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### RESEARCH ARTICLE

#### CAN EFFECTIVE PARENTING REDUCE ANGER AMONG ADOLESCENTS? AN EVIDENCE-BASED LITERATURE REVIEW

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#### Abstract

Anger is a key factor that determines the future of an adolescent. Current scenarios in different countries are not adolescent-friendly, and not meeting the demand of the problems. Although, some countries have executed policies to address adolescent's needs through counseling, but challenges remain. The adolescent mortality due to suicide is the best indicator to understand the policy gaps as per WHO data. But, being a social animal, many of these problems can be managed at home or institution by intervening in the parental role. This paper with the help of 40 articles tries to understand the situations and different factors affecting the anger and how different models would help to mitigate the problems. The authors suggest conducting some counseling sessions for the parents to facilitate to understand their child closely. Simultaneously, at the institution, for developing confidence positive demonstration of life management skills should be given as a course curriculum in different countries.

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#### Introduction:-

Adolescent constitutes the world's 16 percent population, among whom more than half resides in Asia. Demographic wise Sub-Saharan countries constitute the highest proportion of population i.e. 23 percent of the total region's population ("Adolescent Demographics - UNICEF DATA", 2019). Adolescence is a period defined as between 10-19 years which brings significant changes that occur across many areas, including emotional experience. "Adolescence is an important time in an individual's life as it signals a transition from childhood to adulthood" (Wertheim et.al. 2011) in which both sexes experience many changes with respect to different emotional dimensions and different developmental (Physical) patterns emerge differently among adolescents of different gender and pubertal stages. These developmental patterns include facial hair appearance in males, breast enhancement in females, maturity in genitalia, and pubic hair appearance in both sexes.

Literature done by Deffenbacher shows that adolescents who have a higher trait of anger may face interpersonal problems, problems in academic adjustment, and are more likely to face conflicts in their jobs i.e., incompetency. Deffenbacher in his study also concluded that anger originates due to some situational or specific factors i.e., extrinsic and intrinsic such as their home culture, frustration, school environment, peer group communication,

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conflicts between their elders, failures, and so on (Deffenbacher *et al.*, 1996). Anger is also considered to be the most arguable basic emotion which owing to problems in diagnosis. Although it is a common and natural feeling, it causes aggression and so many other negative consequences which are killing and violence. Studies reveal that verbal and physical aggression is associated with anger in different socio-cultural contexts. It is also highlighted that “problems associated with inappropriate expression of anger remain among the most serious concerns of parents, educators, and the mental health community” (Nasir & Abd, 2014).

Inter-familial sexual assault is a big reason for increased anger among adolescents’ because it leads to loss of the social relationship. It is reported that due to the loss of the social relationship, adolescents feel increased anxiety and heightened interpersonal sensitivity which causes anger (Murphy *et al.*, 1988). As the adolescent is considered to be a future stage, the concern needs to be addressed through various interventions. A study which gave attention on exploring “anger” and “stress” of adolescents by doing a comparison between “sex” and “residential status” concludes that parenting in urban areas is the main reason of adolescents’ anger because they expect high grades, i.e., to get good marks in the exams, and are unaware about children’s feelings and capabilities. The study shows that it is just because of the busy schedule of the parents and higher expectations due to societal pressure. So, the problem related to the competitive environment in the school, peer pressure, demands of parents, and teachers to get high grades to make the more stressful situation for urban adolescents (Dey *et al.*, 2014). Due to these pressures, sometimes these adolescent leads to develop suicide tendency and hence every parent must be more careful in nurturing their child, especially during the adolescent period. If parents can be a reason for their child’s anger so this is very much possible that they can also alleviate unnecessary anger from their child’s life. In this current scenario and limited pieces of literature on the issue, the research question comes to mind that what kind of parenting should be done in our society and whether our policies have kept any provision to mitigate these problems.

The current review paper aims to understand the role of parents in alleviating anger among adolescents with the help of effective child-rearing methods found in recent research conducted across the globe. More specifically, it can be seen and investigated from different lenses such as the definition of anger, evidence of anger among adolescents, factors accountable for anger among adolescents, and effective parenting.

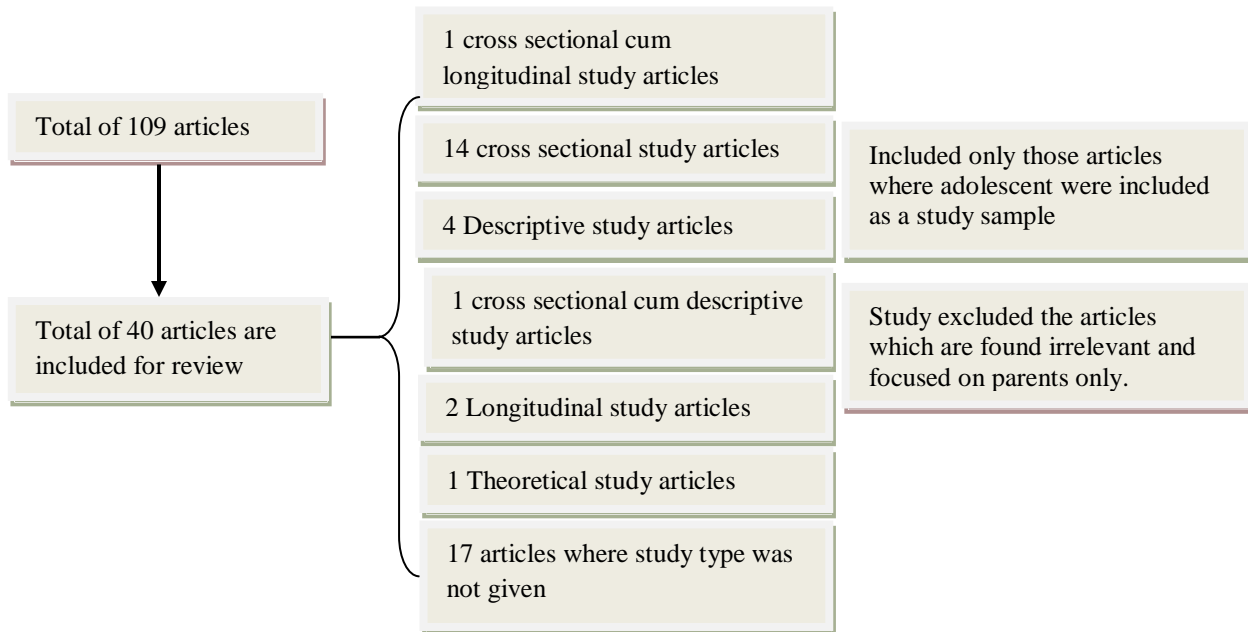
### **Methodology:-**

The review paper is mainly attempting to understand the factors for creating anger among adolescents and how effective parenting can facilitate to bridge the gaps by curtailing the factors. For this, in altogether 109 grey pieces of literature and articles are searched in a different browser such as google scholar, NCBI, and PUBMED. To identify the articles, words such as “anger” “anger among adolescent” “role of parents to alleviate anger in adolescent through proper child-rearing methods”, “what is anger”, “effective parenting”, “factors reported to increase anger among adolescent” and “adolescent” is searched.

Based on the collected articles the inclusion and exclusion criteria are fixed and pieces of literature are categorized based on the followings:

1. All the articles published in the English language are selected.
2. The adolescent population involved in the population are only included.
3. Articles from 1990 to 2020 were included in this review paper
4. Articles that belong to different countries are included

The paper consisting of only parents were not included at all and excluded from the review. Among these articles, 40 articles and 9 grey pieces of literature are selected based on the objective of the paper, and findings are summarized in five different dimensions such as (i) anger a different perspective, (ii) anger and adolescent (iii) factors affecting anger among adolescent, (iv) effective parenting and adolescents and (v) role of parents to alleviate anger among adolescents, to understand the problem of adolescent about anger and how effective can be able to reduce this to save lives. The paper also attempts to understand the program interventions done to curtail the problems and what more is required to do in the coming times for the betterment of the adolescent.

**Figure 1:-** Flowchart of selection of articles for the review.**Key Results from Review:****Anger, a different perspective**

To understand the role of parenting to reduce anger among the adolescent period, it is required to understand the terminology “anger”. The literature illustrates that anger is caused by great displeasure with a strong or a mild feeling i.e., which makes someone uncomfortable in terms of shouting, abusing, or assaulting physically. According to Spielberger, anger is an individual’s emotional state with variety in intensity. More clearly in his article he reported that it varies from “mild irritation” to more “intense fury and rage” (Spielberger, 1988). Continuing the review research, a study illustrated that enmity involves the feeling of an individual’s anger which results from frustration (Mohan, 2003). In other terms feeling of failure, loneliness, and inability to do some stress, frustration, pressure, verbal attack, or disappointment leads to anger (Maleki *et al.*, 2011). Not only this, but anger can also affect parent-child interaction (Sanders *et al.*, 2004). Through this emotion, we can express ourselves in front of others if we do not feel right about something or someone. In literature, it is discussed that anger is of two types, i.e., controlled and uncontrolled. Positive and controlled anger is good as it is considered a good emotion and many times gives motivation to people for finding out different solutions, whereas uncontrolled or excessive anger, can cause problems for anyone belongs to any age group. Studies reported that adolescents who have uncontrolled anger may suffer a higher risk of getting high blood pressure and other physical changes. It also develops incompetency and irrational thinking and compounded ill effects on the psychological, social, and physical functioning of an individual (Kumar, 2017).

**Anger and adolescents**

Adolescence is a very critical stage of human growth and anger is very natural and general emotion comes during this period. With uncontrolled characteristics, it goes towards aggression and violence and is reported to be a key cause for originating stresses among adolescents. These stresses include efforts to meet the school’s expectations, coping-up with loneliness, helplessness, feelings of worthlessness, sexual, emotional, and physical abuse by parents or others. Including the above, adolescents also face some other problems such as parental divorce, parental death, rejection, bullying by their peer groups. All these problems work as a trigger for adolescents’ anger (Gabriel & Nelson, 2014). It is seen in previous research findings that adolescents are at great risk in the home i.e. developing an intensive anger problem, where parents use violence for their children as an acceptable solution to most of the problems. Besides, serious problems like alcoholism, suicide, and depression, are linked to anger too (Daniel *et.al.*, 2009). In a study conducted at Karnataka, India more aggression is seen among boys whose mothers were less educated as compared to girls. That means educated mothers can help their children in reducing or managing their anger (Kumari *et al.*, 2017). Another study shows that stress experienced by girls is a reason for their negative

emotions (Björling and Singh 2017). Keeping these pieces of literature in view, one question comes to our mind that how these negative angers can be controlled and is there any scientific evidence available in the literature. Second, how it has changed across time or the characteristics of anger remain the same for the adolescent.

### **Factors affecting anger among adolescent**

Ineffective parenting is also an important factor that can increase anger in their children. A study conducted in India between the period of 2003 to 2007 illustrates that “parental anger with their child was associated strongly with increasing victimization probabilities and parents’ meeting their child’s friends was associated with decreasing probabilities” (Shetgiri et.al, 2013). Literature also proved that many factors are affecting anger among the adolescent and these needs to be taken care off through intervening different effective programs. A study conducted by Lehnert in the year 1994 shows that there are two types of anger persist among the adolescent i.e., internalized and externalized anger. It revealed that poor impulse control and externals anger is closely related to experience anger whereas “among the adolescent suicide attempters, depression and hopelessness were related to internalized but not externalized anger” (Lehnert *et.al.*, 1994). In addition to this, Cardiovascular risk (Siegel, 1984), videotaped segment of angry interactions (Cummings *et.al.*, 1991), protective factors (Wagner *et.al.*, 2006), “recidivists (Hanson and Harris 2000), within-person increases in cortisol (Adam 2006), “post-traumatic stress disorder” (Saigh *et.al.*, 2006, Tuomisto *et.al.*, 2018), harming themselves (Gindhu and Reichl, 2005), childhood maltreatment (Plate *et al.*, 2019), high or low Blood pressure (Johnson *et.al.*, 1987), disordered, restrained and emotional eating (Norwood *et.al.*, 2011) intimate partner violence (Birkley and Christopher 2016) “an emphasis on competition and differential treatment by ability in middle school” (Roeser and Eccles 2010) are some of the reasons which are responsible to increase anger among adolescents.

### **Effective parenting and adolescents**

WHO reported that although adolescent mortality is low as compared to other age groups, in 2012, around 1.3 million adolescents died in the same year. The study report shows that mortality is highest in the African region where it has increased from 34 percent to 43 percent in the age group of 10-19 years (WHO, 2019). The major causes of these deaths are road injury, suicide, lower respiratory infections, and interpersonal violence. Many studies reported that substance use and abuse along with non-responsive sexual activity have a profound impact on an early adult.

We live in society and are interdependent socially, psychologically, and economically. These three dimensions nurture the child in either positively or negatively and are regulated by parenting style and play a crucial role in children’s emotions. The classic view of parenting says the process of adolescent individuation required a loosening of family ties and infantile object attachments. In other words, the adolescent who remains attached to the protective parents suffer identity contrast. Humans have some positive and also some negative emotions, in their childhood and precipitated as per the situations. In this scenario, it is the parents’ responsibility to guide them with proper knowledge about all human emotions. However, this is varied from culture to culture and also from person to person. A study conducted in China reveals that mothers harsh parenting affects children’s emotion more as compared to father, however, the reverse of this results into child aggression Second the study also shows that ac compared to fathers, mothers no gender difference was seen among the children (Chang *et al.*, 2003). Hence, it is also necessary that parents must ensure their positive involvement in their children’s lives, to make them skilled to manage the adolescent problems on approaching adolescent age. At the current time, most of the individuals want to live in the nuclear family i.e., sometimes it may be a compulsion for parents to live in the nuclear family because of their jobs or their try and efforts to give their children a good and healthy environment for their bright future. These attempts result into the emergence of different problems such as loneliness, overburdened, helpless, tensed, depressed, aggressive, failure to give sufficient time to the child and at the end they feel anger stressed, and due to these problems they can become rude with their children which can affect their emotions. Sometimes, parents become punitive towards their children. This statement is strongly supported by a study result in which researchers explained that those mothers who are struggled with depression found in using more rough, negative, and punitive practices towards their children (Hans *et.al.*, 1999, Miller *et al.*, 1999). Due to this unnecessary punishment, these children can become angry people after entering their adolescence period.

According to Diane Baumrind (1960), parenting is categorized into four types i.e., authoritarian or disciplinarian (strict parenting), permissive or indulgent (parents have limited or no rules for children), uninvolved (these parents give full freedom to their children), and authoritative (reasonable and nurturing). “The most effective parenting style

is authoritative parenting” as in this parenting style, parents have acceptance as well as control over their children (Smith *et.al.*, 1995). It is also seen in the study that “Having two authoritative parents is associated with the most positive outcomes for adolescents” (Simons and Conger 2007). Another study shows that the authoritative parenting style indicated a low level of delinquency (Hoeve *et.al.*, 2011). Steinberg in 2003 finds that those adolescents get various benefits, who have authoritative parents i.e., these parents are firm, warm and they also accept their child’s needs regarding their psychological autonomy (Steinberg 2003). In anger among adolescent focused study revealed that emotional socialization starts in the early infancy period concerning to parent-infant caretaking (Debaryshe and Fryxell, 1998). This is supported by another study among African American Preschool children where the relationship of parenting styles with behavior problems of their children is examined. This study concluded that “the authoritative parenting style was most predictive of fewer child behavior problems” (Jane et al., 2010). A similar kind of study among Spanish adolescents concluded that “both the indulgent and authoritative parenting styles were associated with better outcomes than authoritarian and neglectful parenting” (Gracia and Gracia, 2009).

### **Role of parents to alleviate anger among adolescents:**

Parents perform a very great part in the overall development of children, as well as to alleviate anger among adolescents. According to the UNICEF report (2011), the adolescence period is an opportunity to create success. Hence, it is a very important time for parents to build on adolescents’ development in the first decennium of their life, by helping them to direct the risks of their life. It is considered as a pivotal time for parents to set them on the way to achieve their capacity (United Nations Children’s Fund, 2011). A research study in 2017 highlighted that parents have an important role to alleviate anger among adolescents through proper child-rearing methods. The authors concluded that those students whose parents were dominating, strict, inconsistent, and authoritarian, they were found aggressive and had revenge-based reactions. Whereas students who had democratic parents, they were found calm and less aggressive (Adana *et.al.*, 2017). Not only this, but much of the literature also shows that as compared to fathers, mothers contribute positively to managing anger in different situations. However, to generalize this more research should be done in the coming years.

Child-rearing can be a difficult task for parents because of various engagements across the world. In this perspective, it is significant for guardians to know about the different social systems that sway how teenagers are seen and not to be limited by them. For instance, ongoing child-rearing styles that mean to shield young people from the typical worries of life can have a negative impact and affect their capacity to form into flexible grown-ups. Child-rearing difficulties incorporate finding the correct harmony between advancing opportunity and offering help (Kutcher *et.al.*, 2019). Literature shows that only parents cannot be able to alleviate anger among the adolescent, but they also require support from society and teachers to manage the anger by organizing anger management programs (Nasir & Abd, 2014). Second, it has also been seen that adolescence, who do not get parental love and affection i.e., are less warm, punitive, more controlling, and rejecting, are very prone to anger (Muris *et al.*, 2004). Therefore, parents should not be careless, rejecting, more controlling, and punitive towards adolescents because these can be the reasons for adolescent’s anger. Third, literature also shows that spiritual nurturing helps the parents to alleviate anger among adolescents because it gives a strong motivation and peace. A study done by Gabriel and Nelson explained that children who are suffering from anger issues must be dealt with spirituality. Parents and teachers should provide the adolescent with the required tools for developing and experiencing their faith in a proper way (Gabriel and Nelson, 2014). Hence, it can be finding out that proper parenting in a positive sense, sharing of spirituality will facilitate to manage the anger among the adolescent.

### **Discussion and Conclusion:-**

Anger, a basic emotion is mandatory to show for fulfilling the goal in a particular situation. In our country, it is estimated that around 64 percent of the population will be comprised of adolescents and youth. Anger is contributing negatively to our adolescent. For example, if a child does not complete his/her homework then the teacher shows a limited amount of anger to the child just to ensure completeness of homework next time. Similar is the case with the parents too who try to develop safety, good cultural practices, the importance of rules in life, etc. According to G. Stanley Hall “adolescence is a period of stress and storm”. It includes so many physical and hormonal changes. Adolescents feel various burdens on their heads, these are- peer pressure, parental pressure, educational pressure, carrier pressure, and so on. These factors many times leads to frustration and anger. At this crucial moment, this is the parent’s responsibility to help their adolescents to overcome their anger, the negative side of life. If the anger of adolescents is controlled or managed at this time, then they can easily live their life. As literature reveals that authoritative parenting should be adopted so that acceptance, as well as control of the children, can bring a

significant impact. But contrary to this, modern lifestyle, highly competitive environment, and high level of expectation, the materialistic world encompasses the peer group within itself and continuously increasing negative anger, mortality, and neurological diseases. In the time of COVID-19, the adolescent is also facing the same situation as due to lockdown they are not been able to engage in productive work. Parents can also take the help of some counseling programs to help their adolescent children to reduce their anger and stress. The authors' views are also supported by one of the studies which focus that counseling program should be provided to increase adolescents self-esteem at institutional as well as at home which will help to decrease symptoms related to their stress and depression. Authors explained that parents have to understand their children's expectations and demand, they should be very alert about selecting their peer groups also and should develop and sustain a strong and healthy emotional connection with their children (Dey *et al.*, 2014).

### **Suggestions:-**

Managing adolescents is a very challenging task as many of them do suicide due to a lack of understanding and coping strategies. At the school level, recently the government has kept a provision of counseling on skill development. But it is not sufficient as private institutions are now business-oriented and they throw the adolescent into a complex life scenario by developing a competitive environment. Parents are also influenced by this pedagogy and remain silent in peer pressure. Hence, based on the pros and cons of the reviewed literature it is suggested that parents should be provided with anger management techniques so that they can help their children to reduce their anger. Kumar (2017) in his article revealed that identification of anger and management of anger is the most notable and important psychological as well as emotional function, in this, it needs to be highly thoughtful in the case of adolescents to restrain destruction or downfall produced by them and society (Kumar, 2017). There should be some training programs run for those parents who are facing many problems related to their child-rearing practices. It will help them to set their children's emotional stability. There is a study has been done which supports this statement, this study explored that how a Group-based parent training programs improve adjustment related to emotional and behavior in young children further it revealed that this kind of training program gives tentative support to improve every kind of behavioral and emotional adjustment of children (Barlow *et al.* 2016). It is very necessary to be aware of gender and age differences during adolescence as well as anger and aggression problem during this stage. To understand these things, intervention programs should be started early in life so that they can help to reduce aggression among adolescents (Kumari *et al.*, 2017). However, in the lack of time and to develop policy especially for the adolescent government must conduct more research and conduct regular classes on health issues at school and college level with demonstration of good practices. It may help the world to reduce the adolescent mortality due to anger. Last but the least the school development committee formed at grassroot level in different country must be analysed properly to engage them more effectively in managing the anger.

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