



# Managing Anger and Stress in an Appropriate Manner: Essential in Leading to the Up-gradation of Personality Traits



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**Abstract:** *The feelings of anger and stress are considered natural. The individuals, belonging to all occupations, communities and socio-economic backgrounds, experience anger and stress in their personal and professional lives. These feelings are experienced in both major and minor forms. These are considered impediments to the implementation of various job duties and responsibilities. Hence, individuals need to augment their information with strategies that facilitate effective coping with these feelings. Furthermore, these are prevented from creating barriers to the generation of desired outcomes. Throughout their lives, when they are committed to their progression, they need to manage anger and stress satisfactorily. This task is carried out either individually or with support from others, including family and community members. Hence, the formation of cordial, amiable relationships with others is essential. When they manage anger and stress effectively, individuals will contribute to their own progress, that of their families, and that of their communities. Therefore, it is understood that managing anger and stress appropriately is essential for the upgradation of personality traits. The main concepts addressed in this research paper are: understanding the meaning and significance of managing anger and stress appropriately, measures to implement this, and the advantages of doing so.*

**Keywords:** *Anger, Appropriate Manner, Individuals, Managing, Personality Traits, Progression, Standards of Living, Stress*

## I. INTRODUCTION

The individuals, belonging to all age groups, genders, occupations, communities and socio-economic backgrounds experience anger and stress. These are regarded as integral parts of individuals' lives. These are experienced within homes, educational institutions of all levels and in all types of employment settings. The individuals experience situations in both personal and professional spheres that can overwhelm them with anger and stress. Hence, throughout their lives, individuals need to augment their information with strategies to manage anger and stress appropriately (Strong, 2015) [5].

All types of strategies need to be implemented satisfactorily. The factors that facilitate the augmentation of information in terms of strategies include implementing effective communication processes with family members, relatives, friends, neighbours, medical practitioners, health care specialists, and professional counsellors; being well-informed about job duties, responsibilities, and experience. The strategies need to be favourable to individuals in a comprehensive manner. Therefore, it is well-understood that appropriately managing anger and stress facilitates the progression of individuals.

From early childhood through their lives, individuals need to implement communication processes effectively. These facilitate the augmentation of information and understanding across various subjects and concepts; the exchange of different types of ideas and viewpoints; and the obtaining of answers to various questions and the clarification of doubts. Furthermore, individuals need to be well-informed about communication ethics, i.e., using polite and appropriate language; treating others with respect and courtesy; providing factual information; demonstrating helpfulness and cooperation; and maintaining an approachable, amiable attitude. The communication process takes place in both verbal and written forms. Hence, it is well-understood that when individuals communicate effectively, they contribute to feelings of pleasure and contentment. Furthermore, anger and stress will be managed effectively (Sitanshu, Gautam, & Subitha, 2012) [3]. As a consequence, individuals will lead to the up-gradation of overall personality traits. Therefore, implementing effective communication processes with family and community members is essential for managing anger and stress effectively.

### A. Understanding the Meaning and Significance of Managing Anger and Stress in an Appropriate Manner

From early childhood onward, individuals need to understand that loneliness is a chronic and distressing condition. It causes anger and stress. It has detrimental effects on individuals' overall personality traits and standards of living. Hence, individuals need to augment their information with techniques to alleviate loneliness. The most common and useful techniques individuals need to form an effective social circle are: family members, relatives, friends, neighbours, educators, employers, supervisors, classmates, and colleagues. For this purpose, individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; building trust and understanding; reinforcing the

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traits of efficiency, honesty and truthfulness; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude.

Within personal lives, pursuance of educational programs in educational institutions of all levels and in all types of employment settings, individuals carry out some of the job duties and responsibilities on an individual basis, whereas, there are others, which are implemented through working in co-ordination with others, including family and community members, hence, development of mutual understanding is regarded as vital. In this manner, individuals will make an important contribution to managing anger and stress appropriately. As a consequence, an effective social circle will be formed, loneliness will be alleviated, and individuals will experience pleasure and contentment. Therefore, individuals can gain a clear understanding of the importance of managing anger and stress appropriately by focusing on building strong relationships with family and community members.

In managing anger and stress, engaging in various types of exercise and physical activities is considered of utmost importance. The individuals engage in these activities at home, visit parks and playgrounds, or obtain gym memberships. The different types of exercises and physical activities are running, jogging, walking, sit-ups, push-ups, and so forth. The various factors that facilitate engagement in different types of exercises and physical activities include individuals' health conditions, age, interests, abilities, personality traits, and home environmental conditions. Furthermore, to benefit, individuals need to augment their information with strategies that facilitate the appropriate implementation of all types of exercises and physical activities. All types of strategies need to be implemented morally and ethically. The individuals engage in these either individually or through working in coordination with others. For example, in gyms, trainers train individuals in these areas.

As a consequence of engaging in exercises and physical activities, individuals will contribute to the upgradation of overall personality traits. One important aspect is that body weight will be managed adequately. Furthermore, the upgradation of time-management skills is regarded as of utmost significance. In this manner, individuals will make an important contribution by taking sufficient time for exercise and physical activity. As a consequence, anger and stress are managed appropriately. Furthermore, individuals will experience pleasure and contentment. Therefore, engaging in various physical activities can help one understand the importance of managing anger and stress appropriately.

The individuals, belonging to all age groups, genders, occupations, communities and socio-economic backgrounds experience various types of health problems and illnesses. These are pain in the joints, fractures, bone dislocation, cold, cough, fever, headaches, kidney disorders, sleeping disorders, eating disorders, heart problems, diabetes and so forth. In some cases, certain health problems and illnesses impair individuals' abilities and competencies. As a consequence, they are unable to carry out various job duties and responsibilities in their personal and professional lives

in an orderly, regimented manner. In this manner, they get overwhelmed by anger and stress. Hence, throughout their lives, individuals need to augment their knowledge of strategies to ensure appropriate treatment for various health problems and illnesses.

Within rural communities, individuals are dependent on the natural environmental conditions. They obtain herbs and medicinal plants from the forests, which are used to treat various health problems and illnesses. On the other hand, in urban communities, individuals visit medical and health care centres. They consult medical practitioners and health care specialists to treat various types of health problems and illnesses. As a consequence of good physical health, individuals will also have good psychological health. In this manner, they will make an important contribution to managing anger and stress effectively. Furthermore, these are prevented from creating barriers to upgrading individuals' overall personality traits and standards of living. Hence, promoting good physical and psychological health is regarded as of utmost significance in advancing individuals. Therefore, an understanding of the meaning and significance of managing anger and stress appropriately is gained when individuals address various health problems and illnesses effectively.

### B. Measures to be Put into Operation in Managing Anger and Stress in an Appropriate Manner

The individuals, belonging to all occupations, communities, and socio-economic backgrounds, experience situations in both personal and professional spheres that can overwhelm them with anger and stress. These are considered negative feelings but are regarded as integral parts of individuals' lives. These have unfavourable effects when experienced by individuals in their personal lives, in educational institutions at all levels, and in all types of employment settings. Exercising control over these is regarded as of utmost significance in raising overall standards of living. As a consequence, individuals will contribute to the progression of not only themselves but also family and community members (Anger Management: 10 Tips to Tame your Temper, 2020) [1].

Throughout their lives, individuals need to augment their knowledge of measures that facilitate appropriate management of anger and stress. All types of measures need to be implemented satisfactorily. The factors that facilitate the augmentation of information in terms of measures include implementing effective communication processes with family members, relatives, friends, neighbours, medical practitioners, health care specialists, and professional counsellors, being well-informed about job duties and responsibilities, and conducting research by utilising various sources and experience. The measures need to be favourable to individuals in a comprehensive manner. Therefore, measures to be put into operation in appropriately managing anger and stress are stated as follows:

### C. Implementing Effective Communication Processes

Throughout the lives of individuals from all age groups, occupations, communities, and socio-economic backgrounds,





effective communication processes need to be implemented. These facilitate the augmentation of information and understanding across various subjects and concepts; the exchange of different types of ideas and viewpoints; and the obtaining of answers to various questions and the clarification of doubts. Furthermore, individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; building trust and understanding; reinforcing the traits of proficiency and adeptness; depicting the traits of helpfulness and co-operation; and possessing an approachable nature and an amiable attitude.

The communication process takes place in both verbal and written forms. Verbal communication takes place face-to-face, via video calls, or over the phone. In contrast, written communication involves exchanging messages and emails, writing letters and notices, and sending or conveying other written information. Hence, it is well-understood that when individuals communicate effectively, they contribute to feelings of pleasure and contentment. Furthermore, anger and stress will be managed effectively. As a consequence, individuals will lead to the up-gradation of overall personality traits. Hence, it is well-understood that implementing effective communication processes with family and community members is essential for managing anger and stress in a well-ordered manner. Therefore, implementing effective communication processes is regarded as an indispensable measure for managing anger and stress appropriately.

#### D. Forming an Effective Social Circle

Throughout their lives, individuals need to augment their knowledge of techniques for forming an effective social circle comprising family and community members. For this purpose, individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; building trust and understanding; reinforcing the traits of efficiency, honesty and truthfulness; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. This facilitates the experience of pleasure and contentment among individuals.

Within personal lives, pursuance of educational programs in educational institutions of all levels and in all types of employment settings, individuals carry out some of the job duties and responsibilities on an individual basis, whereas, there are others, which are put into operation through working in co-ordination with others, including family and community members, hence, formation of pleasant and agreeable terms and relationships is regarded to be of utmost significance. In this manner, individuals will make an important contribution to managing anger and stress appropriately. As a consequence, an effective social circle will be formed, loneliness will be alleviated, and individuals will experience pleasure and contentment. Therefore, forming an effective social circle is one key measure for managing anger and stress effectively.

## II. ALLEVIATING LONELINESS

Throughout their lives, individuals need to understand that loneliness is a chronic, distressing condition. It causes anger and stress. It has detrimental effects on individuals' overall personality traits and living conditions. Hence, individuals need to augment their information with techniques to alleviate loneliness. The most common and useful technique is for individuals to form an effective social circle, comprising family and community members. For this purpose, individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; building trust and understanding; reinforcing the traits of efficiency, honesty and truthfulness; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude.

Within personal lives, pursuance of educational programs in educational institutions of all levels and in all types of employment settings, individuals carry out some of the job duties and responsibilities on an individual basis, whereas there are others which are implemented through working in coordination with others, including family and community members; hence, the development of mutual understanding is essential. In this manner, individuals will make an important contribution to managing anger and stress appropriately. As a consequence, an effective social circle will be formed, loneliness will be alleviated, and individuals will feel satisfied. Therefore, alleviating loneliness is an essential measure for managing anger and stress appropriately.

#### A. Getting engaged in Exercises and Physical Activities

Managing anger and stress is beneficial, as engaging in various physical activities is helpful. The individuals engage in these activities at home, visit parks and playgrounds, or obtain gym memberships. The different types of exercises and physical activities include running, jogging, walking, sit-ups, push-ups, stretching, yoga, meditation, and various outdoor sports, such as tennis, badminton, and swimming. The various factors that facilitate engagement in different types of exercises and physical activities include individuals' health conditions, age, interests, abilities, personality traits, and home environmental conditions. Furthermore, individuals need to augment their information with strategies to appropriately implement all types of exercises and physical activities.

As a consequence of engaging in exercises and physical activities, individuals will contribute to the upgradation of overall personality traits. One important aspect is that body weight will be managed satisfactorily. Furthermore, the upgradation of time-management skills is regarded as of utmost significance. In this manner, individuals will make an important contribution by taking sufficient time for exercise and physical activity. As a consequence, anger and stress are managed appropriately. Furthermore, individuals will experience pleasure and contentment. Therefore, engaging in physical activity is an effective way to manage anger and stress.

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## B. Treating Health Problems and Illnesses

The individuals, belonging to all age groups, genders, occupations, communities and socio-economic backgrounds experience various types of health problems and illnesses. These are pain in the joints, fractures, bone dislocation, cold, cough, fever, headaches, kidney disorders, sleeping disorders, eating disorders, heart problems, diabetes and so forth. As a consequence, individuals are unable to carry out various job duties and responsibilities in their personal and professional lives in a well-organised manner. In this manner, they get overwhelmed by anger and stress. Hence, throughout their lives, individuals need to augment their knowledge of strategies to facilitate the appropriate treatment of various health problems and illnesses.

Within rural communities, individuals are dependent on the natural environmental conditions. They obtain herbs and medicinal plants from the forests, which are used to treat various health problems and illnesses. On the other hand, in urban communities, individuals visit medical and health care centres. They consult medical practitioners and health care specialists to treat various types of health problems and illnesses. As a consequence of good physical health, individuals will also have good psychological health. In this manner, they will make an important contribution to managing anger and stress appropriately. Furthermore, up-gradation will take place in individuals' overall personality traits and standards of living. Hence, promoting good physical and psychological health is essential for individuals' progression. Therefore, treating health problems and illnesses is a well-established approach to managing anger and stress appropriately.

## C. Practising the Techniques of Yoga and Meditation

Yoga is a healthy way of life. It originated in India. It is a practice that significantly contributes to promoting the good health and well-being of individuals, both physically and mentally, and spiritually. Today, it is recognised as a science and is widely practised worldwide. The word yoga is derived from the Sanskrit word yuj, meaning "to join" or "to unite". This is regarded as the union of body, mind and soul. It is used in literature, both as an end and as a means. Ultimately, yoga signifies the integration of personality at the highest level. As such, yoga includes various practices and techniques used to achieve such integration. These practices and techniques are the means in the yogic literature and are referred to as yoga. The main aim of yoga is to promote a positive, healthy lifestyle for individuals' physical, mental, and emotional health. The main aim of yoga is to develop stamina, strength, endurance and high energy at the physical level. It allows one to cultivate increasing concentration, calm, peace, and contentment at the mental level, leading to inner and outer harmony.

Meditation is a practice that helps the body and mind focus. In meditation, concentration is focused on for a long time. It may be on a particular object or other things. The important benefits of meditation are that it develops a sense of well-being and decision-making power among individuals. In the practice of meditation, certain guidelines need to be followed. Hence, it is well understood that yoga and meditation techniques facilitate effective management

of anger and stress. Therefore, practising yoga and meditation is a decisive measure to manage anger and stress appropriately.

## D. Getting engaged in Pleasurable Activities.

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds get engaged in pleasurable activities. The various types of pleasurable activities are watching television programs and movies; listening to music; practicing the techniques of yoga and meditation; getting engaged in exercises and physical activities, i.e. running, walking, sit-ups, push-ups etc.; getting engaged in various types of extra-curricular and creative activities, i.e. artworks, handicrafts, singing, dancing etc.; making visits to various places, i.e. marketplaces, religious places, historical places, parks and so forth; preparing favorite food items; resting or taking some sleep; spending time with family members and friends; reading various types of reading materials and in some cases, getting engaged in tasks and activities, related to careers also is considered as a pleasurable activity. The individuals need to take sufficient time to engage in these. Individual interests are essential to engaging in various pleasurable activities.

As a consequence of engaging in pleasurable activities, individuals will also have good physical and psychological health. In this manner, they will make an important contribution to managing anger and stress appropriately. Furthermore, the upgradation will affect individuals' overall personality traits and living conditions. Hence, it is well-understood that, as a consequence of getting engaged in various types of pleasurable activities, individuals will incur the feelings of pleasure and contentment. Therefore, engaging in pleasurable activities is an essential way to manage anger and stress effectively.

## E. Promoting Enhancement of Career Prospects

Promoting career enhancement is regarded as a major goal for individuals from all communities and socio-economic backgrounds. The individuals select fields based on their competencies, abilities, and interests. The selected fields include education, arts, literature, science, technology, engineering, business, management, administration, law, journalism, and so forth. As a consequence of their wholehearted commitment to achieving this goal, they need to be well-prepared. Furthermore, individuals need to develop a range of skills and abilities. In addition, individuals will have to inculcate the traits of morality, ethics, diligence and conscientiousness. As a consequence of having good careers, individuals will not only contribute to generating income but also make effective use of their educational qualifications, competencies, and abilities. In this manner, they will improve their overall standard of living and experience pleasure and contentment.

Promoting career enhancement is regarded as of utmost significance in improving overall standards of living. As a consequence, individuals will contribute to the progression not only of themselves but also of family and community members. Furthermore, they will make an important contribution to



managing anger and stress appropriately. In addition, these are prevented from impeding the upgradation of overall personality traits. Hence, throughout their lives, individuals need to work diligently to achieve this goal. Therefore, promoting career development is a notable measure for managing anger and stress effectively.

### III. MAINTAINING DIARIES

Maintaining diaries is regarded as an essential practice that helps individuals manage anger and stress appropriately. In personal lives, educational institutions of all levels and in all types of employment settings, individuals experience situations which enable them to experience anger and stress. In diaries, they write down the situations and causes of anger and stress. This enables them to augment their knowledge of the causes of anger and stress. In some cases, the reasons are valid; in others, they are invalid. Furthermore, individuals generate information that anger is negative. They need to augment information on strategies that facilitate appropriate control of anger. On the other hand, stressful situations also need to be handled effectively (Anger Management, 2020) [2].

Individuals from all occupations, communities, and socio-economic backgrounds need to write down the causes and strategies for managing anger and stress appropriately. Furthermore, the honing of determination levels is regarded as of utmost significance. As a consequence, individuals will make an important contribution to managing anger and stress appropriately. Furthermore, they will incur feelings of pleasure and contentment. Hence, it is well-understood that maintaining diaries is advantageous to individuals across all age groups. Therefore, maintaining a diary is an effective way to manage anger and stress.

#### A. Generating Information Regarding Various Factors

Throughout the lives of individuals across all occupations, communities, and socio-economic backgrounds, there is a need to generate information on various factors. The different factors are, implementing effective communication processes; honing analytical and critical-thinking skills; making wise and productive decisions in terms of various factors; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; taking out sufficient amount of time for all types of job duties and responsibilities; reinforcing a constructive approach; forming cordial and amiable terms and relationships with family and community members; providing solutions to various types of problems and carrying out all types of job duties and responsibilities in a well-ordered manner. All these factors must be applied in personal and professional life.

As a consequence, individuals will make an important contribution by performing well across all types of job duties and responsibilities, achieving desired goals and objectives, and meeting the expectations of family members, educators, and employers. Furthermore, individuals will gain appreciation and reverence from others and experience pleasure and contentment. As a consequence, they will manage anger and stress appropriately. The information on these factors is obtained by implementing effective communication processes with family and community

members, staying well-informed about job duties and responsibilities, and conducting research through various sources and experience. Therefore, gathering information about various factors is a useful way to manage anger and stress appropriately.

#### B. Advantages of Managing Anger and Stress in an Appropriate Manner

The individuals experience situations in both personal and professional spheres that can overwhelm them with anger and stress. Hence, throughout their lives, individuals need to augment their information with strategies to manage anger and stress appropriately. All types of strategies need to be implemented satisfactorily. The individuals need to ensure that these are advantageous to them overall (Stress Symptoms, Signs, and Causes, 2020) [4].

The factors that facilitate the augmentation of information in terms of strategies include implementing effective communication processes with family and community members; being well-informed about job duties and responsibilities; being well-equipped with traits such as morality, ethics, diligence, and conscientiousness; and conducting research and gaining experience. The strategies need to be favourable to individuals in a comprehensive manner. Hence, it is well-understood that appropriately managing anger and stress facilitates the progression of individuals. This is considered to be advantageous to individuals. Therefore, the advantages of managing anger and stress appropriately include obtaining a good education, securing employment, enhancing one's personality traits, and improving one's quality of life. These are stated as follows:

#### C. Acquiring Good-Quality Education

As a result of managing anger and stress, individuals will enrol in educational institutions at all levels and receive high-quality education. Furthermore, in the course of pursuing educational programs, they will perform all academic-related job duties and responsibilities adequately. In other words, by promoting normal mindsets, individuals will help improve motivation and concentration for the implementation of various job duties and responsibilities. As a consequence, they will meet educators' expectations. In this manner, students from all grade levels will not only acquire education but also help enhance organisational culture and improve the overall education system. Therefore, acquiring a high-quality education is considered an indispensable advantage for effectively managing anger and stress.

#### D. Getting Engaged in Employment Opportunities

As a result of managing anger and stress, individuals will be well-prepared for various factors, enabling them to engage in employment opportunities. In addition, these facilitate the development of various skills and abilities. Furthermore, individuals will have to inculcate the traits of adeptness, proficiency and reliability. As a consequence of engaging in employment, individuals will not only contribute to generating income but also effectively use their educational qualifications, competencies, and abilities.



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Furthermore, individuals will meet employers' expectations. In this manner, employees from all job positions will not only enhance their career prospects but also help strengthen organisational culture and upgrade the organisation's overall structure. In this manner, they will improve their overall living conditions and experience pleasure and contentment. Therefore, engaging in employment opportunities is one of the significant advantages of managing anger and stress appropriately.

## E. Leading to Up-gradation of Overall Personality Traits

Enhancing overall personality traits is regarded as an essential goal for individuals across all age groups, occupations, communities, and socio-economic backgrounds. By managing anger and stress, individuals will be well-prepared for various factors, enabling them to achieve this goal. The different factors are, diet and nutrition; exercises and physical activities; yoga and meditation; treating various types of health problems and illnesses; forming an effective social circle, comprising of family and community members; alleviating loneliness; inculcating the traits of morality, ethics, diligence and conscientiousness; developing mutual understanding with family and community members; augmenting various types of skills and abilities and implementing all types of job duties and responsibilities in a well-ordered manner. All these factors must be implemented appropriately. Therefore, the up-gradation of overall personality traits is an eminent advantage of managing anger and stress appropriately.

## F. Bringing about Improvements in one's Overall Quality of Lives

Improving one's overall quality of life is an essential goal for individuals across all age groups, occupations, communities, and socioeconomic backgrounds. By managing anger and stress, individuals will be well-prepared for various factors, enabling them to achieve this goal. The different factors are education, careers, employment opportunities, assets, resources, property, personality traits, health, well-being, infrastructure, amenities, facilities and so forth. All these factors must be implemented appropriately. As a consequence, individuals will make an important contribution to achieving this goal. Therefore, improving one's overall quality of life is an expedient advantage of managing anger and stress appropriately.

## IV. CONCLUSION

The individuals experience situations in both personal and professional spheres that can overwhelm them with anger and stress. Hence, throughout their lives, individuals need to augment their knowledge of measures that facilitate the appropriate management of anger and stress. Furthermore, individuals need to be well-equipped to manage anger and stress appropriately. Finally, it can be stated that managing anger and stress appropriately is essential for individuals' personal and professional progression.

## DECLARATION STATEMENT

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