polite manner, without getting angry. Giving responses and feedback in a calm and peaceful manner will lead to effective communication between the individuals and the discussion would not get heated.

Using Humour –There are individuals who make use of humour in intense situations, in order to alleviate stress and anger. When individuals have a close relationship with each other and have to work together, then one may make use of humour even when the other one is getting angry. Normally humour is made use of when individuals experience mild irritation. Laughing out problems is not considered proper, especially when they are serious, humour is made use of to face the problems in a constructive manner. In some cases, making use of excessive humour may also prove to be impediments in devising solutions to the problems. Anger is a serious emotion, but it is often accompanied by ideas that can make a person laugh.

Changing Environment –In some cases, there are the environmental conditions that can cause rage and fury amongst the mind-sets of the individuals. Excessive problems and responsibilities can make an individual feel aggravated and irritated and he desires to take a break from work. It is vital to take a break from work, there have been instances, when individuals are overwhelmed by the similar daily routines, management of the household tasks or demanding work duties. They take a break from work and go on vacations, whether they go to a different region with their families for the purpose of sight-seeing or a relative's house or a function and so forth. Changing environment on a temporary basis, just for a few days, relaxes the mind-sets of the individuals and their feelings of stress, frustration, and anger get alleviated.

SOURCES OF SUPPORT AND ENCOURAGEMENT

To manage anger, in most cases, women seek sources of support and encouragement and these have been stated as follows: (Anger Management Workbook, n.d.).

Health Care Providers and Medical Practitioners –Anger is an emotion that affects the health of an individual, especially with regards to elderly people. Health care providers and medical practitioners are experts in the area of health management, hence, they are able to adequately guide the individuals, and formulate measures that would help them curb anger. Health care providers and medical practitioners are aware of strategies and methods that would help the individuals within a particular time period. These strategies include, providing individuals with physical exams, suggesting relaxation techniques, or prescribing medications for health related conditions.

Mental Health Professionals and Mental Health Centres –These areas make provision of a variety of services. When anger assumes an extreme form, which may be largely harmful to the

individuals as well as other people, then such kind of anger is not regarded to be normal and it is imperative to implement measures to manage it. In such cases, it is recommended that he or she should take assistance from a mental health professional or a mental health centre. Outpatient treatments and support groups are the various approaches that are recommended by mental health professionals and mental health centres.

Counsellors, Family Therapists and Social Workers – These are the individuals that can help a person to control anger, manage stress and solve problems. As it has been stated above, there are numerous causes of anger. People may consult counsellors, medical practitioners, therapist or social workers, when the problems assume a major form and become uncontrollable. Powerlessness, injustice, irresponsibility and stress are the main factors that cause anger amongst women (Thomas, 2005). Due to which they in some cases, need assistance from counsellors, family therapists and social workers.

Employee Assistance Program (EAP) – When individuals get affected by the problems such as job stress, alcohol, drugs and relationships, then in some cases, they acquire help from EAP. These are the programs that make provision of referral or counselling services to alleviate the person or group of persons solve these problems. A major problem that has long perplexed gender and mental health scholars is the moderately high rate of depression found amongst women (Simon, & Lively, 2010). Women usually feel more depressed on various problems as compared to men and seek assistance from counsellors or other professionals.

Religious Leaders – These are the people who believe in religious values and follow certain norms and rules in their lives. Religious leaders regard anger to be unfavourable that only leads to disadvantages. They dedicate themselves to worshipping the Almighty, make an attempt to solve the problems of other individuals by providing guidance and abstain themselves from getting angry. Religious leaders usually make provision of advice and reassurance. Individuals who are undergoing unfavourable consequences, usually listen to the religious leaders to acquire knowledge, help and assistance. The statements and information that is provided by the religious leaders is helpful to the individuals in curbing anger and staying calm.

RECOMMENDATIONS

The recommendations have been emphasised upon to generate awareness amongst the individuals regarding how to keep a control on their anger. The individuals need to possess information how they can prevent anger from becoming an impediment within the course of their existence. Controlling anger can be one of the major problems experienced by the individuals. Some individuals are not able to control their outbursts and as a result of which they experience setbacks. A person who experiences high intensity of anger has numerous problems, how measures can be formulated that would provide remedies to these problems have been stated as follows: (Fisher, n.d.).

A person usually is not aware when he gets angry. Anger enables him to be loud, or upset even on minor problems and trivial issues. Family members and close friends are the ones that

would render help and support to a person in such cases, they are required to be composed and tell the individual in a polite manner how he would implement measures to keep a control on his anger. Therefore, one should always support other people in curbing their anger.

Family members and close friends are the people that can make an individual aware of the dire consequences of anger. The feelings of anger can lead to detrimental consequences within the course of one's performance of tasks and operations. The implementation of remedial measures can make an individual stay calm and composed. For instance, by getting engaged in an activity that may give him pleasure, watching television, listening to radio and so forth.

One should be honest, direct, specific and truthful when one is communicating with others. For instance, when a student has been unsuccessful in his exam, then the teacher should communicate this fact to the student in a polite and a constructive manner, so that he does not feel angry or upset and works hard in future. On the other hand, in employment opportunities, employers and supervisors should give constructive feedback and make provision of room to the individuals to make improvements.

One should not over-burden himself regarding the performance of work. Overwork and pressure may arouse anger and frustration. Time management skills are important to implement, a person should carry out his jobs and daily life activities in accordance to the timings. For instance, a school student, who is also engaged in extra-curricular activities need to plan his day accordingly. Proper time management and skills of resourcefulness and conscientiousness would alleviate work related pressures.

Getting enough rest and proper diet are considered important areas that would enable the individuals to keep a control on their anger. There have been cases, when individuals do not obtain enough sleep due to work and stay up late at night. This affects their health, they experience headaches, joint pains, and stress may make an individual feel angry and frustrated. Therefore, it is vital for all the women, whether they are working or are home-makers to consume a healthy and a nutritious diet, obtain adequate sleep and take breaks while working.

Getting engaged in hobbies and extra-curricular activities are considered as imperative areas to make a person feel calm and contented. Hobbies and extra-curricular activities help in enhancement of the skills of the individuals. For instance listening to music, watching movies, reading, going to park for jogging, preparing meals, having a talk with friends, or playing a game. Individuals should make a list of things that may make him feel contented and control his anger. It is recommended, one should always keep himself occupied with interesting things. Women are mostly involved in the preparation of meals, or handicrafts and artworks, this would give them pleasure and they would develop positive viewpoints.

Normally, when a person experiences criticism or insult or resentment, he feels angry. Instead of retaliating, it is vital he should move to another place to keep a control on his anger. It is vital for an individual to analyse the situation, and the reason why he is being reprimanded. The appropriate analysis of the situation will enable him to think positive and generate optimistic viewpoints for others. It is recommended, upon experiencing any kind of insult or criticism, a

person should keep himself cool and not make use of inappropriate language, because this would in turn would lead to occurrence of conflicts or violent situations.

When an individual has undergone situations of extreme anger, and would like to refrain himself from this kind of anger, then making note of the situations and acts, recording one's voice and recalling the incident, when his anger has caused hurt to somebody is crucial. These will enable the individual to feel how his anger has imposed unfavourable effects on the relationships and terms with others. There have been instances, when out of extreme anger, individuals throw objects, damage their articles and recall later on, the damage they have caused to their own-selves. Therefore, writing and recording are the aspects that may help the person to curb anger.

Anger arises out of the feelings of hatred and detestation against anybody. The feelings of hatred, jealousy, suspicion and mistrust would arouse feelings of anger and frustration within the mind-sets of the individuals. If a person has generated immense hatred against any person, he may certainly insult him or rebuke him. This in turn would give rise to a violent situation. Therefore, it is recommended, one should not develop immense hatred against any person. If one does not take pleasure in communicating with some people, he should keep himself at a distance from them, instead of speaking harsh language or insulting them. It is recommended, one should not hate or loathe anybody and develop positive viewpoints regarding all the individuals.

Yoga and meditation techniques are regarded crucial that may help a person stay calm. Getting engaged in sports and physical activities, such as going for a morning walk, observing plants, trees and flowers, and the physical environmental conditions help the individuals feel pleasurable. It is recommended, thrice a week, 20 to 30 minutes of physical outdoor exercises or morning walks make the individuals feel calm and relaxed. A person who feels contented and satisfied will never feel angry and these activities would also stimulate his mind-set and he would become more dedicated towards the implementation of his job duties.

CONCLUSION

Anger is a natural emotion which takes place amongst the individuals. In some situations, anger is natural, such as, when women may experience verbal abuse, physical abuse, sexual harassment, rape and other violent and criminal acts, they may certainly feel angry. Depicting anger in the case of intense situations is natural. Anger assumes a negative form and leads to unfavourable effects, when it is shown on trivial issues. When things can be solved in a peaceful manner and one shows anger, then it is regarded inappropriate and may hurt the feelings of other people. Individuals need to be aware of anger management strategies and approaches and make adequate use of them to manage their anger.

Anger amongst women vary in intensity, it may be in a form of mild irritation or it may assume an extreme form, out of which they may commit violent and criminal acts. Household management, job duties, studies, relationships, family problems etc. may cause stress amongst women which may assume a form of minor irritation in some cases. On the other hand, experiencing intense situations, such as abuse, harassment, suspension, may compel them to get

involved into violent and criminal acts. Anger is normally regarded as causing unfavourable effects and when an individual exercises control on his anger, he is able to sustain his living conditions in an adequate manner and develop positive thinking.

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