



The Significance of Emotional Intelligence as Essential Approach of Anger Management

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Abstract:

Anger is a natural and inevitable vital emotion with behavioural manifestation. It is a healthy manifestation when it is proportionally and constructively used. However, it becomes dysfunctional when it is used against human best interest and unable to control. The study interrogates the management of anger with the instrument of emotional intelligence. It adopted theory of mind as its theoretical framework. The work is historical in nature which makes the study to employed qualitative method of data collection and analysis. The work found physiological factor, sociocultural factor, reaction to self-failure, low frustration tolerance, stress/anxiety, and cruel administration among others as primary causes of anger. Effects such as physical health challenges, psychological health challenge, relationship breakdown, hurts career and low self-esteem were also highlighted by the study as products of anger. The findings showed a list of anger management strategies amongst calming, expressing, cognitive restructuring, resolution of misunderstandings, time-outs and use humour. The study concluded by recommending constructive expression of anger, employment of emotional intelligence, sociologist intervention and good governance. Service of trained counsellor and therapist to manage the patients of anger is also key.

Keywords: anger; anger management; emotion; emotional intelligence; theory of mind

Introduction

Emotional Intelligence (EI) also referred to Emotional Quotient (EQ) is a necessary component in day to day relationship. It is a compulsory ingredient in the school of anger management, which a potential successful man must enroll into. Emotional Intelligence was first advanced by researcher Peter Salavoy and John Meyer and was popularized by Daniel Goleman in his book (Emotional Intelligence) (Goleman, 1995). It has been adjudged to be a certified instrument of managing anger.

Anger is a natural, universal and inevitable feeling that every person experiences at some point in life (Zohuri and Dalili, 2023). Anger can be healthy when it is controlled, appropriate, and directed toward a pressing need. It is powerful tool of human survival and adaptation, overcoming worries and building confidence to counter precarious occurrence or threat of life. It is also functional and in the service of valid goals. Kabir (2017) sees channelized or sublimated anger as a type of healthy anger which help to do the right thing naturally.

Anger becomes dysfunctional when it starts working against human best interest and higher values. It can cause significant difficulties when it persist

due to its sturdy unbearable and awkward reaction to apparent provocation, hurt or threat of life (Videbeck, 2006). It is a concentrated sensation in reaction to frustration, upset, dissatisfaction, or intimidation. It is an intense and complex emotion that have the ability of wreaking havoc on relationships and life when left not properly managed.

Anger has a substantial impact on society today, but it can be expressed in different ways as well as managed in different ways. It's crucial to comprehend how to manage and use anger in a constructive way for personal matured growth, keep up positive relationships, and feel emotionally well. Hence, understanding anger, its sources, and strategies for controlling it are all part of anger management (Kabir, 2017).

Objective of the Study:

The objective of the study is to critically examine the strategies of anger management through the instrumental of emotional intelligence.

Conceptualise Emotional Intelligence and Anger:

Emotional intelligence is the ability to keep an eye on personal and other people private emotions, identify and classify various emotions, and use emotional indications to apprise decisions and actions (Kumari, 2022). It denotes people's ability to identify their own emotions as well as those of others, differentiate between various emotions and assign appropriate tags to them, use emotional knowledge to inform behaviour and thought processes, and modify emotions to fit situations or accomplish goals. While emotional stability allows one to be adaptable and innovative when faced with challenges, emotional intelligence aids in emotion regulation and scenario understanding.

A person with a high EQ can identify and comprehend emotions, and they can utilize this knowledge to inform their decisions and behaviours. Additionally, it supports both intellectual and emotional development by helping people track and harness emotions. According to Goleman (1998), those with high EI perform better at work, have better mental health, and are more capable leaders despite the fact that no causal links have been established. This result is probably more related to particular personality qualities and general intelligence than to emotional intelligence as a concept. On the other hand, people who possess strong emotional intelligence are seen more favourably by others. Relatively than being natural gifts, emotional capacities are learned skills that may be perfected and advanced to produce extraordinary results. According to Goleman (1998), a person's ability to attain emotional competences is shaped by their inherent general emotional intelligence. Research indicates that possessing emotional intelligence as a talent can improve an individual's overall well-being. Put another way, people who are aware of their feelings and those of others have the advantage of improving relationships. It also enables individuals to recognize the various viewpoints on a particular circumstance and respect the emotions of others over the incident.

Personal competence, which is characterized as "an individual's

ability to stay aware of his/her emotions and manage individual behaviour," is one of the fundamental competencies of emotional intelligence (Kumari, 2022). The biological underpinnings of emotional intelligence place a strong emphasis on the power of emotions and the cognitive ability to evaluate them, especially when they are inappropriate. It is crucial to strike a balance between intelligence and emotions. The core skill in the self-management category is emotional regulation. This capacity follows from the ability to recognize one's feelings and the causes behind them, which are competencies in the domain of self-perception.

Anger is a common, largely healthy human emotion, but when it gets out of control and becomes harmful, it can cause major issues. An unpredictable and strong emotion sets in and an unnerving visitor takes over when anger takes over a person's life. According to Zohuri and Dalili (2023), anger is an emotional state that ranges in intensity from moderate irritation to extreme hatred and fury. Anger is a multifaceted and mystifying emotion that can be felt in reaction to certain stresses. Aggression is an activity that is meant to damage other people, although this feeling and emotion are very different. Changes in biology and physiology accompany it.

The degree of anger can be measured with psychological checks. It is true that some people have hotter tempers than others. There are also those who are often cranky and angry but don't express their emotions physically. Individuals that get angry easily typically don't tolerate frustration well. They are unable to accept the circumstance and become more enraged if it appears to be unfair in any way. Events both internal and external might trigger anger (Yadav, Yadav and Sapkota, 2017). Anger can be directed towards a particular person or thing, but it can also stem from concerns about internal issues.

Being conscious of and able to identify the physical manifestations of anger aids in controlling emotions before they go out of control. Signs can be behavioural, emotional, or physical (Kabir, 2017). Physical symptoms include a sharp rise in respiratory rate, trouble breathing, unconsciously tensing muscles, particularly in the face and neck, sweating, a headache, and a hot or chilly sensation in the same areas of the body. Other symptoms include a stomach-ache, trembling in the hands, a pale or crimson face with prominent veins, and goosebumps and reflexive erection of skin hairs. Sadness, rage, guilt, animosity, and the urge to swoon someone are examples of emotional symptoms. Requiring solitude is another indication of emotion. Behavioural symptoms include clenching one's fist, banging one's fist on a wall, table, or surface, pacing, raising one's voice, and any act of violence or passive-aggression. Needing to isolate oneself and numbness are also included.

It is normal to react violently and vocally when one is angry. Anger is an adaptive and natural reaction to danger. It gives rise to strong, repeatedly violent emotions and actions that enable one to defend and fight back when attacked. Thus, a certain level of anger is essential to human survival. However, there are boundaries to how far anger can go due to legal requirements, societal expectations, and common sense.

Theoretical Framework:

The theoretical framework used for the study is the theory of mind. The question of whether chimpanzees have a notion of mind was originally raised in the psychological literature by Premack and Woodruff (1978). Since then, several concepts have been established within the social cognition literature to define theory of mind, including metarepresentation, reflexive awareness, taking the intentional position, and mentalizing (Harrington, Seigert and McClure, 2005).

The ability to attribute mental states to individuals in various contexts is known as "theory of mind" or "mentalizing," according to the research on social cognition (Harrington, Seigert and McClure, 2005). The theory of mind focuses on helping patients better understand other people's mental states and better manage their dysregulated anger by placing narcissistic insults in a larger context. According to the view of the theory, anger is basically a type of protest against separation (Sullivan and Lewis, 2003).

It's possible that patients' implicit use of an original theory of mind to understand both themselves and others manifests as symptoms of anger management issues. The theory's ability to guide people's interactions with others through which social interactions are understood and influence people's actions is essential. The capacity to acknowledge that others have their own unique viewpoints and minds will enable the growth of more cooperative partnerships.

The relevant of the theory to the study is that the theory makes us to comprehend how the triggering of anger can harmfully influence the developmental level of theory of mind. The theory also exposes the inverse relationship between the developmental level of theory of mind and the intensity of anger, as one goes up the other goes down. In agreement with Lawrence Josephs and McLeod (2014) stand, a refined theory of mind will absolutely assist anger patients to manage their anger.

Understanding that anger is a fleeting emotion that can be harmful if not managed constructively requires the capability to put one's own emotional states in perspective. To be able to control anger and promote a more cooperative conversation, one must be able to view the current angry moment within the larger framework of how previous angry interactions did not turn out well. Ray, Wilhelm and Gross (2008) claimed that readjustment that facilitates reconciliation deactivates anger.

Methodology:

The study employed qualitative method of data analysis which is historical in nature, hence descriptive and analytical. A chronological and thematic presentation and analysis of the work in line with the historical method was adopted. The paper relying primarily on secondary materials as its sources. The source includes, but not limited to existing literature on the topic such as textbooks, journals, magazines, conference papers and the internet materials. Others are newspapers, publication of renowned scholars of the subject matter among other related documents.

The reality of the topic under review affects social relations in the current economic meltdown cum frustration. The theme also affects different stages of life and this has been comprehensively

examined. This is a reflection of the complex nature of emotional issues of life. This study therefore drew insights from the approaches of emotional management.

Models of Emotional Intelligence:

Being able to control one's emotions helps one cope with stress, suppress bad emotions and disruptive urges, and constructively use both positive and negative emotions. According to Kumari (2022), the primary models of emotional intelligence are as follows:

1. **Specific Ability Models:** It discusses the ways in which feeling supports reasoning and comprehension. For instance, emotions and thought processes may combine to improve decision-making. Someone who is more emotionally sensitive to significant issues will focus more of their attention on the more significant aspects of a person's life. Another part of the emotional facilitation element is knowing when, given the situation and context, to include or remove emotions from one's thoughts. This has to do with using emotional intelligence to reason and comprehend how one should react to the people and situations they come across in their daily lives.
2. **Ability Model:** It is the ability to recognize, access, and integrate emotion in order to support cognitive processes. In order to support emotional, intellectual, and personal growth, it also entails knowing about emotions and having the capacity to control them. But as more study was carried out, the idea of emotional intelligence changed to include "the ability to reason about emotions and of emotions to enhance thinking." It includes the abilities required to accurately identify emotions, access and generate emotions to support cognitive function, understand emotions and emotional knowledge, and reflectively regulate emotions to promote the growth of both the mind and the body.
3. **Perceiving Model Emotions:** This is the ability to recognize and interpret emotions in voices, faces, images, and cultural artifacts. It is also the capacity to recognize one's own feelings. Since it enables all further processing of emotional information, the ability to perceive emotions is a fundamental component of emotional intelligence.
4. **Using Emotions:** It is the ability to employ emotions to assist a variety of cognitive functions, such as reasoning and problem-solving. A person with emotional intelligence understands how to fully utilize their mood fluctuations to fit the tasks at hand.
5. **Comprehending feelings:** This is being able to articulate the language of emotions and seeing intricate relationships between sentiments. Understanding emotions, for example, includes being able to recognize and describe how feelings evolve over time as well as being perceptive to subtle changes between sentiments.
6. **Managing Emotions:** This is the ability to manage our own emotions as well as those of others. Due to this, the emotionally intelligent person can regulate their emotions, even negative ones, and channel them toward achieving their positive goals.

Also, there are five components of emotional intelligence in

addressing emotion and anger. Critical observant of these component will help in reducing the rate of expressing anger in a violence manner. According to Goleman (1995), the components are highlighted below:

- 1) **Self-Awareness:** Self-awareness is the ability to recognize and understand one's own emotions, desires, and how they impact other people. The necessity to assess what stresses one out and take proactive measures to manage it in one's life. This component's defining characteristics are its realistic self-evaluation, self-deprecating sense of humour, and self-confidence.
- 2) **Self-Regulation:** It is the capacity to restrain or refocus emotions and impulses. It is also the tendency to put judgment aside and deliberate before taking action. Carefully considering the problem from several angles while maintaining objectivity. Its characteristics are openness to change, comfort with ambiguity, and integrity and trustworthiness.
- 3) **Motivation:** Is the drive to take action for purposes other than status or partiality. A tendency to pursue objectives with vigour and determination. The characteristics include a strong will to succeed, optimism despite setbacks, and a strong sense of personal devotion.
- 4) **Empathy:** Empathy is the ability to understand others' emotional states and treat others according to their emotional reactions. Putting oneself in other people's shoes to understand that everyone faces different problems.
- 5) **Social Skill:** This is the ability to effectively manage connections and create networks. It's also the capacity to establish rapport and discover points of agreement. The ability to build and lead others, persuasion, and effectiveness in driving change are the defining characteristics.

Myths and Facts About Anger:

Myth is an imagination, perception, story and belief about certain thing which is not verifiable but originally accepted as a fact, while fact on the other hand is a belief or an occurrence that is known or proved to be true. Graham (2008) and Reilly and Shopshire (2019) enumerated five myths about anger:

- (1) **Anger is a Bad Emotion:** Emotion is instinctual reaction that needs no conscious decision to come, hence there is neither good nor bad emotion. However, some anger reactions are appropriate when express positively.
- (2) **Anger Needs to Be 'Unleashed' for It to Go Away:** One way to get rid of anger is to express it, however aggressive verbal or physical expression of anger may not relieve the victim. In actuality, outbursts just serve to exacerbate the issue of anger. Anger must be released through processing one's own experiences, witnessing tangible improvement, and genuinely forgiving others.
- (3) **Ignoring Anger Will Make It Go Away:** Anger does not go away when ignored. It can transform into physical symptom, and give birth to transferred of aggression and built up for future blown up. The best antidote is to express in it in a controlled and healthy manner.

- (4) **Anger Cannot Be Controlled:** It is true that one cannot always control the situation one is, but one can control how anger is express. No human being should a slave to his/her emotion. Consciousness of anger and attentive effort to live above it will help gain control of reactions.
- (5) **Anger and Aggression Earn Respect and Make Man Hero:** This is not correct, keeping calm does make anybody be taken for granted. One don't need to get angry to instill discipline. True power does not come from bullying others, though people may be afraid, but the bullying won't earn respect. Dealing with rule breakers in a calm coupled with non-emotional manner is the best method to impart discipline. More strength is communicated by composure and reason than by anger, contrary to popular belief.

Cycle of Anger:

Anger usually follows a predictable pattern of circle. Having knowledge of the pattern can help deal with anger reactions. The pattern is a cycle because it can start all over again after one circle is completed. There are five phases of anger cycle according to Lenore Walker (1979) cited in Reilly et al (2008) and Reilly and Shopshire (2019), which are discussed below:

- 01) **The Trigger Phase:** The phase known as the trigger occurs when the body perceives a threat and is ready to react. A person's normal state gradually transforms into a stressed state. Each person experiences this differently, and it can be influenced by their surroundings and mental processes.
- 02) **The Escalation Phase:** This is when the body gets ready for a crisis, an angry reaction gradually manifests. Usually, there is physical preparation. Symptoms such as elevated blood pressure, fast breathing, and fast heartbeat are indicative of this. As the body gets ready to fight, there's less opportunity to relax.
- 03) **The Crisis Phase:** This stage is characterized by the height of anger. The body is ready to respond to the trigger, ready to go into combat mode. This is the point where the instinctive anger takes over, therefore logic and rationality may be limited. In severe situations, the victim might pose a major risk to others or to him/herself.
- 04) **The Recovery Phase:** The phase of recovery occurs when the anger has either been negatively expressed or managed. The person gradually returns to his/her regular state. Thinking and self-awareness come back. It returns to normalcy by applying right intervention and re-ignite the anger (new trigger) if wrong approach applied.
- 05) **The Depression Phase:** This is the return to person's normal state. The breathing and heart rate return. The person full senses return and the new awareness helps the person to access the occurrence. Consequently, it may be marked by embarrassment, guilt, regret, and or depression. After the normalcy, a new cause can start the whole cycle all over again.

Causes of Anger:

Anger is an inward reaction to events depending on how one interprets and perceives them. The following are some things that

can make someone angry:

1. **Genetic or Physiological:** There is proof that children inherit traits from their parents (father, mother, grandfather, grandmother, great grandfather, and great grandmother, among others). People that get angry easily usually originate from chaotic, disrupted homes where emotional communication skills are lacking (Adedeji, 2023). Certain children exhibit evidence of irritability, touchiness, and easy anger from birth, and these traits can be seen from a very young age.
2. **Sociocultural Factor:** Anger is frequently seen as a bad thing; it is acceptable to express sadness, anxiety, or other feelings, but not aggressively express anger. There are some cultural background that give credence to anger and violence, research shows that those from such cultural background see anger as a normal thing to be displayed when the need arise ((Matsumoto, Yoo and Chung, 2010).
3. **Reaction to Self-failure:** It is evident that a lot people either adult or adolescent get angry against themselves for lack of self-fulfilling in career and other area of life (Daniels, 2001 cited in Adedeji, 2021). There is tendency that anger can result to self-injury if not expressed positively or calmed down. There are cases of suicide across the globe as a result of debt, failure in business, failure in academic, shame of the past involvement, cover up tendency, etc.
4. **Minimal Level of Distress Tolerance:** Everyone has a limited capacity for frustration at some point. Anxiety brought on by stress often makes people less tolerant of annoyance, which leads to perceive everyday objects as dangers to safety (Singh and Kaur, 2015). Emotionally motivated reasoning causes people to frequently see everyday occurrences and other people's comments as direct threats to their demands and objectives.
5. **Stress/Anxiety:** We encounter stress and anxiety in our daily lives. As stress levels increase, tolerance for frustration decreases, hence the result is anger (Seltzer and Kalmuss, 1988). The stress we experience at work and school often carries over into our homes which then affect our families, and vice versa. This is called transferred of aggression. Unconducive environment such as noisy area, bad road, dirty environment and such usually lead to stress and result to people getting angry.
6. **Drug Abuse:** The survival instinct takes precedence. Investigating survival tactics frequently pushes people especially young people to drugs abuse. Drugs can lead to misinterpretations of events and information, which can make a person disturbed and irritated (Adedeji, 2024). Additionally, it may bring back memories and feelings that have been repressed, which may cause discomfort and frequently very strong anger. When under the influence of drugs, a person acts without considering the repercussions.
7. **Cruel Administration/Government:** According to Kasali (2009), a cruel government has a higher probability of popularizing anger-based cultural values, which in turn lead to violence and aggression among its citizens. There is a response to every action. People have a tendency to become enraged with a regime and respond to violent

actions by the government forces with even more violent aggression if the regime puts its citizens or those who disagree with its policies to constant animalism.

Effects (Consequences) of Anger:

The consequences of uncontrolled anger are numerous; few of them are highlighted and discussed below:

- 1) **Physical Health Issues:** An individual's heart rate is typically 80 beats per minute. But heart rates might increase to 180 beats per minute when angry. The impact of anger on blood pressure is identical. Anger can result in a spike in blood pressure from 120 over 80 to 220 over 130 or greater, which increases the risk of a heart attack or stroke (Yadav, Yadav and Sapkota, 2017). Moreover, it can result in specific ailments like the cold and flu, heart disease, diabetes, cancer, high cholesterol levels, reduced immune systems, sleeplessness, and gastrointestinal issues (Potegal and Stemmler, 2010).
- 2) **Psychological Challenge:** Uncontrolled anger led the victim to become angrier due to feeling of the body. It consumes enormous quantity of mental energy and affects the thinking of the victim, making it harder to concentrate or see the positive picture of life. It as well lead to stress, depression, and other mental health complications (Kabir, 2017). Further, the stress has the ability to provoke stomach causing it to produce too much acid which makes the victims for gastric ulcers and acid reflux.
- 3) **Relationship Breakdown:** Anger and hostility are common ways for people to distance themselves from friends and relatives. Their severe demeanour has a detrimental impact on their interactions with others and their family. When people express their anger and dissatisfaction verbally or physically, it usually makes matters worse, especially for those who are directly targeted (Fiero, 2005). It causes lasting scars in the people around the victim. It makes it harder for people to comfortably speak truth due to explosive anger known the victim.
- 4) **Hurts Career:** Uncontrolled anger hurts career. The harsh behaviour negatively affects patients' jobs. Though constructive criticism, creative differences, and heated debate can be healthy, but dangerous when alienates and erodes the respect of colleagues, supervisors, or clients (Kabir, 2017). Sadly, a bad reputation as a result of uncontrolled anger can make it difficult for the victim to move ahead in life.
- 5) **Low Self-Esteem:** Uncontrolled anger can lead to low self-worth among colleagues or family (Kabir, Amanullah and Karim, 2008). The victim would have been tagged with the negative identity of anger and hence not accord with respect. Frustration grabs hold when given up control of mind to anger. The victim therefore sees him/herself as worthless person in the society which can lead to self-injury or suicide.

Anger Management Strategies:

Anger Management is learning how to manage the frequency and duration of anger. The management of anger plays a vital role in our relationship with other and in conflict resolution process. Its goal is to reduce both emotional feelings and the physiological arousal that anger causes. Conscious and unconscious approach can be used to deal with feelings of anger. The main approaches of anger management are highlighted below:

- (1) **Calming:** Anger can be calmed down inside. This means controlling of both outward behaviour and internal responses. It can be done by lessening the intensity and frequency of bursts of rage (Summermatter and Erden, 2016). This is done by taking steps to lower heart rate, calm down, and let the feelings subside.
- (2) **Expressing:** The healthiest way to express anger is an assertive not aggressive manner. Anger is a normal, healthy emotion when expressed appropriately. In order to control anger, we must learn how to express it appropriately. Violence expression of anger is dangerous due to attached consequences. (Lowth, 2018). Victims need to learn how to make clear his/her needs, and how to get them met, without hurting others (Singh and Kaur, 2015). Being assertive does not include being harsh or demanding; rather, it involves treating others and oneself with respect. In order to avoid expressing anger through violence, it is necessary to keep a record of the things that cause irritation and steer clear of them.
- (3) **Cognitive Restructuring:** Cognitive restructuring is the process of altering one's thought. Anger is not a solution and could even exacerbate the situation. Those who are angry must recognize their neediness and learn to convert their expectations into desires (Bulut and Yüksel, 2023). The patients can also control and divert their anger by putting it out of their minds and concentrating on something constructive (Singh and Kaur, 2015). Total repression of anger poses a risk, though, as it might turn inward. An internalized anger might result in depression, high blood pressure, or hypertension.
- (4) **Rest and Relax:** It entails getting out of the setting and circumstance that is upsetting you. While walking or sitting in a peaceful place can help relax, rest can also help see things clearly (Reilly, et al., 2008). Relaxation techniques include slowly repeating a calming word or phrase, visualizing a peaceful scene, doing yoga, taking a bath, reading a book, watching a movie, and listening to music.
- (5) **Improved Communication:** In tense situations, the first thing to do is to take a moment to compose yourself. It's also beneficial to pay close attention to what the other person is saying and take your time before responding. Effective listening enhances communication and helps people feel more trustworthy of one another (Bulut and Yüksel, 2023). Remaining composed can prevent the situation from getting out of control.
- (6) **Resolve Existing Misunderstandings:** Unresolved misunderstandings inevitably lead to perplexity, a sense of challenge, tension, and eventually rage. Insomnia, tension, infections, strained relationships, anger, and violence can also result from it. It is essential to look for potential solutions (Lowth, 2018). Having a third party to assist in

resolving the disagreement is beneficial. A third party will act as a channel to help the opposing sides comprehend one another's points of view.

- (7) **Time-outs:** According to Reilly et al. (2008), time-outs can be utilized formally or informally. Informally, it could imply inhaling deeply and pausing to reflect rather than rushing into an angry situation. It might also entail ending the conversation or removing oneself from the provocation-causing circumstance. The official usage of a time-out can entail having a predetermined plan or agreement that allows any of the parties to call a time-out when it's agreed upon in advance and a third party can successfully resolve the conflict. A timeout is useful in the heat of the moment, and also effective when used with other strategies such as go for a walk, discuss with a trusted friend or family member or write in your journal (Reilly, et al, 2008). All these help calming down during time-out period.
- (8) **Employ Humour:** Humour can always be counted on to assist untangle a tense situation and can be used to gain a more balanced perspective (Lowth, 2018). The victim is encouraged to visualize themselves as a god or goddess, a powerful leader who walks by themselves, gets their way in every circumstance, and commands people to submit to them when they are feeling furious. The patient has a greater possibility of realizing that he/she may be unjustified in his/her anger and that the things he/she is furious over are actually not that essential the more detail he/she can put into he/she imagined scenes (Lowth, 2018). When employing humour, there are two things to be aware of:
 - ❖ Firstly, use humor to address difficulties in a more productive way rather than merely trying to "laugh off" them.
 - ❖ Secondly, resist the need to express anger through harsh or sarcastic humor, as it is an unhealthy way to express anger. One won't be able to take him/herself too seriously with these tactics.
- (9) **Consult a Counsellor:** It is important people understand the reason behind his/her getting angry. If the anger continues unabated and is negatively affecting the victim's relationships and an important part of his/her life, there is need to consult a professional (counsellor) to learn how to handle it better (Lowth, 2018). Discuss the issue with a trusted person. You can get assistance from a devoted friend, an expert, your physician, or a psychologist.

Conclusion:

Expressing anger and anxieties in a safe and positive manner is fundamental. The study established that anger is not a negative phenomenon until it is expressed in an aggressive manner. The work also found that emotional intelligence is a certified mechanism that can help in managing anger constructively, and hence recommended for a potential successful man. In line with the study, negative expression of anger can be aborted as shown in the circle of anger, which is the focus of the theory of mind. The study through the theory of mind showed that stimulation of anger can

have negative effect on the developmental level of theory of mind. Violent expression of anger is always with some antecedent effects as also established by the study. Further, the paper noted as established by the theory of mind that the relationship between the developmental level of theory of mind and the intensity of anger is converse, that is one negate other. In essence, appropriate practice of tenet of theory of mind will reduce the intensity of anger. Engaging in relaxing activities can help patients better control their anger. The patient will feel happier and more fulfilled if they can resolve conflicts with others.

Recommendations

In line with the findings of the study, the following recommendations are made:

- 01) It is important to understand proper ways to vent anger. Repressing or expressing anger excessively can have detrimental effects on social and physical well-being. Therefore, capacity to manage anger can have a significant impact on relationships, careers, and most importantly, patient health.
- 02) Anger has been proved to be genetically and culturally influenced. Emotional intelligence will serve as a guide to appropriately aware of level of emotion and thereby manage anger positively. Self-awareness as one of the components of emotional intelligence will aid patients most especially children that anger signs are present from a very early age to get over it.
- 03) In order to lower the rate of anger expressed negatively, sociologists should also assist in documenting the social patterns of anger as well as the factors that affect anger's activation, course, expression, and management. In view of this, anger management programs can be occasionally organized to help manage anger.
- 04) Good governance will reduce frustration. The government should also be civil in reacting to action of the citizens. Any country under a cruel leader will witness violence and aggression. The only antidote to anti-people policy is good governance.
- 05) Government in collaboration with corporate body should establish centres across the nation and make available trained counsellors and therapists to cater for the victim of anger. These centres will be responsible for counselling of the patients of anger. The professional or trained counsellor can also intervene when necessary.

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