

The Role of Family Conflicts in Increasing Adolescent Anger

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ABSTRACT

Humans are born with a number of basic emotions, that is, God has placed in the institution of all human beings. One of the current problems and concerns in families is the issue of teenagers' anger. The behaviour of parents has a significant impact on the formation of children's personalities. For this reason, if parents cannot overcome their indulgent behaviour towards their children, they will undoubtedly face many negative consequences in the future. Anger is caused by nervous or emotional stress in teenagers. If this anger is not managed correctly, teenagers will face important challenges in adulthood, including frequent nervous attacks and even psychological injuries, that's why the issue of anger is one of the important issues among teenagers. The purpose of this research is to control anger in teenagers. The method of this research is descriptive-analytical of qualitative type and based on library studies.

Introduction

Adolescence is one of the most sensitive and critical periods of life. In general, the majority of psychologists and theorists agree on the issue that the relationship between parents and teenagers is more conflictual than the relationship between parents and children. Ideally, school is a place to acquire knowledge and form a positive character in students. One of the qualities that should be cultivated in school is the ability to deal with anger. The ability to deal with anger is an essential trait. Without this feature, the teenager will have destructive behaviour towards himself and others (Hranatavani, Rahayu and Sujovinito, 2017). One of the risk factors of this period is the conflict between parents and teenagers. The term conflict refers to the inability to resolve differences and is mostly associated with tension, hostility and aggression (Hall and Lindsay, 2006). In the Persian dictionary, conflict means to disturb and interfere with each other or to have a disagreement with each other. In general, conflict occurs when there is a lack of agreement on basic issues in a social situation or when emotional antagonisms cause friction between people (Jehandideh Kazempour, 2014). According to Stephen Robbins, the shortest definition of conflict is a lack of agreement between two or more groups. He considers conflict to be a process in which person A deliberately tries to cause the person to fail to achieve his interests and goals in an inhibiting manner (Robbins, 2008). "Mullins" defines conflict as follows: intentional and conscious behaviour that is done in order to prevent and hinder the realization of other people's goals (Mullins, 1990, p. 495, quoted by Dr. Fani, Tadbir Magazine 2014). Conflict is a natural part of every relationship, but sometimes due to developmental changes, it becomes more intense and leads to conflict and tension between people (parent-child) and as a result, they are busy. Sometimes the conflict takes place due to mutual demands, rightly or wrongly, which can be in the form of interference in achieving the goals of the opposite person (child) (Talkhabi, 2009; quoted by Khoshnam, Qamari and Elahifar, 2012). . Anger and intense anger are the influencing factors in the conflicts between parents and teenagers. The teenager is upset with his parents because of their rejection, while the parent is upset with his daughter or son because of disorder and disrespect. It is possible that both the parent and the teenager lack the necessary motivation and skills to understand and understand the necessary steps in order to relieve and calm their anger, if this powerful excitement is not properly controlled, it can prevent the all-around success and optimal performance of people. severely threaten groups and communities. There are many ways to resolve the conflict between parents and teenagers, such as: problem solving or problem-solving, negotiation, or in better words, using conversation skills to reach an agreement, communication skills as ways to resolve the conflict and express anger and control it. , which is used as methods to resolve conflict (Latfi, 2015). Most of the conflicts that arise in the family between teenagers and parents are caused by insufficient skills in negotiation and dialogue between family members, lack of agreement on rules and responsibilities, weak values and skills, distorted cognitive perceptions. It is a weakness in problem solving, a weakness in the ability to understand others' point of view, a lack of sufficient skills in anger control, a weakness in decision-making skills and courage (Zarb, 2013). The conflict between parents and teenagers is one of the factors affecting the increase of anger in this period, which leads the teenager to be friends with deviant peers. To resolve the conflict and improve the relationship between parents and adolescents, there is a need for preventive measures and an intervention program that can effectively help families and parents and adolescents to improve the relationship and reduce adjustment problems (Buhler, 2006). Many anger management training programs have been effective for many clients in some situations (Potter-Efron, 2005). These programs include treatments in which the cognitive reconstruction techniques proposed by Beck (1376, 1999) and the rational-emotional techniques of Ellis (Cassino and Tafrit, 1997); assertiveness training (Alberti and Owens, 2001); social skills training (Cassino and Tafrit, 2002); Relaxation or stress reduction training (Smith, 1999; Diffen & Bacher & Stark, 1992) and systematic desensitization (Owens, Hearn, & Saklevski, 1993) have been used (cited in Potrafzon, 2005). Background research suggests that anger is highly prevalent among adolescents (Gunessy, Sullivan, Farrell, Mahari, & Garte, 2017; Newlon et al., 2015; Orpianas, Hume, Song, Reeves, & Hsieh, 2013; Simon, Miller, German – Smith, Orpianas and Sullivan, 2010). Anger is a predictor of aggression, violence, and many behavioral disorders (Hubbard et al., 2002; HERNAVATI, RAHAYU, & SUJOVINUTO, 2015; Pollen et al., 2015). Aggressive

behavior during adolescence is a risk factor for violence in adulthood and delinquent behavior (Husman, Eron, & Dubau, 2002). If adolescent anger is not controlled, consequences such as death by suicide, murder, and injuries are inevitable (Centers for Disease Control, 2006; cited in Mani and Sharma, 2016). Anger is associated with violence, cognitive distortions (Sharjee, Pinta, & David, 2012), and physical and verbal aggression (Rubio-Garay, Carrasso, & Amore, 2016; Cornell, Peterson, & Richards, 1999). There is also a relationship between anger and suicide, conduct disorder, blood pressure, heart disease and psychosomatic diseases (Trasaki, Galaye, Burhan and Williams, 2009). Adolescents who are more angry have poorer academic performance and lower adjustment scores (Mani & Malehi, 2006). Anger is one of the natural human emotions that has a special place in emotional components. Anger is a reaction related to tension and hostility, which is caused by being in various situations. It is triggered by real or imagined failures, injuries, humiliations, threats, or injustices, which may lead to involuntary responses such as increased blood pressure, heart rate, sweating, and increased blood sugar. Anger is usually directed at an external target. Also, behavioral reactions can range from avoiding the source of anger to verbal or behavioral satisfaction (Krasini, 1999). The origin and different forms of anger expression as well as its consequences have a special place in basic and applied psychological research. From the point of view of evolutionary psychologists, anger originates from the history of the organism and is mixed with human nature. This excitement helped the survival of the individual and the human race and was considered an irreplaceable tool in facilitating adaptive responses, especially fight or flight responses when faced with danger. Despite this, "evolution and natural selection does not have any future perspective and does not necessarily mean progress" (Harganhan and Elson, 2001; translated by Saif, 2012). For this reason, uncontrollable anger in the conditions of new civilization not only does not help human survival, but can threaten his life. On the other hand, suppressing anger is in conflict with human nature, and as researches have shown, it may expose a person to the risk of contracting various diseases (Salovei, 2001; quoted by Navidi, 2015). Many researchers, clinical specialists and educational psychologists have emphasized the importance of teaching emotional management skills to children and adolescents (Navidi, 2015).

Types of conflicts

1. Fundamental conflict: there are conflicts that are created in the form of a fundamental disagreement based on multiple goals, structures and mean necessary to achieve them.
2. Emotional conflict: It is related to problems between people and originates from feelings such as anger, insecurity, hatred, fear, dissatisfaction, etc. This conflict is known as a personality clash. Emotional conflicts destroy people's energy and distract them from important work priorities. The most uncomfortable conflict for people is the conflict in our relationships between superiors and inferiors (Rezaian, 2012).

Research Methodology

The method of this research is descriptive and analytical based on library studies, in which authentic articles and reference books have been used in this field. The analytical descriptive research method, unlike historical research, examines the present. The descriptive analytical research method describes and interprets existing conditions and relationships.

Research background

The scientific findings of Oprah (2014) showed that teaching life skills (such as teaching problem-solving) to parents is effective in reducing their conflicts with teenagers. Matsu, Inoue and Magaki (2015) found in research that teaching basic skills such as stress management, anger and problem-solving and cognitive rehabilitation to parents is effective in reducing parental conflicts with teenagers and their developmental disorders. The review of Altafim and Lynn Hares (2016) also showed that anger management and problem-solving programs have an effect on improving parent-child relationships and reducing anger. Kerami (2013) found in his research that group training in anger control skills based on Islamic teachings is effective in reducing aggression in male students. The results of the findings of Avar and Watankhah (2014) showed that anger management training affects the quality of parent-child relationships and increases parents' satisfaction with their children. The research findings of Tahmasbian, Roshni and Farhadi (2014) showed that anger management skills training is effective in reducing anger. The results of Eknen and During's study

(2014) showed that anger management skills, communication skills and problem-solving are effective in reducing physical anger and increasing empathy.

Anger control in adolescents

First of all, the question that arises is what signs or definitions of behaviour can exist, based on which the counsellor can recognize that the teenager has problems with anger. In response to this question, the main behavioural definitions in the field of anger should be stated first:

1. Frequent outbursts of anger that are out of proportion to the triggering event.
2. Yelling, cursing, or using excessively abusive words when faced with frustration or stress.
3. Fighting and fighting, intimidating others or misbehaving and violence with others or animals.
4. Verbal threats about harming parents, authorities and power of siblings and peers.
5. A continuous pattern of destroying things or throwing things when angry, this behaviour must be present in the person for at least 2-3 months, otherwise the teenager cannot be labelled as angry.
6. A persistent pattern of not accepting responsibility when they lose control, along with constant blaming of others for their own anger management problems.
7. A history of engaging in passive-aggressive behaviours such as pretending not to hear, ignoring, wasting time, arbitrariness and stubbornness, and because of this, they engage in such passive-aggressive behaviour that frustrates others and the members they are related to. give
8. Underlying feelings of depression - anxiety or insecurity, which has led to outbursts of anger and aggressive behaviour.

Irrational beliefs of anger

1. Most people believe that this level of anger is genetic and cannot be changed. Emotions fuel the soul to do work, and these energies include fear, anger, sadness, and grief. Therefore, the emotion of anger is not bad, and at different times they turn them into facilitators or troublemakers, helpers or troublemakers. If anger is genetic, can it be managed?
2. My anger is someone else's fault. This is an illogical belief because this case includes people who intend not to accept the responsibility of their emotions and actually blame their behavior problem on others, and also includes people who have a schema, that I I should never get angry.
3. It is possible to change the behavior of others through aggression. Of course, this belief is not wrong, but its correctness is temporary. It is not the case that a person can use this strategy in every situation.

Short-term goals of anger and interventions based on short-term goals

Short term goal:

1. Creating a series of appropriate boundaries through parents and continuous follow-up of these consequences related to anger control problems until reaching the result.

Interventions

1. The counselor should arrange for the parents to establish rules, boundaries and a number of clear and precise consequences for the outbursts or aggressive acts of teenagers as a therapist. A system collapses and goes out of its own orbit when the laws, rules or regulations related to that system are violated for any reason, and a revision must be made in these laws.
2. There should be clear regulations for clients at school or home and clients should be asked to repeat them in order to understand these regulations.
3. In dealing with children, as well as in dealing with teenagers, a reward system or dependency contract should be established in order to strengthen the issue of anger control and prevent aggressive behaviors, among which reinforcers can also be used.
4. Parents should be encouraged and encouraged in the field of providing praise and positive reinforcement for anger control by teenagers in situations where they can manage their anger.
5. Studying, watching videos from the counselor for clients to increase their knowledge and strengthen the mental atmosphere of parents.

Short term goal

2. Increasing the amount of statements that show acceptance of responsibility for self-destructive and aggressive behaviors. Here, the question that arises is, what interventions can be done to help the teenager to achieve such a goal?

1. The first intervention is related to the counseling session. In the first session, the counselor makes constant eye contact with the teenager, we must listen carefully to his words, we should not blame the teenager for the aggression he has done, so to speak, we have unconditional acceptance and Create a warm, active, intimate and trusting relationship with the teenager. This helps the teen to use more of his ability to express his anger and underlying painful emotions.

2. The counselor should constantly confront the aggressive teenager with the impact of anger outbursts and aggressive behaviors and explain the consequences to him continuously.

3. Whenever the client makes statements that blame others for his problems in anger control and also makes statements that show his lack of responsibility for aggressive behavior, confrontation such as Glaserian or cognitive confrontation can be done with the client. gave

4. Factors that cause the teenager to blame others for problems related to his anger, failure, emotional failure, etc., should be identified by the counselor.

Short term goal

5. Expressing anger through controlled and respectful expressions and healthy physical behaviours.

Interventions

1. At first, the counsellor should consider the rules, boundaries and rules for times when he gets angry, through the parents and the teenager himself.

2. The counsellor must make every effort to convey to the adolescent that his concerns and the words he expresses are being listened to and listened to. The purpose of doing such work is for the client to express his anger in the counselling session and the counsellor also teaches the client to control his anger and express it through dictator therapy or ROLE PLAY.

3. Teach clients to manage their anger verbally and appropriately from a number of self-restraint mediating strategies such as stop, look, listen, deep breath, and mindfulness exercises.

4. Gradual relaxation techniques or mental imagery or reflection can be used for clients.

5. Communication and self-expression skills should be taught to clients.

6. Clients should be taught to self-diagnose themselves (SELF MANITORY) and come to a conclusion during the week in which situations they managed to manage their anger and what these situations and behaviours were.

7. Studying, and watching videos from the counsellor for clients to increase their knowledge and strengthen the mental atmosphere of parents.

Short term goal

8. Identifying irrational thoughts and beliefs that play a role in destructive and aggressive behaviours.

Interventions

1. The client should be helped to identify a complete list of all the factors that cause his anger and write them down in a special notebook and record the people, feelings and situations that caused him to become extremely angry. slow

2. Increases positive self-talk in clients, which increases self-esteem in teenagers.

3. Express positive self-talk daily.

4. To help clients to find extracurricular activities such as clubs, design classes, etc

slow down

5. When faced with such clients, it is better for the counsellor to refer them to anger management groups.

Short term goal

6. Positive interactions of teenagers with parents, peers and even authorities should be increased.

Interventions

1- Letter writing technique: Teenagers write their feelings of anger, sadness, and helplessness regarding their parents' behaviour in the form of a letter and express their discomfort in it. Here, the counsellor should address the content of the teenager's letter.

2- Empty chair technique: wherever people create trouble for others, they are not available to the person for any reason, such as the death of loved ones or migration to another place, where the person thinks that no one has access to his feelings, here psychologists and Counselors use the empty

chair technique and it is used to get the person to express their feelings of anger. In such cases, extraversion occurs.

3- When the consultant establishes a good relationship with the client, it will undoubtedly lead to a very good result. If there is an accident, problem or even cruelty from the parents towards the teenager, here the counsellor can use the intervention of forgiveness.

4- Adolescents should be guided so that they can show their empathy, kindness and feelings towards the needs of others.

5- If it is observed that the teenager has problems in his effective relationships or cannot speak well and has not been properly trained in active listening, here the counsellor can organize an effective communication skills course for the teenager.

Short term goal

6- Increasing the amount of participation in positive peer group activities or extracurricular activities.

Interventions

1- If the counsellor of the anger control group is angry, the teenagers should be referred to this group.

2- Adolescents seek power: it is better for parents to leave tasks at home to their teenagers. Also, teachers can assign tasks to students in the class under the title of assistant teacher.

3- Be sure to help teenagers to have a positive self-view of themselves in the notebook every day.

4- To help teenagers to have peaceful and good relationships with their friends and peers.

5- Help the teenager to regularly participate in extracurricular activities.

6- If the level of anger and aggression of teenagers is extremely high or even at the level of disorder, the counsellor can refer the client to a psychiatrist and finally perform drug therapy on the client.

Conclusion

One of the important factors that leave a negative impact on the conflict between parents and teenagers is the issue of anger. Anger is an emotion that usually arises at many times in people's lives. Unfortunately, some teenagers have limited interpersonal relationships with their peers and even in the presence of their parents due to their anger control problems and aggressive and self-destructive behaviours, which, if continued, will lead to a very serious challenge in the family. A very important point regarding the relationship between teenagers and parents is that part of the problems is due to the lack of communication from both sides. As it was mentioned above, the counsellor should deal with the content of the teenager's letter. There are many issues and problems that cause people to feel angry, including failure and even when the conditions are not according to the person's wishes. In the meantime, parents of teenagers and school staff should talk about anger and its harmful consequences for students and increase the awareness of individuals and teenagers about anger.

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