



## DEVELOPING PSYCHO PHYSICAL TRAINING PROGRAM FOR MANAGING ANGER AMONG COLLEGE YOUTH

**Dr. Augustine George**, Assistant Professor of Physical Education  
Directorate of Collegiate Education  
Kerala



### ABSTRACT

The aim of the study was to develop a psycho physical training program for managing anger among youth. The subjects of the study were 200 college students of Kerala, comprising 100 boys and 100 girls in the age group of 18-22 years with a mean and SD of age 20.21+ 0.95 and 19.20+1.10 for boys and girls respectively. The state trait anger expression inventory (STAXI) by Spielberger developed in 1985 is used to measure experience and expression of anger.

After conducting the pilot study, a final psycho physical training program was chalked out with one component of physical activity (Basketball play), Neuro linguistic programming (NLP – Resourceful) and progressive muscular relaxation (PMR). Pre test was conducted for all the subjects in selected questionnaire and the subjects were then divided into control and experimental group at random. Experimental group was exposed to this psycho physical training program for duration of three months with a planned schedule, whereas control group was not given any training. Mid test was conducted after duration of one and a half month and post test was conducted after duration of three months. The tests were conducted using the same questionnaire on both the groups.

The statistical tools applied in the study were descriptive statistics, ANOVA, ANCOVA and paired t-test. It was found that experimental group showed significant changes in anger management. Further it was found that the female subjects have responded better to the training program than males.

Key words – Anger, Psycho physical training program, NLP and PMR.

### INTRODUCTION

The teenage is an age which is very turbulent and stormy. Anger and violence are interrelated and many a college youths fall victim to many untoward incidents due to lack of anger control. The concept of anger refers to an emotional state that comprises of feelings that vary in intensity from mild annoyance to aggravation to fury and rage, that are accompanied by arousal of the autonomic nervous system. Anger conceals our intelligence and students take decision in a fit of fury leading to destructions of self and others.

In the present study the research scholar uses the objective test using a questionnaire and it measures different facets of anger. An effort is made to develop a training program which when administered to the youths improves their ability to manage anger.

On the basis of the literature gone through, research findings and the scholar's understanding of the problem, following hypothesis are formulated.

Psycho physical training program would bring significant improvement in anger management.

There would be differences in the improvements between male and female subjects.

### METHODOLOGY

200 College youths (Male and Female, N = 100 each) between the age group of 18 and 22 years with mean and SD of age 20.21+ 0.95 and 19.20+1.10 for male and female respectively were selected randomly for this study.

State Trait Anger Expression Inventory (STAXI) by Spielberger (1985) was used in this study. Psycho Physical training programme is designed which includes a physical activity component, a neuro linguistic programme component and a relaxation inducing component.

After detailed study of literature three physical activity oriented component, three Neuro linguistic programming techniques component and three relaxations inducing activity component is picked up. These are :

Physical Activity component

Basketball Play, Aerobics, Martial Arts.

Neuro Linguistic Programming component

Swish Technique, Anchoring Technique, Resourcefulness Technique

Relaxation Activity component

Progressive Muscular Relaxation, Meditation, Yoga Nidra



A pilot study is undertaken to find out the best physical activity, NLP technique and relaxation activity which contribute to personality development.

Subjects for the pilot study were 90 subjects (Male & Female, N = 45 each) in the age group of 18 – 22 years which was further divided into 9 groups with 10 subjects each (Male & Female, N=05) for each activity of a component. Pre test using selected questionnaire was administered on all the groups and scores are obtained, immediately after this all the 9 groups are given training for duration of one month on any one activity. Post test is administered again using the same three selected questionnaire and scores are obtained. Pre test and Post test scores are compared and one activity each which brings maximum change is selected among the three physical activity component, three NLP techniques and three Relaxation techniques. The activities thus selected are :

- Basketball Play (Physical activity Component)
- Resourceful technique (NLP Component)
- Progressive Muscular Relaxation (Relaxation activity Component).

Thus a final Psycho Physical training programme is chalked out after taking the best activity of the three components. These three selected activities are arranged in a scientific manner specifying the frequency and duration of each activity in a week.

The selected subjects were administered Pre test using the selected questionnaire. The whole group is divided into Experimental group and control group randomly with 100 subjects each (Male & Female, N=50).

The designed Psycho physical training programme was implemented on the experimental group both for male and female subjects separately. Experimental group was exposed to selected Psycho Physical training programme for a period of 3 months in 3 groups with size of 30, 30 and 40 subjects. Basketball play, resourceful technique and progressive muscular relaxation were taught to the subjects and were given practice with the services of experts in the concerned field. Three months duration of training period includes the learning time and the practice time of the subjects. Control group was also divided into three groups with group size of 30, 30 and 40 and were not given any sort of training. Efforts were put by the investigator to convince control group to avoid exposure to any other activity other than their regular schedule for three months for the sake of study.

During the training after a period of one and a half month and after completion of the training (three months) mid test and post test was conducted using the same questionnaire for both experimental group and control group and data was obtained.

## RESULTS

In order to examine the hypothesis, mean, SD, one way analysis of variance (ANOVA), analysis of co-variance (ANCOVA) and paired t-test was used for the present study. A comparison between experimental and control group (male) percentage gain on STAXI is in Table -1.

**Table – 1**  
**Comparison between experimental and control group (male) percentage gain on STAXI after intervention program**

Variables	Control Group (Gain in Percentage)	Experimental Group (Gain in Percentage)
State Anger (S- Anger)	0.33	-7.81
Trait Anger (T – Anger)	-0.32	-7.12
Trait Anger/Temperament (T – Anger/T)	-0.48	-11.63
Trait Anger/Reaction (T – Anger/R)	-0.36	-8.92
Anger IN (AX/IN)	0.11	- 5.99
Anger Out (AX/OUT)	-0.74	-7.94
Anger Control (AX/CON)	-0.11	11.09
Anger Expression (AX/EX)	-0.24	-10.23

Above table no 1 reveals comparison between experimental and control group (male) percentage gain on STAXI after intervention program. In case of control group variables State Anger (S- Anger), Trait Anger (T – Anger), Trait Anger/Temperament (T – Anger/T), Trait Anger/Reaction (T – Anger/R), Anger IN (AX/IN), Anger Out (AX/OUT), Anger Control (AX/CON) and Anger Expression (AX/EX) gain in percentage are 0.33, -0.32, -0.48, -0.36, 0.11, -0.74, -0.11 and -0.24 respectively. Whereas in case of experimental group variables State Anger (S- Anger), Trait Anger (T – Anger), Trait Anger/Temperament (T – Anger/T), Trait



Anger/Reaction (T – Anger/R), Anger IN (AX/IN), Anger Out (AX/OUT), Anger Control (AX/CON) and Anger Expression (AX/EX) gain in percentage are -7.81, -7.12, -11.63, -8.92, -5.99, -7.94, 11.09 and -10.23 respectively.

A comparison between experimental and control group (male) percentage gain on STAXI after intervention program is in Fig-1.

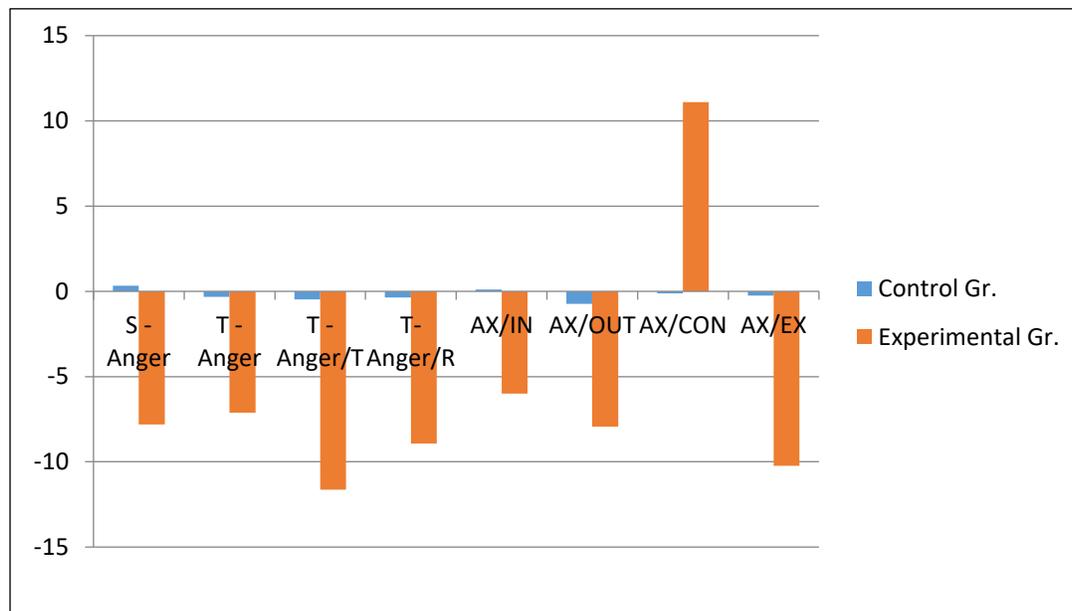


Fig 1. Comparison between Control and Experimental group (male) on STAXI after intervention program

A comparison between experimental and control group (Female) percentage gain on STAXI after intervention program is in Table -2.

Table – 2

Comparison between experimental and control group (Female) percentage gain on STAXI after intervention program

Variables	Control Group (Gain in Percentage)	Experimental Group (Gain in Percentage)
State Anger (S- Anger)	-0.32	-14.83
Trait Anger (T – Anger)	-0.31	-9.13
Trait Anger/Temperament (T – Anger/T)	0.91	-11.29
Trait Anger/Reaction (T – Anger/R)	0.00	-17.80
Anger /IN (AX/IN)	-0.46	- 9.36
Anger Out (AX/OUT)	-0.24	-8.80
Anger Control (AX/CON)	-0.50	13.64
Anger Expression (AX/EX)	-0.12	-15.04

Here table no 2 reveals comparison between experimental and control group (Female) percentage gain on STAXI after intervention program. In case of control group variables State Anger (S- Anger), Trait Anger (T – Anger), Trait Anger/Temperament (T – Anger/T), Trait Anger/Reaction (T – Anger/R), Anger IN (AX/IN), Anger Out (AX/OUT), Anger Control (AX/CON) and Anger Expression (AX/EX) gain in percentage are -0.32, -0.31, 0.91, 0.00, -0.46, -0.24, -0.50, and - 0.12 respectively. Whereas in case of experimental group variables State Anger (S- Anger), Trait Anger (T – Anger), Trait Anger/Temperament (T – Anger/T), Trait



Anger/Reaction (T – Anger/R), Anger IN (AX/IN), Anger Out (AX/OUT), Anger Control (AX/CON) and Anger Expression (AX/EX) gain in percentage are -14.83, -9.13, -11.29, -17.80, -9.36, -8.80, 13.64 and -15.04 respectively. A Comparison between experimental and control group (Female) percentage gain on STAXI after intervention program is given in Fig. 2

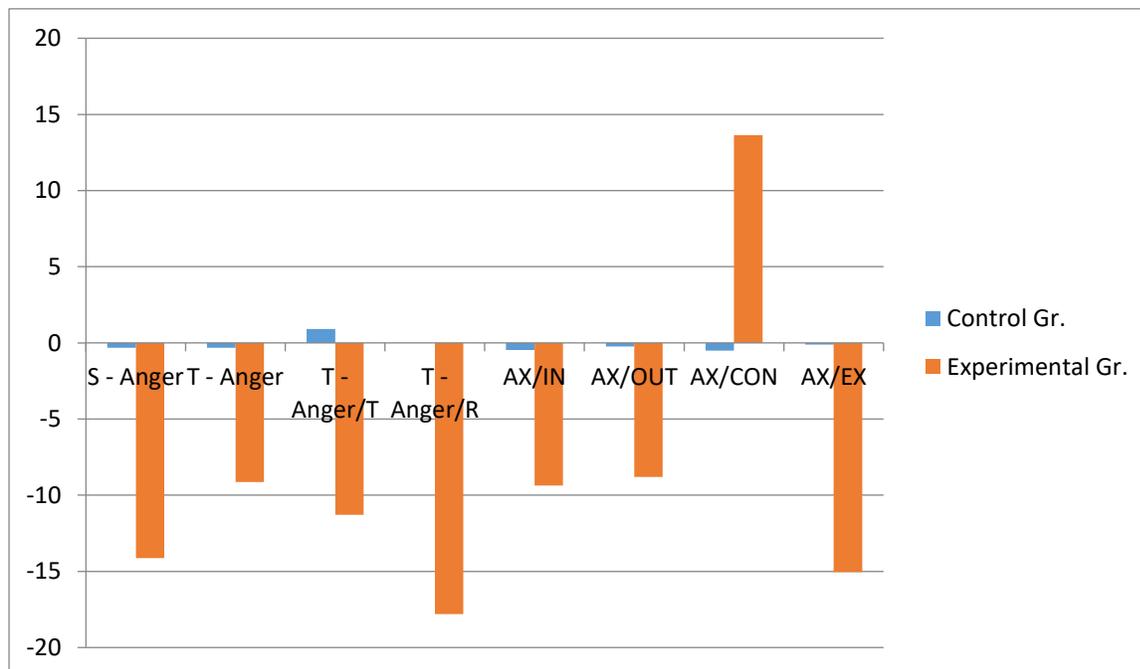


Fig. 2. Comparison between experimental and control group (Female) percentage gain on STAXI after intervention program

Comparison of STAXI (percentage gain) between male and female subjects after the intervention program is in Table 3

Table – 3  
 Comparison of STAXI (percentage gain) between male and female subjects after the intervention program

Variables	Male subjects (Gain in Percentage)	Female subjects (Gain in Percentage)
State Anger (S- Anger)	-7.81	-14.83
Trait Anger (T – Anger)	-7.12	-9.13
Trait Anger/Temperament (T – Anger/T)	-11.63	-11.29
Trait Anger/Reaction (T – Anger/R)	-8.92	-17.80
Anger /IN (AX/IN)	- 5.99	- 9.36
Anger Out (AX/OUT)	-7.94	-8.80
Anger Control (AX/CON)	11.09	13.64
Anger Expression (AX/EX)	-10.23	-15.04

Table no 3 reveals comparison between experimental group of male and female subjects in percentage gain on STAXI after intervention program. In case of male subjects State Anger (S- Anger), Trait Anger (T – Anger), Trait Anger/Temperament (T – Anger/T), Trait Anger/Reaction (T – Anger/R), Anger IN (AX/IN), Anger Out (AX/OUT), Anger Control (AX/CON) and Anger



Expression (AX/EX) gain in percentage are -7.81, -7.12, -11.63, -8.92, -5.99, -7.94, 11.09 and -10.23 respectively. Whereas in case of female subjects State Anger (S- Anger), Trait Anger (T – Anger), Trait Anger/Temperament (T – Anger/T), Trait Anger/Reaction (T – Anger/R), Anger IN (AX/IN), Anger Out (AX/OUT), Anger Control (AX/CON) and Anger Expression (AX/EX) gain in percentage are -14.83, -9.13, -11.29, -17.80, -9.36, -8.80, 13.64 and -15.04 respectively.

A Comparison of STAXI (percentage gain) between male and female subjects after the intervention program is given in Fig. 3.

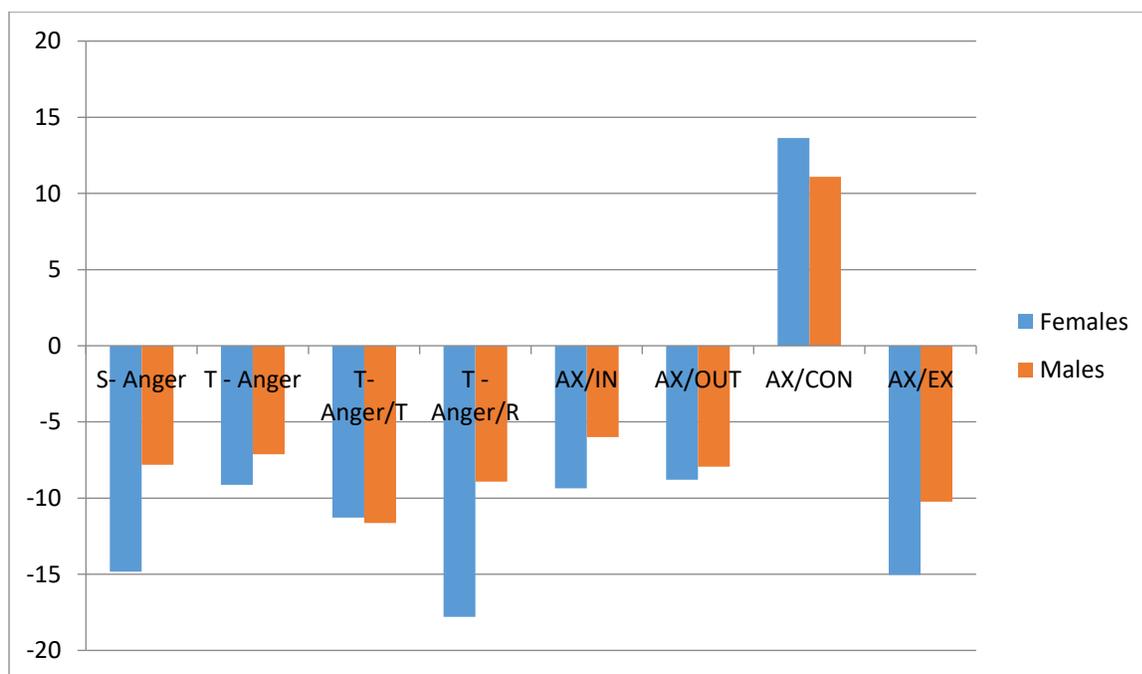


Fig3. Comparison of STAXI (percentage gain) between male and female after the intervention program

Male and female subjects showed significant change in the all the 8 variables of Anger. State anger reduced by 14.83% for females and 7.81% in males. Trait anger showed a reduction of 9.13% in females compared to 7.12% in males. Trait anger /Temperament in females reduced to 11.29% and in males by 11.63%. Trait anger/Reaction shows a reduction of 17.80% in females and in males 8.92%. Female subjects reduced their anger/in by 9.36% and male subjects by 5.99%. Anger/out reduced by 8.80% and 7.94% for female and male subjects respectively. Anger control has improved by 13.64% and 11.09% for female and male subjects. Anger expression reduced by 15.04% for females and 10.23% in males.

### CONCLUSIONS

The designed psycho physical training program has brought significant changes in Anger variables. The 3 months psycho physical training program helps a student to reduce and control anger in 8 different variables. It was found that female subject responded better to the training program than the male subjects.

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