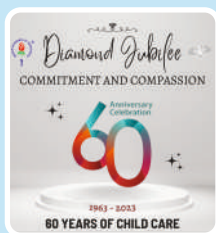


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# The Effect Of Anger Management, Training On Students' Emotional Intelligence

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## BASED ON ARTICLE

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## ABSTRACT

**Objectives:** How teaching anger management, skills affects emotional intelligence of first year university female students of Roodehen Islamic Azad University in Iran.

**Methods:** The study population is all first year female students of Roodehen Islamic Azad University. The study was carried out on 60 students who were selected by multi-stage randomized sampling method and were divided into the TWO groups (experimental and control, with 30 students in each group). Before carrying out the experimental intervention (presentation of the independent variables), the TWO groups were given the pre-test using the Emotional Intelligence questionnaire (EQI). Then, the students in experimental group attended five 2-hour training sessions of anger management, One week after the intervention, the two groups were post-tested again using the EQI.

**Results:** The data were analyzed using Ancova method (analysis of covariance) t –test and Mann-Whitney U Test. Results of the study indicate that training in anger management, skills will lead to increased Emotional Intelligence of female students, compared with the control group.

**Conclusions:** The anger management groups had higher emotional intelligence scores than the control group. The results of research showed that EQ training has effect on anger control.

## COMMENTARY

Unfortunately, according to recent social-psychological research, the capability, adaptability and practical skills of most people are insufficient to effectively dissolve their individual and social difficulties. Therefore Emotional Intelligence (EQI) with emphasis on significant aspects of individual and social life is the key concept and undeniable principle for survival.

Anger is an alternate and natural emotion; anger is also an out-coming response to pain in one form or another (physical or emotional). Anger can happen when people do not feel fine, when they feel rejected and discouraged or experience some loss. Anger is the bridge both to physical and verbal aggression and to hostility. Research has shown that it is possible for people to learn to control their anger, even following relatively brief training sessions.

The first factor involves being attentive to the youth's problematic behaviors such as aggression, social stress, dropping out of school, depression and loneliness. The second factor is insufficient training required for students to improve their awareness levels of their responsibilities within society. People of high EQI attain higher scores in empathy, self-review and self-control in different social conditions. The research evidence indicates that perceived aggressive behavioral is associated to low EQI.

Since education can train creative, healthy thoughtful and efficient human beings and the base of mental health programs is prevention. Therefore, anger skills training can definitely help students in solving social, moral, emotional adjustment problems. The effect of anger management and training on students is definitely significant and helps to improve emotional intelligence quotient to a great extent.