



EVALUATION OF THE EFFECTIVENESS OF ANGER MANAGEMENT SKILLS TRAINING ON AGGRESSION AMONG ADOLESCENTS FROM SELECTED SCHOOLS.

Ms. Mahima P Meshramkar*

Mrs. Liji Jiju Chacko**

Mental Health Nursing

Mental Health Nursing DE. Society's S.K. Jindal College of Nursing, Pune. 411004.

ABSTRACT

“A study to evaluate effectiveness of anger management skills training on aggression among adolescents from selected schools.”

Objectives:

1. To assess pretest level of aggression among adolescents.
2. To assess post-test level of aggression among adolescents.
3. To evaluate the effectiveness of anger management skill training on aggression among adolescents.
4. To associate the pre-test data of aggression with selected demographic variables among adolescents.

Methods: - The study was Quasi – experimental nonequivalent control group research in nature. Quantitative research approach was adopted for study. Sample size was 60 that consisted of adolescents from selected schools. The adolescents selected from two different schools non-randomly as experimental and control group. Non - probability purposive sampling technique was used for the data collection. After completion of pretest by both groups, anger management skills training taught to experimental group for 20 minutes. And asked them to practice for next 14 days and regularly follow up was taken. After 14 days of interventions posttest was done for both groups. The data collection done by using standardized clinical anger scale. The study tool had demographic variables based on age, gender, education, type of family, type of school, monthly income, number of siblings, area of residency, religion, health status, habits. Then collected data was analyzed by using descriptive and inferential statistics.

Results: -

In pretest, level of aggression seen in experimental group was 43.3% mild aggression, 46.7% moderate aggression and remaining 10% severe aggression. And in control group, 23.3% had mild aggression while 76.7% had moderate aggression. And in post-test, level of aggression seen in experimental group was 70% had minimal aggression, 26.7% mild aggression and 3.3% moderate aggression. And in control group, 6.7% of the adolescents had mild aggression and 93.3% of them had moderate aggression. Results showed that

average aggression score in pretest was 21.2 which reduced to 12.6 in post-test. While comparing the change in aggression score among adolescents in experimental and control group. Average change in aggression score in experimental group was 8.6 which was -1.7 in control group. The average change in aggression score among adolescents in experimental group is significantly more than that in control group. So, it is evident that the anger management training is significantly effective in reducing the aggression among adolescents.

Conclusion: -

The conclusion drawn on the basis of the findings of the study shows that there was significant change in the aggression level of adolescents after the administration of the anger management skill training and hence it was concluded that the anger management skill training was effective in reducing the aggression among adolescents.

Keywords –Aggression, adolescents, anger management skill training, schools.

INTRODUCTION -

Anger is one of the basic feelings that every individual's experience when they are unable meet their needs in day-to-day life. Anger may be viewed as an acute emotional response which is experienced by number of stimulating events such as threat, over aggression, restraint, verbal attack, disappointment or frustration. When a person gets anger, physiological and biological changes occur such as increased heart rate and blood pressure, high energy levels, and increase level of adrenalin, noradrenalin and hormones. ⁽¹⁾

Dollard et al. (1939) defined aggression as any sequence of behavior directed towards a person to commit intentional injury. Berkowitz (1981) defined aggression as "behavior directed toward the injury of some target". ⁽²⁾

Baron (1977) has framed aggression as "any form of behavior directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment". This definition expresses the interpersonal and social nature of organism. A large number of studies have conducted with these aspects of aggression. Keeley (1996) showed that aggression is fixed in human nature. People mostly show their aggression in numbers of ways. This difference seen because of some factors such as race, gender age, culture, morals and situational factors. A broad variety of studies have been done on these situations. ⁽²⁾

Risk among adolescents can be attributed to the many stressors, including:

1. Peer pressure see along with the values and ideologies that may conflict with family or societal norms.
2. Adjusting with the demands and expectations of school.
3. Coping with physical, sexual, or emotional abuse by parents, teachers or significant other in society.
4. Adolescents struggling with feelings of worthlessness, loneliness and helplessness.

Other stressors, such as parental divorce or death, poverty, neglect, and alcoholism, as well as pressurized by peers may trigger anger outbursts in adolescent. For healthy and safe life adolescents need to be trained with skills that allow them to cope with anger in a productive manner.

Most anger management skills have that ability so that can help adolescents to manage their anger. Studies find out that school-based emotional-behavioral interventions are mostly focused on anger management techniques which gives a positive effect. ⁽²⁾

NEED OF THE STUDY:

In society an increased incident of aggression or violence among youth seen every day. It mostly includes behaviors such as slapping, hitting, rape, recklessness, driving and shooting in school, truancy, road rage and other high-risk behaviors. It has been seen that males experienced more verbal and physical aggression than females. Younger age group (16-19 years) experienced more aggression than older age group (20-26 years). Nearly 18.6% of aged 12-17 got into a serious fight at school or work places. 14.1% participated in a group- against-group fight and 5.7% attacked another person with an intention to harm him/ her. The increasing crime rates and violent activities among youth in India have made the researchers to focus on aggression among youth and need to plan some interventions to control it.

So, there is a need for the proper assessment of aggression and provision of effective anger management skills training to adolescents. This study will help the adolescents for managing or controlling their aggressive behavior with simple skills and lead anger free life. ⁽³⁾

OBJECTIVES:

1. To assess pretest level of aggression among adolescents.
2. To assess post-test level of aggression among adolescents.
3. To evaluate the effectiveness of anger management skill training on aggression among adolescents.
4. To associate the pre-test data of aggression with selected demographic variables among adolescents.

HYPOTHESIS:

H1: There will be significant difference between pre-test and post-test level of aggression after anger management skill training among adolescents.

H2: There will be significant association between pre-test level of aggression among adolescents with selected sociodemographic variables.

RESEARCH APPROACH - Quantitative research approach

RESEARCH DESIGN- Quasi experimental non-equivalent control group research design

POPULATION - Adolescents from selected schools.

SAMPLE SIZE- 57

SAMPLING TECHNIQUES: Non-probability purposive sampling technique

DESCRIPTION OF FINAL TOOL

A standardized questionnaire was used to assess the aggression among adolescents from selected schools.

The standardized questionnaire consisted of the following:

Part I

Assent form

Part II

Section A: Structured questionnaire to assess demographic variable.

Section B: Standardized questionnaire to assess the aggression among adolescents.

SCORING:

There were four options given for the questionnaires. It is an objective self-report instrument. Total 21 sets of statements were prepared for this purpose. Each cluster of statements was scored on a 4-point Likert scale, higher scores corresponded to greater clinical anger (21 items; range 0 - 63). The scoring for each correct answer was '1' and for each wrong answer was '0'.⁽⁴⁾

The scores range from a minimum of zero to maximum score of, the level of aggression had been classified as:

Each cluster of statements was scored on a 4-point Likert scale,

With

A = 0, B = 1, C = 2, D = 3

CAS ranges: -

0-13 = Minimal clinical anger

14-19 = Mild clinical anger

20-28 = Moderate clinical anger

29-63 = Severe clinical anger

ORGANIZATION OF THE DATA:

Organization of data the analysed data has been organized and presented in the following sections:

Section I:

- Frequency and percentage distribution of samples according to demographic variables.

Section II:

- Analysis of data related to Pretest level of aggression among adolescents.

Section III:

- Analysis of data related to Post-test level of aggression among adolescents.

Section IV:

- Analysis of data related to effectiveness of anger management skill training on aggression among adolescents.

Section V:

- Analysis of data related to association of aggression with selected demographic variables among adolescents.

Section I

Description of samples (adolescents) based on their personal characteristics

Table 4.1: Description of samples (adolescents) based on their personal characteristics in terms of frequency and percentage.

N=30, 30

Demographic variables	Experimental group		Control Group	
	Freq	%	Freq	%
Age				
16 years	12	40.0%	9	30.0%
17 years	11	36.7%	11	36.7%
18 years	7	23.3%	10	33.3%
Gender				
Male	16	53.3%	14	46.7%
Female	14	46.7%	16	53.3%
Type of family				
Joint	12	40.0%	9	30.0%
Nuclear	16	53.3%	21	70.0%
Single parent	2	6.7%	0	0.0%
Type of school				
Government	30	100.0%	0	0.0%
Private	0	0.0%	30	100.0%
Academic year				
10th standard	13	43.3%	9	30.0%
11th standard	10	33.3%	11	36.7%
12th standard	7	23.3%	10	33.3%

Section II

Analysis of data related to pretest level of aggression among adolescents

Table 4.2: Pretest level of aggression among adolescents

N=30, 30

Anger	Experimental		Control	
	Freq	%	Freq	%
Mild (Score 14-19)	13	43.3%	7	23.3%
Moderate (Score 20-28)	14	46.7%	23	76.7%
Severe (Score 29-63)	3	10.0%	0	0.0%

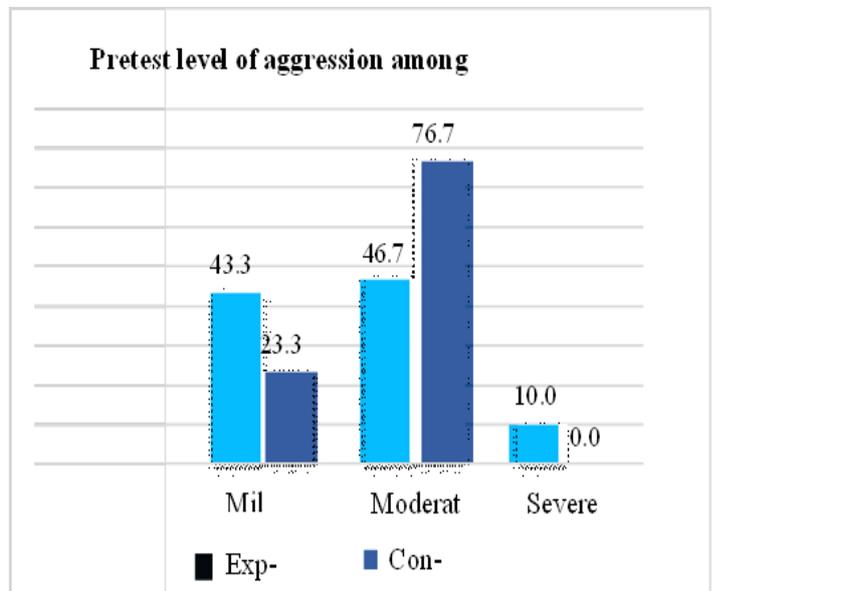


Fig no: 4.12: Bar diagram showing pre-test level of aggression among adolescents

Section III

Analysis of data related to posttest level of aggression among adolescents

Table 4.3: Posttest level of aggression among adolescents

N=30, 30

Anger	Experimental				Control			
	Pretest		Posttest		Pretest		Posttest	
	Freq	%	Freq	%	Freq	%	Freq	%
Minimal (Score 0-13)	0	0.0%	21	70.0%	0	0.0%	0	0.0%
Mild (Score 14-19)	13	43.3%	8	26.7%	7	23.3%	2	6.7%
Moderate (Score 20-28)	14	46.7%	1	3.3%	23	76.7%	28	93.3%
Severe (Score 29-63)	3	10.0%	0	0.0%	0	0.0%	0	0.0%

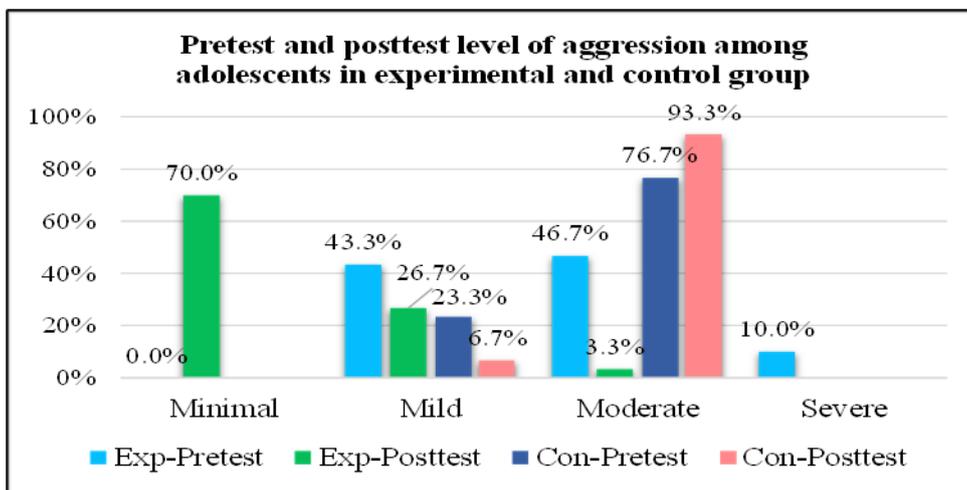


Fig no: 4.13: Bar diagram showing pre-test and post-test level of aggression among adolescents in experimental and control group

Section IV

Analysis of data related to the effectiveness of anger management skill training on aggression among adolescents

Table 4.4: Paired t-test for the effectiveness of anger management skill training on aggression among adolescents

N=30

	Mean	SD	T	df	p-value
Pretest	21.2	5.9	13.03	29	0.000
Post-test	12.6	3.2			

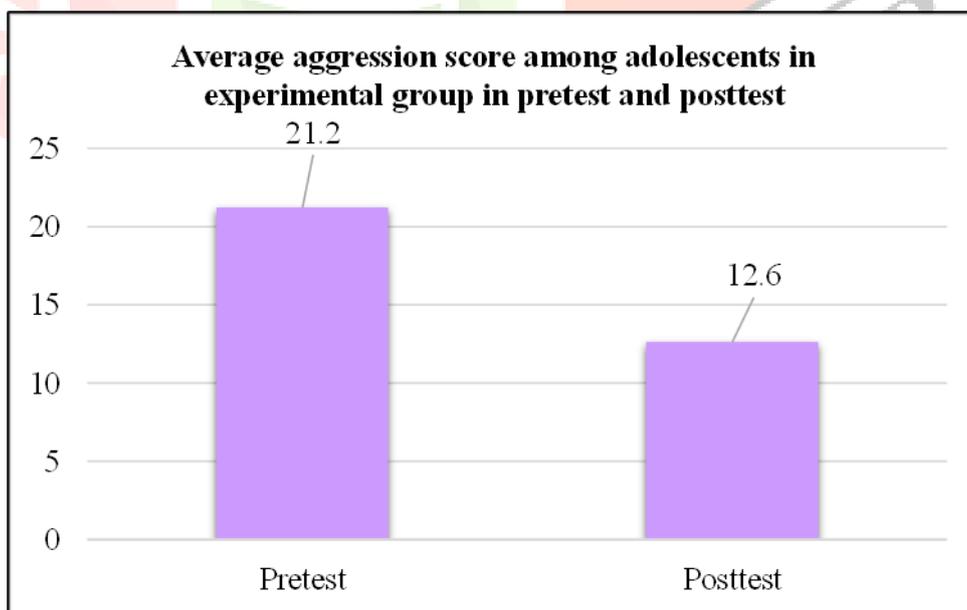


Fig no: 4.14: Bar diagram showing average aggression score among adolescents in experimental group in pretest and post-test.

Table 4.5: Two sample t-test for the effectiveness of anger management skill training on aggression among adolescents

N=30, 30

Groups	Mean	SD	T	df	p-value
Experimental	8.6	3.6	14.71	58	0.000
Control	-1.7	1.3			

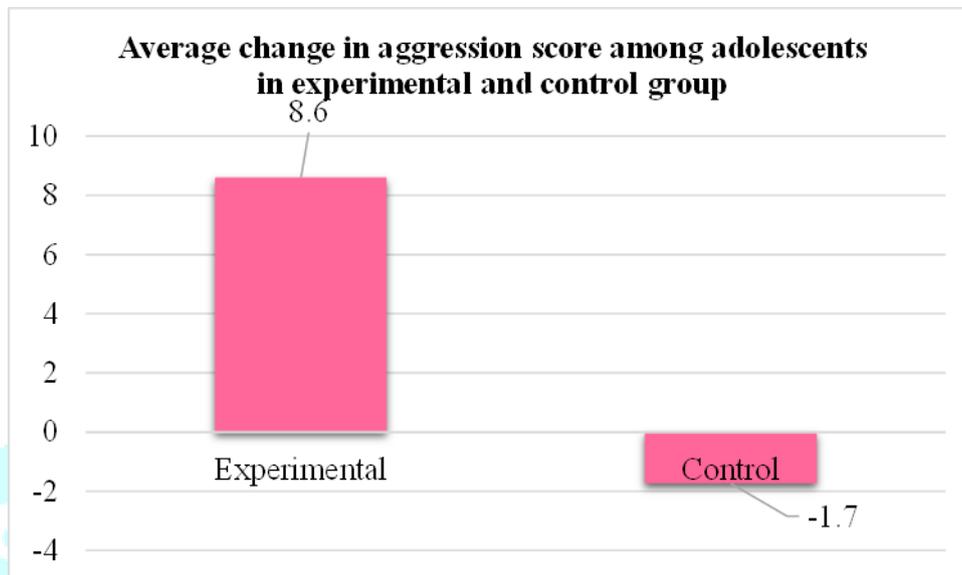


Fig no: 4.15: Bar diagram showing average changes in aggression score among adolescents in experimental group and control group.

Section V

Analysis of data related to the association of aggression with selected demographic variables among adolescents

Table 4.6: Fisher's exact test for the association of aggression with selected demographic variables among adolescents.

N=60

Demographic variables		Aggression			p-value
		Mild	Moderate	Severe	
Age	16 years	6	13	2	0.719
	17 years	9	12	1	
	18 years	5	12	0	
Gender	Male	13	16	1	0.364
	Female	7	21	2	
Type of family	Joint	7	13	1	0.378
	Nuclear	11	24	2	
	Single parent	2	0	0	
Type of school	Government	13	14	3	0.023
	Private	7	23	0	
Academic year	10th standard	6	14	2	0.657
	11th standard	9	11	1	
	12th standard	5	12	0	
Number of	Zero	9	17	1	0.781
	One	8	16	1	

siblings	Two	3	3	1	
	More than two	0	1	0	

Demographic Variables		Aggression			p-value
		Mild	Moderate	Severe	
Religion	Hindu	16	21	2	0.352
	Muslim	0	2	0	
	Christian	1	9	1	
	Other	3	5	0	
Monthly income	Rs. 10,001 – 20,000	2	4	0	0.542
	Rs. 20,001 – 30,000	14	18	2	
	> Rs. 30,000	4	15	1	
Area of residency	Rural	4	3	1	0.141
	Urban	16	34	2	
Health status	Healthy	18	36	2	0.070
	Unhealthy	2	1	1	

Since the p-value corresponding to all the demographic variables was large (greater than 0.05), none of the demographic variables was found to have a significant association with aggression among adolescents. Hence H_2 hypothesis is not proved here so it is rejected.

Table 4.7: Item analysis:

N=30, 30

Anger management items		Experimental group				Control group			
		Pretest		Post-test		Pretest		Post-test	
		Fre q	%	Fre q	%	Fre q	%	Freq	%
1	I do not feel angry.	1	3.3%	5	16.7%	0	0.0%	0	0.0%
	I feel angry.	11	36.7%	18	60.0%	6	20.0%	6	20.0%
	I am angry most of the time now.	16	53.3%	6	20.0%	24	80.0%	24	80.0%
	I am so angry and hostile all the time that I can't stand it.	2	6.7%	1	3.3%	0	0.0%	0	0.0%
2	I am not particularly angry about my future.	23	76.7%	19	63.3%	14	46.7%	14	46.7%
	When I think about my future, I feel angry.	6	20.0%	6	20.0%	14	46.7%	14	46.7%
	I feel angry about what I have to look forward to.	1	3.3%	2	6.7%	2	6.7%	2	6.7%
	I feel intensely angry about my future, since it cannot be improved.	0	0.0%	3	10.0%	0	0.0%	0	0.0%
3	It makes me angry that I feel like such a failure.	6	20.0%	11	36.7%	0	0.0%	0	0.0%

	It makes me angry that I have failed more than the average person.	7	23.3%	10	33.3%	11	36.7%	11	36.7%
	As I look back on my life, I feel angry about my failures.	16	53.3%	8	26.7%	19	63.3%	19	63.3%
	It makes me angry to feel like a complete failure as a person.	1	3.3%	1	3.3%	0	0.0%	0	0.0%
Anger management items		Experimental group				Control group			
		Pretest		Post-test		Pretest		Post-test	
		Freq	%	Freq	%	Freq	%	Freq	%
4	I am not all that angry about things.	14	46.7%	21	70.0%	18	60.0%	17	56.7%
	I am becoming more hostile about things than I used to be.	5	16.7%	3	10.0%	5	16.7%	5	16.7%
	I am pretty angry about things these days.	11	36.7%	5	16.7%	7	23.3%	8	26.7%
	I am angry and hostile about everything.	0	0.0%	1	3.3%	0	0.0%	0	0.0%
5	I don't feel particularly hostile at others.	18	60.0%	11	36.7%	9	30.0%	8	26.7%
	I feel hostile a good deal of the time.	8	26.7%	14	46.7%	10	33.3%	11	36.7%
	I feel quite hostile most of the time.	4	13.3%	5	16.7%	11	36.7%	11	36.7%
	I feel hostile all of the time.	0	0.0%	0	0.0%	0	0.0%	0	0.0%
6	I don't feel that others are trying to annoy me.	7	23.3%	9	30.0%	18	60.0%	18	60.0%
	At times I think people are trying to annoy me.	13	43.3%	15	50.0%	2	6.7%	2	6.7%
	More people than usual are beginning to make me feel angry.	8	26.7%	4	13.3%	10	33.3%	10	33.3%
	I feel that others are constantly and intentionally making me angry.	2	6.7%	2	6.7%	0	0.0%	0	0.0%
7	I don't feel angry when I think about myself.	12	40.0%	23	76.7%	10	33.3%	10	33.3%
Anger management items		Experimental group				Control group			
		Pretest		Post-test		Pretest		Post-test	
		Freq	%	Freq	%	Freq	%	Freq	%
	I feel more angry about myself these days than I used to.	15	50.0%	6	20.0%	17	56.7%	15	50.0%
	I feel angry about myself a good deal of the time.	3	10.0%	0	0.0%	3	10.0%	5	16.7%

	When I think about myself, I feel intense anger.	0	0.0%	1	3.3%	0	0.0%	0	0.0%
8	I don't have angry feelings about others having screwed up my life.	12	40.0%	7	23.3%	18	60.0%	17	56.7%
	It's beginning to make me angry that others are screwing up my life.	9	30.0%	15	50.0%	4	13.3%	5	16.7%
	I feel angry that others prevent me from having a good life.	7	23.3%	8	26.7%	4	13.3%	4	13.3%
	I am constantly angry because others have made my life totally miserable.	2	6.7%	0	0.0%	4	13.3%	4	13.3%
9	I don't feel angry enough to hurt someone.	12	40.0%	9	30.0%	18	60.0%	14	46.7%
	Sometimes I am so angry that I feel like hurting others, but I would not really do it.	15	50.0%	15	50.0%	12	40.0%	16	53.3%
	My anger is so intense that I sometimes feel like hurting others.	2	6.7%	5	16.7%	0	0.0%	0	0.0%
	I'm so angry that I would like to hurt someone.	1	3.3%	1	3.3%	0	0.0%	0	0.0%
Anger management items		Experimental group				Control group			
		Pretest		Post-test		Pretest		Post-test	
		Freq	%	Freq	%	Fr eq	%	Freq	%
10	I don't shout at people any more than usual.	12	40.0%	14	46.7%	14	46.7%	12	40.0%
	I shout at others more now than I used to.	12	40.0%	14	46.7%	14	46.7%	15	50.0%
	I shout at people all the time now.	3	10.0%	1	3.3%	2	6.7%	3	10.0%
	I shout at others so often that sometimes I just can't stop.	3	10.0%	1	3.3%	0	0.0%	0	0.0%
11	Things are not more irritating to me now than usual.	3	10.0%	15	50.0%	1	3.3%	1	3.3%
	I feel slightly more irritated now than usual.	14	46.7%	9	30.0%	12	40.0%	11	36.7%
	I feel irritated a good deal of the time.	12	40.0%	6	20.0%	17	56.7%	18	60.0%
	I'm irritated all the time now.	1	3.3%	0	0.0%	0	0.0%	0	0.0%
12	My anger does not interfere with my interest in other people.	9	30.0%	17	56.7%	9	30.0%	8	26.7%
	My anger sometimes interferes with my interest in others.	11	36.7%	7	23.3%	10	33.3%	10	33.3%

	I am becoming so angry that I don't want to be around others.	9s	30.0%	6	20.0%	11	36.7%	11	36.7%
	I'm so angry that I can't stand being around people.	1	3.3%	0	0.0%	0	0.0%	1	3.3%
13	I don't have any persistent angry feelings that influence my ability to make decisions.	7	23.3%	19	63.3%	1	3.3%	0	0.0%
Anger management items		Experimental group				Control group			
		Pretest		Post-test		Pretest		Post-test	
		Freq	%	Freq	%	Fre q	%	Freq	%
	My feelings of anger occasionally undermine my ability to make decisions.	15	50.0%	10	33.3%	21	70.0%	17	56.7%
	I am angry to the extent that it interferes with my making good decisions.	3	10.0%	1	3.3%	4	13.3%	10	33.3%
	I'm so angry that I can't make good decisions anymore.	5	16.7%	0	0.0%	4	13.3%	3	10.0%
14	I'm not so angry and hostile that others dislike me.	13	43.3%	16	53.3%	18	60.0%	14	46.7%
	People sometimes dislike being around me since I become angry.	13	43.3%	13	43.3%	12	40.0%	15	50.0%
	More often than not, people stay away from me because I'm so hostile and angry.	3	10.0%	1	3.3%	0	0.0%	1	3.3%
	People don't like me anymore because I'm constantly angry all the time.	1	3.3%	0	0.0%	0	0.0%	0	0.0%
15	My feelings of anger do not interfere with my work.	4	13.3%	17	56.7%	0	0.0%	0	0.0%
	From time to time my feelings of anger interfere with my work.	15	50.0%	9	30.0%	18	60.0%	15	50.0%
	I feel so angry that it interferes with my capacity to work.	5	16.7%	4	13.3%	5	16.7%	8	26.7%
	My feelings of anger prevent me from doing any work at all.	6	20.0%	0	0.0%	7	23.3%	7	23.3%
16	My anger does not interfere with my sleep.	7	23.3%	17	56.7%	3	10.0%	2	6.7%
Anger management items		Experimental group				Control group			
		Pretest		Post-test		Pretest		Post-test	
		Freq	%	Freq	%	Fre q	%	Freq	%

	Sometimes I don't sleep very well because I'm feeling angry.	15	50.0%	11	36.7%	15	50.0%	15	50.0%
	My anger is so great that I stay awake 1—2 hours later than usual.	5	16.7%	1	3.3%	10	33.3%	11	36.7%
	I am so intensely angry that I can't get much sleep during the night.	3	10.0%	1	3.3%	2	6.7%	2	6.7%
17	My anger does not make me feel any more tired than usual.	8	26.7%	22	73.3%	7	23.3%	7	23.3%
	My feelings of anger are beginning to tire me out.	16	53.3%	7	23.3%	16	53.3%	11	36.7%
	My anger is intense enough that it makes me feel very tired.	4	13.3%	1	3.3%	7	23.3%	12	40.0%
	My feelings of anger leave me too tired to do anything.	2	6.7%	0	0.0%	0	0.0%	0	0.0%
18	My appetite does not suffer because of my feelings of anger.	4	13.3%	23	76.7%	2	6.7%	2	6.7%
	My feelings of anger are beginning to affect my appetite.	12	40.0%	6	20.0%	9	30.0%	7	23.3%
	My feelings of anger leave me without much of an appetite.	12	40.0%	1	3.3%	19	63.3%	21	70.0%
	My anger is so intense that it has taken away my appetite.	2	6.7%	0	0.0%	0	0.0%	0	0.0%
19	My feelings of anger don't interfere with my health.	11	36.7%	22	73.3%	8	26.7%	6	20.0%
	My feelings of anger are beginning to interfere with my health.	13	43.3%	7	23.3%	12	40.0%	13	43.3%
Anger management items		Experimental group				Control group			
		Pretest		Posttest		Pretest		Posttest	
		Freq	%	Freq	%	Freq	%	Freq	%
	My anger prevents me from devoting much time and attention to my health.	3	10.0%	1	3.3%	9	30.0%	9	30.0%
	I'm so angry at everything these days that I pay no attention to my health and well-being.	3	10.0%	0	0.0%	1	3.3%	2	6.7%
20	My ability to think clearly is unaffected by my feelings of anger.	7	23.3%	20	66.7%	3	10.0%	2	6.7%
	Sometimes my feelings of anger prevent me from	17	56.7%	8	26.7%	18	60.0%	16	53.3%

	thinking in a clear-headed way.								
	My anger makes it hard for me to think of anything else.	5	16.7%	2	6.7%	9	30.0%	12	40.0%
	I'm so intensely angry and hostile that it completely interferes with my thinking.	1	3.3%	0	0.0%	0	0.0%	0	0.0%
21	I don't feel so angry that it interferes with my interest in pleasurable activity.	15	50.0%	26	86.7%	12	40.0%	11	36.7%
	My feelings of anger leave me less interested in pleasurable activity than I used to be.	9	30.0%	4	13.3%	13	43.3%	10	33.3%
	My current feelings of anger undermine my interest in pleasurable activity.	4	13.3%	0	0.0%	5	16.7%	9	30.0%
	I'm so angry about my life that I've completely lost interest in pleasurable activity.	2	6.7%	0	0.0%	0	0.0%	0	0.0%

Table 4.7: Deals the frequency and percentage of response for each item by adolescent in experimental and control group in pretest and post-test. It shows the post-test score of experimental groups decreased after completing anger management skills training.

DISCUSSION

- It has been seen that in pretest of experimental group, 43.3% of the adolescents had mild aggression (score 14-19), 46.7% moderate aggression (Score 20-28) and 10% with severe aggression (Score 29-63). And in control group, 23.3% of the adolescents had mild aggression (score 14-19) and 76.7% of them had moderate aggression (Score 20-28).
- It has been observed that in post-test of experimental group 70% of the adolescents had minimal aggression (score 0-13), 26.7% had mild aggression (score 14-19) and 3.3% had moderate aggression (Score 20-28).
- In post-test of control group 6.7% of the adolescents had mild aggression (score 14-19) and 93.3% had moderate aggression (Score 20-28). This shows that the aggression level among adolescents in experimental group improved remarkably in post-test whereas that worsened in control group.
- In present study researcher applied t test for the effectiveness of anger management skills training on aggression among adolescents for the average aggression score seen in pretest was marked as 21.2 which reduced to 12.6 in post-test. T-value for this test was 13.03 with 29 degrees of freedom. The corresponding p-value was small (less than 0.05). Aggression score among adolescents reduced significantly after anger management training.
- For the comparison of change in aggression score among adolescents in experimental and control group two sample t-test was applied. And the average change observed in aggression score in experimental group was 8.6 which was -1.7 in control group. T-value for this test was 14.71 with 58 degrees of freedom. The corresponding p-value was small (less than 0.05). Average change in aggression score among adolescents in experimental group is significantly more than that in control group. So, this proved that the anger management training is significantly effective in reducing the aggression among adolescents.
- In present study, Fisher's exact test was used to find out association of aggression among adolescents with sociodemographic variables. Since the p-value corresponding to all the demographic variables was

large (greater than 0.05), none of the demographic variables was found to have a significant association with aggression among adolescents.

CONCLUSION:

This section brings about the nursing implications, the limitations of the study and recommendation for the study into practice. The present study was conducted to assess the effectiveness of anger management skill training on aggression among adolescents from selected schools of city. It was concluded that there were changes in mean of aggression level before and after implementation of anger management skill training to adolescents from selected schools of city. The anger management skill training was found to be effective in reducing aggression of adolescents from selected schools of city.

REFERENCES:

1. Anger - how it affects people (internet) Available from:
<https://www.betterhealth.vic.gov.au/health/healthyliving/anger-how-it-affects-people>
2. How to recognize and deal with anger. American psychological association.2012.Available from:
<https://www.apa.org/topics/anger/recognize>
3. Maureen A. Walton, Rebecca M. Cunningham, Abby L. Goldstein, Stephen T. Chermack, Marc Zimmerman, C. Raymond Bingham, et al. Rates and Correlates of Violent Behaviours among Adolescents Treated in an Urban ED. J Adolesc Health. (internet). 2009 Feb; 45(1): 77–83.
Available from:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3000121/>
4. B. T. Basavanthappa, “Nursing Theories”, 2nd ed, Jaypee publications 2007, Pg.no.205-24.

