

PSYCHOLOGICAL CHARACTERISTICS OF ANGER OBSERVED IN TEENAGERS

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ABSTRACT	KEYWORDS
Anger is a normal, common human emotion. It cannot be evaluated as good or bad. Anger tells a person that a situation is hurtful, unfair, or threatening. While it is perfectly normal to feel angry when people are mistreated or insulted, anger becomes a problem when it is expressed in ways that hurt ourselves or others. You might think it’s normal for us to vent our anger. But the truth is that anger can affect the way people treat us. This can have a negative impact on the way of life of teenagers who have started to join the ranks of adults, and can hinder the way to success.	Anger, psychological trait, teenager, amygdala, prefrontal cortex , personality, aggression, anger management.

Introduction

Many people have been suffering from anger lately. Especially teenagers who have not developed emotional control. Due to this, the rate of suicide among teenagers has increased. Here are some ways to deal with anger in teenagers.

Adolescents differ from adults in their ability to read and understand emotions on people’s faces. Adults use the brain’s prefrontal cortex, or “thinking part”, to read emotional cues, but teenagers rely on a section called the amygdala, or “feeling center”. The amygdala¹ processes emotional responses such as fight or flight, causing atypical reactions and aggressive displays of anger in youth.

Anger issues may begin in early childhood and become more frequent as the child grows older. 1 in 5 teens complain that they can’t control their anger, making it one of the most common mental disorders among teens.

Anger management problems can cause teens to:

- Inability to make the right decisions;
- Being argumentative;

¹ mass of gray matter in each cerebral hemisphere involved in the experience of emotion

- Increased feelings of depression or hostility;
- Carrying out acts of violence;
- Addiction to drugs and alcohol.

Inability to control anger is 3 times more common in boys than in girls. Boys also express their anger through violent, dangerous and destructive behavior.

Anger is generated in the amygdala. When large amounts of information are sent to the brain, the Amygdala produces hormones that create strong feelings, such as physical and emotional signals. When the prefrontal cortex is fully developed, it usually overrides the amygdala and controls the release of hormones that prevent anger. The problem is that the prefrontal cortex doesn't fully develop for many individuals until their mid-20s. Until then, the Amygdala has the power to respond to hormonal fluctuations. As a result of an incompletely developed prefrontal cortex, the amygdala often causes a teenager to lose control of his actions and become violent.

Teenage tantrums can last for a short time or for a long time. Long-term anger can cause the following diseases.

1. Chronic Anger - Chronic anger is prolonged and affects the immune system. Chronic anger can lead to mental illnesses such as depression and anxiety. According to the results of research conducted by psychologist Doyle Gentry, 11% of teenagers have chronic anger.
2. A lot of life's demands are the cause of anger. In recent years, more than 30 percent of teenagers suffer from anger. This type also gives rise to depression and anxiety.
3. Self-directed anger. Self-directed anger is directed at the adolescent, leading to feelings of guilt or low self-esteem. Self-directed anger may lead to self-harm to reduce heightened emotions. About 15 percent of adolescents self-harm due to heightened emotions.
4. Domineering anger. Domineering anger is directed at others and causes resentment or jealousy. Domineering anger can lead to increased physical or verbal aggression in young people.
5. Explosive anger. Explosive anger, also known as periodic explosive disorder, causes excessive anger at oneself, culminating in violent anger or rage, as young people may take it out on others. Harvard research found that nearly six million teens met criteria for explosive anger, but only 7 percent received treatment.
6. Revenge anger. Revenge anger is directed at individuals or organizations that wronged the teenager. This anger can cause an individual to direct destructive revenge tactics against a person or organization. An estimated 25 percent of revenge incidents are caused by this anger disorder.
7. Passive or Avoidant Anger — Passive anger is often vague and difficult to identify. Young people show passive or evasive anger in a long and unnatural silence. Research on the psychology of violence has shown that participants who are unable or unable to express their emotions appropriately are more aggressive than those who are able to express their emotions.

40% of teenagers admit to feeling some kind of anger. Adolescent anger is caused by external and internal conditions:

1. Oppression. Adolescence means more independence and self-determination. This can lead to conflicts with their supervisors and, as a result, anger in them.
2. Social disorder. The social life of teenagers is complicated. Friends come and go, creating complicated situations that create anger.
3. Puberty. Puberty hormones bring on many emotions. Puberty can make teens unpredictable and have difficulty managing anger.

4. Stress. Stress comes from social situations, pressures at school, and after-school activities, and often causes teenagers to feel stressed and angry.

5. Hunger. When hunger decreases the amount of glucose in the blood, it makes it difficult for the body to function normally, and anger appears.

Adolescents express anger through demanding, passive, or aggressive behavior.

Assertive. Responding to anger assertively is using anger effectively. Adolescents express this through assertive, non-aggressive communication that conveys their thoughts without harm or threat.

Passive. Teens may ignore anger because it makes them feel uncomfortable or threatened. This does not solve the problem and increases stress. Passive expression of anger can lead to ulcers.

Aggressive. Adolescents express anger by being aggressive or violent toward people, animals, or things. It damages relationships and causes problems at work or school. About two-thirds of teenagers in the United States experience a tantrum. Aggressive anger can lead to drug or alcohol abuse.

Teens who struggle with anger management may exhibit the following physical and emotional warning signs:

- Jaw clenching
- Acceleration of heart rate
- Headache
- Abdominal pain
- Shaking and shaking
- Dizziness
- Blood pressure increased
- Muscle tension
- Adrenaline surge

Teens with aggressive anger problems may show the following emotional warning signs:

- Anger;
- Feeling of guilt;
- Frustration;
- Anxiety;
- Depression.

Adolescents can become violent and cause other health problems when they are aggressively angry. About 63% of children and adolescents exhibit serious, aggressive behavior:

1. Frequent physical fights;
2. Vandalism or destruction of property;
3. Harm to animals;
4. Frequent threats to others.

Violence and aggression can cause short and long-term health problems. Increases the risk of headaches and cardiovascular diseases. Hypertension, social isolation, memory loss and sleep disturbances also occur. Aggressive anger can also lead to depression, which affects 20 percent of teenagers and is the number one cause of suicide if left untreated.

There are many healthy and effective ways to manage teen anger that should be considered.

1. The “Rain” method consists of the following steps:

Acknowledge What’s Happening – Consciously acknowledge thoughts, feelings, and emotions. The first step in dealing with anger is acknowledging its existence.

Allow the experience to exist, accept that you are experiencing the same emotions. Reacting to stressful situations by depriving yourself of sleep or focusing your attention elsewhere will not solve the problem. If you don't accept your feelings, you can't deal with them in a healthy way.

Investigate with compassion – observe what is happening physically, mentally and emotionally. What part of your body feels tight, sore, or hot? What are your thoughts? Feeling? Use these questions to tune in to what's happening in you. More understanding will improve your ability to diffuse the situation.

Awareness of Natural Love – Awareness of natural love begins with uncovering feelings and stories. Remember that emotions are fluid and in constant motion. The last part of the rain technique requires nothing more than resting in natural understanding.

2. You can learn to control anger through various games. "Angry Heart" It is a game that increases self-awareness. A trained teacher encourages teens to write something that makes them angry, place it inside a balloon, and tie it without inflating it. This little ball represents their heart. They then insert this into a larger inflatable balloon. Participants discuss how they can hide their feelings from others and how they present themselves to the world. After exploring these issues, participants are encouraged to open their balloons and share what makes them angry.

3. Deep breathing is another easy and effective way to control anger. It activates the body's natural "relaxation response". This is a state of physical relaxation, lowering heart rate, blood pressure and muscle tension. Deep breathing does not require a special group or meeting space and can be done by oneself.

When teenagers express their anger aggressively, they are a danger to themselves and others. If your teen shows warning signs, you have options. Act quickly. Remember, nearly 7 out of 10 teens overcome their anger problems with treatment.

Reference

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