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"A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING ANGER MANAGEMENT AMONG ADOLESCENTS IN SELECTED SCHOOL OF PUNE CITY."

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Abstract
Anger is an emotion characterized by using antagonism closer to a person or something you sense has intentionally executed you incorrect. Anger can be an amazing component. It can provide you with a way to specific poor feelings, as an instance, or encourage you to locate answers to issues.But immoderate anger can purpose problems. Increased blood strain and different physical modifications related to anger make it tough to suppose immediately and damage your physical and mental fitness.Anger is one of the common and natural human feelings, isas similar as happiness, disappointment, tension, or disgust. These feelings are tied to fundamental survival and had been honed over the path of human records.
Methodology: A research approach adopted for the study was preexperimental one group (pretest, post test)approach to assess the effectiveness of information booklet on knowledge regarding anger management among adolescents in selected school of Pune City.There was total of 60 samples who met the criteria of inclusion for the study. All the samples accepted to participate in the research and was selected using Non-Probability Purposive Sampling Technique.
Result: In pretest the results were, 78.3% of the adolescents had poor knowledge (Score 0 to 10) and 21.7% of them had knowledge score of average range which was (Score 11-20) regarding anger management. In post-test, 8.3% of the selected adolescents had poor knowledge (Score 0 to 10), 23.3% of them had average knowledge (Score 11-20) and 68.3% of them presented good knowledge (score 21-30) on anger management.
Conclusion: The current study concludes that the information booklet has significant effect on the knowledge of the adolescents about anger management. The result of my study stating that the effect of information has improved the knowledge about anger management among adolescents.
Key Word: Assess, Effectiveness, Booklet, Anger, Adolescents, and Knowledge.

Introduction

Anger is associated with the "combat, flight, or freeze" reaction of the sympathetic nervous machine; it prepares humans to fight. But preventing would now not always imply throwing punches. It may motivate agencies to fight injustice via changing legal guidelines or imposing new norms. Of course, anger too without problems or frequently mobilized can undermine

relationships or damage physical health inside the long time. Prolonged release of the strain hormones that accompany anger can break neurons in regions of the brain related to judgment and quick-time period memory, and weaken the immune machine.

While anger is a sense or emotion, aggression is behaviour or movement taken that is opposed, poor andor violent. It can be bodily attack, throwing gadgets, property damage, self-harming behaviours or verbal threats or insults. Many greater younger people turn out to be competitive in response to a real or perceived threat or it could be a learnt behaviour that permits them get their desires met. Managing and understanding difficult emotions, along with anger, is a few issues more youthful humans are despite the fact that studying, in truth it's far a huge a part of their improvement. While they may be although trying to art work it out even though, they will be pretty risky, greater touchy to stress and liable to frustration.

In India, anger is referred to as an emotional-behavioural disturbance that's handiest clinically judged and dealt with symptomatically via psychologists and psychiatrists. With increasingly more huge wide variety of instances cited each day, there's a pressing need to growth a standardized device for anger assessment in youngsters tailored to Indian settings. One aim of the triumphing studies look at is therefore development of an anger device with sound psychometric houses. Although our information approximately the construct of anger in children has been developing, the scientific and psychiatric literature is relatively sparse and is regularly out of doors traditional belongings. To be capable of relieve the misery of anger revel in and manage anger efficaciously, we have to first realise approximately the person of the one-of-a-kind dimensions of anger to foresee short- and prolonged-term results of the anger enjoy. Hard records on anger research in India is thin and experts famend that this problem remains pretty new. Over the closing decade, we come upon severa instances of children with various intensities of anger outbursts. We have now come to just accept as real with that childhood anger desires to be clinically dealt at the younger age to save you escalation into school avoidance, fears, phobias, delinquency, conduct ailment, person sickness, acute neurosis and psychosis because of maladjustment. The first step consequently is to apprehend the culturally applicable members to the revel in and expression of anger; and to discover their unfavorable effects on young impressionable minds of our children. Only then we can have a device in location to address it greater efficiently. It is crucial to keep in mind a few different things in this regard. As we are aware the occurrence of anger skilled in today’s children has been all at once growing with the fast-paced existence especially in larger cities. The way of life modified to healthy this fast life has added about kids eating horrific junk meals, aerated liquids, artificial juices and exceptional types of fast food resulting in a distinctly mechanized normal lifestyle. Therefore, anger troubles aren't high-quality a burning situation with respect to institutionalized children or orphans or children from damaged homes however also with youngsters belonging to the so-known as everyday whole circle of relative’s setup. It is excessive time we are living into the roots to find out the center issues as a manner as a way to provide tips for psychologically extra healthy parenting and training for youngsters who're the future of our nation.Another theorist who came after Seneca turned into Galen, a Roman generation truth seeker, who built on the work of Seneca to formulate new ideas inside the area of anger management. Galen stresses the significance of a mentor to help cope with extra anger.

The study aims to assess the effectiveness of information booklet on knowledge regarding anger management among adolescents in selected school of Pune City with selected demographic variables.

Objectives of the study:

- To assess pre-existing knowledge regarding anger management among adolescents of selected school.
- To assess the effectiveness of information booklet on knowledge regarding anger management among adolescents.
- To determine the association between pre intervention knowledge regarding anger management with selected demographic variables.

Methodology:

Research Design: The design adopted by the researcher for current study waspreexperimental design one group design(pretest-posttest). The research was carried on adolescents of selected school of Pune city.

Sampling techniques: The sampling technique which was used for the study wasnonprobability convenient sampling technique was utilized for adolescents of selected school of Pune City.

Sample Size: 60 samples who met the inclusion criteria of the study. All the samples were pre-informed about the study objectives and were willing to participate in the study.

Tools of data collection: In the present study the under scales had been used to gather the facts. Structured Self administered information questionnaire to evaluate the expertise of college students on anger and its control of the chosen school in Pune City.

The tool was divided into two sections and further divided into 5 parts:

Section A: Consisted of items associated with demographic variables of the study.

Section B: Consisted of 30 questions to evaluate the knowledge of students on anger and its management from selected school in Pune city.

Part A: Meaning, **Part B**: Symptoms, **Part C:** Causes, **Part D:** Management, **Part E**: Prevention

Reliability and Validity of the tool: ResearchTool was validated by the 10 experts from the field and the test of Cronbach's Alpha coefficient was used to test the reliability, it was r=0.87 for assessment of effectiveness of information booklet on anger management among adolescents of selected school.

Findings:

The result of the data composed to assess the effectiveness of information booklet on anger management among adolescents was conducted understanding the aim of the study in consideration.

- To assess pre-existing knowledge regarding anger management among adolescents of selected school.
- To assess the effectiveness of information booklet on knowledge regarding anger management among adolescents.

- To determine the association between pre intervention knowledge regarding anger management with selected demographic variables.

The results were divided into 4 sections:

1. Description of samples (adolescents) based on their personal characteristics
2. Analysis of records related to expertise concerning anger control amongst teens of selected faculty
3. Analysis of statistics related to effectiveness of information publication on information regarding anger management among adolescents.
4. Analysis of records associated with the affiliation among understanding regarding anger control with selected demographic variables.

Section I

Description of samples (adolescents) based on their personal characteristics

Table 1: Description of respondents based on their personal characteristics in terms of frequency and percentage

n=60

Demographic variable	**Freq**	**%**
Age		
12-13yrs	18	30%
13-14yrs	18	30%
14-15yrs	24	40%
Gender		
Female	30	50%
Male	30	50%
Religion		
Buddhism	12	20%
Christian	6	10%
Hindu	30	50%
Muslim	12	20%
Type of Family		
Extended family	24	40%
Joint family	24	40%
Nuclear family	12	20%
Diet pattern		
Non-veg	42	70%
Vegetarian	18	30%
Use of Mobile phones		
1-2 hours	18	30%
3-4 hours	42	70%
Play games		
Indoor games	24	40%

Outdoor games	36	60%
Number of Siblings		
One	24	40%
Two	30	50%
Three	6	10%
Living with Grandparents		
No	30	50%
Yes	30	50%

Table. 1- Description of samples

Section II

Analysis of data associated with information regarding anger management amongst adolescents of selected school.

Table.2 Knowledge regarding anger management among adolescents of selected school

n=60

Knowledge	**Pre-test**	
	Freq	**%**
Poor (score 0-10)	47	78.3%
Average (score 11-20)	13	21.7%
Good (score 21-30)	0	0.0%

Table. 2- pre-interventional knowledge in adolescents

78.3% of the adolescents had shown poor knowledge (Score 0-10) and 21.7% of the studentshad average knowledge (Score 11-20) regarding anger management.

Section III

Analysis of facts related to effectiveness of booklet with information about anger management on amongst adolescents.

Table. 3 Effectiveness of the provided information booklet on knowledge regarding anger management in adolescents

n=60

Knowledge	**Pre-test**		**Post-tests**	
	Freq	**%**	**Freq**	**%**
Poor (score 0-10)	47	78.3%	5	8.3%
Average (score 11-20)	13	21.7%	14	23.3%
Good (score 21-30)	0	0.0%	41	68.3%

Table. 3- effectiveness of information booklet in adolescents

In the pretest, about 78.3% of adolescents had poor level of knowledge (Score 0 to10) and 21.7% of them had average knowledge (Score 11 to 20) regarding anger management. In post-test, 8.3% of the adolescents had poor knowledge (Score 0-10), 23.3% of them had average knowledge (Score 11-20) and 68.3% of them had good level of knowledge (score 21-

30) regarding anger management. This indicates that the knowledge among adolescents improved remarkably after providing the information booklet.

Table. 4 Paired t-test for the effectiveness of information booklet on knowledge regarding anger management among adolescents

n=60

	Mean	**SD**	**T**	**df**	**p-value**
Pretest	7.1	2.20	18.3	59	0.000
Posttests	21.6	6.16			

Table. 4-paired t-test for the effectiveness of information booklet in adolescents

Researcher applied paired t-test for the effectiveness of information booklet on knowledge regarding anger management among adolescents. Average knowledge score in pre-test was 7.1 which increased to 21.6 in post-test. T-value for this test was 18.3 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), null hypothesis was rejected. It is evident that the knowledge among adolescents improved significantly after information booklet.

Section IV

Analysis of statistics related to the association between knowledge concerning anger control with decided on demographic variables

Table. 5 Fisher's exact test for association between knowledge regarding anger management with selected demographic variables.

n=60

Demographic variable		**Knowledge**		**p-value**
		Poor	**Average**	
Age	12-13yrs	14	4	0.007
	13-14yrs	18	0	
	14-15yrs	15	9	
Gender	Female	26	4	0.209
	Male	21	9	
Religion	Buddhism	12	0	0.061
	Christian	6	0	
	Hindu	21	9	
	Muslim	8	4	
Type of Family	Extended family	15	9	0.028
	Joint family	20	4	
	Nuclear family	12	0	
Diet pattern	Non-veg	38	4	0.001
	Vegetarian	9	9	
Use of Mobile phones	1-2 hours	18	0	0.006
	3-4 hours	29	13	
Play games	Indoor games	20	4	0.534
	Outdoor games	27	9	

Number of Siblings	One	20	4	0.031
	Two	25	5	
	Three	2	4	
Living with Grandparents	No	25	5	0.532
	Yes	22	8	

Table. 5-Association between knowledge with selected demographic variables.

Since p-values are corresponding to demographic variables like age of the respondents, type of family, diet pattern, use of mobile phone and number of siblings are small (< 0.05), the demographic variables age, type of family, diet pattern, use of mobile phone and wide variety of siblings were found to have significant association with the knowledge amongst adolescents regarding anger management.

Discussion:

The study was aimed to assess the effectiveness of information booklet on knowledge regarding anger management amongst adolescents in aimed school of Pune City.

Thus, the data was collected from the adolescent students and investigation was done to evaluate the result. The result of my study stating the effect of information booklet provided has improved the knowledge about anger management amongst students.

Pre-existing knowledge regarding anger management among adolescents of selected school.

78.3% of the adolescents had shown poor knowledge (Score 0-10) and 21.7% of them had average knowledge (Score 11-20) regarding anger management.

Effectiveness of information booklet on knowledge regarding anger management among adolescents.

In pre-test, 78.3% of the adolescents had poor knowledge (Score 0-10) and 21.7% of them had average knowledge (Score 11-20) regarding anger management. In post-test, 8.3% of the adolescents had poor knowledge (Score 0-10), 23.3% of them had average knowledge (Score 11 to 20) and 68.3% of them had good knowledge (score 21 to 30) regarding anger management. The average knowledge score in pretest was 7.1 which increased to 21.6 in post-test. This indicates that the knowledge among adolescents improved remarkably after information booklet.

Association between knowledge regarding anger management with selected demographic variables.

As evaluated the p-values are corresponding to demographic variables age, type of family, diet pattern, use of mobile phone and number of siblings are minor (<0.05), the demographic variables age, type of family, diet pattern, use of mobile phone and number of siblings were found to have remarkable association with the knowledge among adolescents regarding anger management techniques.

Conclusion: The overall study result indicates that there is a significant improvement of knowledge about anger management among adolescents. It was seen that the adolescents had

poor knowledge about anger and its management prior the intervention and it increased after providing information booklet after 7 days.

Conflict of Interest: NA

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Ethical Clearance: Ethical permissions of the study taken from Symbiosis College of Nursing ethical committee. Consent changed into taken from the legal employees of decided on school of Pune city. Details given to the participants concerning the information collection procedure and the statistics turned into best used for look at purpose and the confidentiality was maintained.

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