

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

ANUMOL JOSEPH

*Lecturer, Yashoda College of Nursing, Hyderabad, India*

### 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 be 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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