

## ANGER MANAGEMENT & ASSERTIVENESS TRAINING IN DEADDICTION & REHABILITATION–NURSES’ PERSPECTIVE

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### ABSTRACT

*Anger outbursts are often seen in deaddiction wards which often takes the form of violence directed towards self or others. Anger management should be taught to patients admitted in wards. Additionally assertiveness training should also be emphasized. Assertiveness helps to say “no” despite of encountering several compulsions by peer. It helps to stand for the welfare of self and come out of the captives of habit forming psychoactive substances*

**KEYWORDS:** Anger Management, Suppression, Assertiveness

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### INTRODUCTION

#### Definition

Anger can be defined as an affective state experienced as the motivation to act in ways that warn, intimidate or attack those who perceived as challenging or threatening. It is a negative emotion that occurs as a result of delay, threat or thwarting of a goal or conflict between the goals.

#### Styles of Anger

- Anger suppression-Emphasis is placed in keeping angry feeling to oneself
- Anger expression-Expressing anger in an attacking or blaming way.
- Anger discussion-Discussing the anger with a friend or family member, approaching a person with whom one is angry and discussing the concern directly

### PHYSIOLOGICAL CUES TO ANGER

#### Internal Signs

- Increase in pulse rate & respirations
- Numbness
- Choking
- Vertigo
- Nausea
- Chills

### External Signs

- Increase in muscle tone
- Changes in body posture
- Clenched fists
- Changes the eyes:eyebrows lower & drawn together,eyelids tensed
- Lips pressed together to form a thin line
- Flushing or pallor
- Goosebumps
- Twitching
- Sweating

### CAUSES OF ANGER

- **Witnessing a Poor Anger Management**

The old adage “Do as I as I say and not as I do” does not translate easily to real life.Children learn how to behave and regulate their emotions by watching their parents.If the child sees the parents with unmanageable anger outbursts he/she will grow up believing that losing the temper is acceptable and normal reaction to anger

- **Experiencing Abuse**

Witnessing or experiencing any kind of abuse as a child or adult is arisk factor for developing unmanageable anger

- **Mismanaging Stress**

Stress due to a job, an unhappy relationship or even the death of a loved one

- **Being Taught that Experiencing Emotion is Acceptable**

Emotion are necessary and natural part of life, regardless of gender and suppressing these emotions does not allow the child learn healthy management techniques

- **Low Self Esteem**

People with low self-esteem tend to misinterpret events as being threatening to themselves,their goals or needs.For example a reasonable complaint like spouse may feel like character assassination and result in anger outburst

- **Low Frustration Tolerance**

Everyone has experienced lowered frustration tolerance at some points in their lives.For some this tolerance is not temporary and generally cannot tolerate moderate levels of frustration

- **Lack of Sleep**

Not getting enough sleep may be linked to recurrent bouts of anger

- **Medications**

Anger may be the side effects of the certain medications or overmedicated

### **Anger Managements**

It is defined as a facilitation of expression of anger in an adaptive non-violent way

### **Ways of Managing Anger**

- Play a sport or workout-Anger displaced out on the physical activity
- Write it down-Write all your feelings on a piece of paper and tear the paper into pieces thereafter
- Draw or scribble-Draw or sketch your angry feelings
- Talk to someone-Whenever you are angry talk to someone who can listen to you patiently
- Think back-Think about the consequences of getting angry not only on yourself but also on others
- Communicate-Speak calmly to the person whom you are angry at .Do not use physical expression on somebody. For example hitting,pushing,spitting,slapping
- Change your environment-Move away from the situation or people that make you angry
- Distract yourself-Force yourself not to think about something else,such as watching T.V,going for a walk,opposite counting from 10-1,having a glass of chilled water,deep breathing
- Postponing the talk- Postponing the talk when angry because anger takes over your ability to think,judge and act rationally
- Thought stopping-Identify the thoughts that heighten the feelings of anger and invited to turn the thoughts off by focusing on another thought or activities
- Listen to music-Put headphones and dance with some energy
- Reduce the intake of caffeinated beverages
- Identify the consequences of inappropriate expression of anger

## **ASSERTIVENESS TRAINING**

### **Definition**

It is a form of behavioral therapy designed to help people stand up for themselves to empower themselves, in more contemporary terms.Skills taught are making clear and specific requests,learning how to say no,handling criticism, managing feelings especially anger, receiving compliments and taking initiatives.This is achieved through role plays and instructions

### **Importance of Assertiveness for Alcoholics**

Assertiveness plays a vital role in your life because it enables and empowers one to be always bold in saying “no”

whenever a drink is offered or any form of substance is offered no matter how much you are compelled, pressurized or insisted by your friend as nobody loses anything when you say “no” to a drink or substance

### Steps Involved in Assertiveness Training

- Assuming responsibility for one’s own behavior for instance “I don’t want to go out with you to have beer” instead of “ I can’t go with you tonight to have beer”. The latter implies lack of power or inability
- Responding as a broken record Persistently repeating in a calm voice what is wanted
- Actively accepting negative aspects about oneself. Admitting when error is made.
- Being truthful
- Delay gratification that is postponing the urge to drink or postponing the burning anger, this will delay the harmful effects
- Acceptance that there is a problem of addiction and that one is powerless over it
- Try alternatives of quitting the alcohol, tobacco, ganja or other forms of substances. For instance taking chewing gums to quit tobacco
- Accept external help from alcoholics’ anonymous group members, narcotics anonymous group members, psychologists, counsellors, psychiatrists, recovered addicts etc
- State no reasonable requests if necessary state the rationales
- Communicate your feelings directly to the other person. As a result anger is not built
- Believe and accept that there is great power than oneself and it can restore oneself to sanity

### CONCLUSIONS

Anger is a desire as well as negative emotion though the main purpose is to discipline a person but excess causes destruction to self and others. Anger management is necessary to deal with anger. Also assertiveness training is necessary to know one’s rights and be firm enough to say no to alcohol or any other substances

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