

**A Descriptive Study on the Impact of Peer Influence
On Anger-Related Behavioural Problems
Among Adolescents in Selected
Higher Secondary Schools at
Kanpur, U.P.**

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ABSTRACT

Adolescence is a critical developmental stage where peer influence plays a significant role in shaping behaviours, including anger-related behavioural problems. Understanding the extent of peer influence on adolescent anger management is crucial for developing targeted interventions.

This descriptive study investigates the impact of peer influence on anger-related behavioural problems among 110 adolescents in selected higher secondary schools in Kanpur, Uttar Pradesh. Data were collected using a structured questionnaire and a simple modified Anger Rating Scale, and analysed using descriptive and inferential statistics. Findings revealed that 60% of adolescents exhibited moderate anger-related behavioural issues, 25% demonstrated severe anger problems, while 15% showed minimal issues. A significant association was found between anger-related behaviours and peer influence factors such as peer pressure ($\chi^2 = 14.32$, $p < 0.05$), peer acceptance ($\chi^2 = 10.76$, $p < 0.05$), and exposure to aggressive behaviours within peer groups ($\chi^2 = 13.21$, $p < 0.05$). However, no significant association was found with demographic variables such as family income ($\chi^2 = 4.67$, $p > 0.05$). The study emphasizes the need

for school-based interventions focusing on peer counselling and anger management strategies to mitigate the influence of negative peer interactions.

Keywords: Adolescents, Peer Influence, Anger Management, Behavioural Problems, Higher Secondary Schools

INTRODUCTION

Adolescents are highly susceptible to peer influence, which can shape their emotional and behavioural responses. Anger-related issues, if not managed properly, can lead to aggressive behaviours, poor academic performance, and social maladjustments. Research highlights that peer groups significantly influence emotional regulation, either positively or negatively.

This study aims to assess how peer influence affects anger-related behaviours in adolescents and identify the factors contributing to anger expression in school settings. By understanding these dynamics, educators, parents, and policymakers can implement strategies to foster healthier peer relationships and emotional regulation.

NEED FOR THE STUDY

Adolescence is a pivotal developmental phase characterized by significant physical, emotional, and social transformations. During this period, individuals are particularly susceptible to external influences, notably from their peers. While positive peer interactions can promote healthy development, negative peer pressure may lead to adverse behavioural outcomes, including anger-related issues.

Recent studies have highlighted the prevalence of anger and aggression among adolescents. For instance, a study involving 463 school-going adolescents found that 48.4% exhibited anger, 46.7% displayed physical aggression, and 51.8% showed high levels of hostility. Another study in Chennai reported that among 396 adolescents,

53.54% experienced mild clinical anger, 21.72% moderate clinical anger, and 4.29% severe clinical anger

Anger-related behavioural problems can lead to various negative outcomes, including academic difficulties, strained relationships, and mental health issues. Implementing anger management programs in schools has shown promise in addressing these challenges. For example, a study demonstrated that such programs effectively decreased anger levels and enhanced problem-solving and communication skills among adolescents.

In Kanpur, Uttar Pradesh, understanding the impact of peer influence on anger-related behaviours among adolescents is crucial for developing targeted interventions. By assessing this relationship, educators, parents, and policymakers can implement strategies to promote positive peer interactions, effective anger management, and a supportive school environment, thereby fostering healthier development during this critical life stage.

STATEMENT OF THE PROBLEM

“A Descriptive Study on the Impact of Peer Influence on Anger-Related Behavioural Problems Among Adolescents in Selected Higher Secondary Schools at Kanpur, U.P.”

OBJECTIVES

1. To determine the socio-demographic distribution of adolescents experiencing anger-related behavioural issues.
2. To assess the impact of peer influence on anger-related behavioural problems among adolescents.

3. To analyse the association between peer influence factors and anger-related behavioural problems.
4. To measure the level of anger among adolescents using a simple Anger Rating Scale.

HYPOTHESIS

H1: There will be a significant association between peer influence factors and anger-related behavioural problems among adolescents.

METHODS AND MATERIALS

Research Approach: In the present study, descriptive approach was used.

Research Design: The research design used in the present study is descriptive research design.

VARIABLES

- **Dependent Variable:** In this study the dependent variable is Anger-related behavioural problems.
- **Independent Variables:** Peer influence factors such as peer pressure, peer acceptance, and exposure to aggressive behaviour are the independent variables in the present study

POPULATION:

The population for this study comprises of adolescents in higher secondary schools at Kanpur.

Target Population: In this study, the target population is adolescents enrolled in selected higher secondary schools at Kanpur, U.P.

SAMPLE: The sample for this study were Adolescents who met the inclusion criteria.

SAMPLE SIZE: In this study, sample size consists of 110 adolescents from a selected higher secondary school at Kanpur.

SAMPLING TECHNIQUE: Sampling technique used for this study is Convenient sampling technique.

SAMPLING CRITERIA

Inclusion Criteria:

- Adolescents aged 14-18 years, enrolled in selected schools
- willing to participate.

Exclusion Criteria:

- Adolescents with diagnosed psychological disorders affecting anger regulation.

METHODS OF DATA COLLECTION:

Structured questionnaire assessing peer influence and anger-related behaviours, supplemented with a simple modified Anger Rating Scale to quantify anger intensity.

DEVELOPMENT OF RESEARCH TOOL

A self-structured questionnaire was used to assess socio-demographic details and peer influence. Anger levels were assessed using a simple modified Anger Rating Scale.

RESULTS AND FINDINGS

Section A:

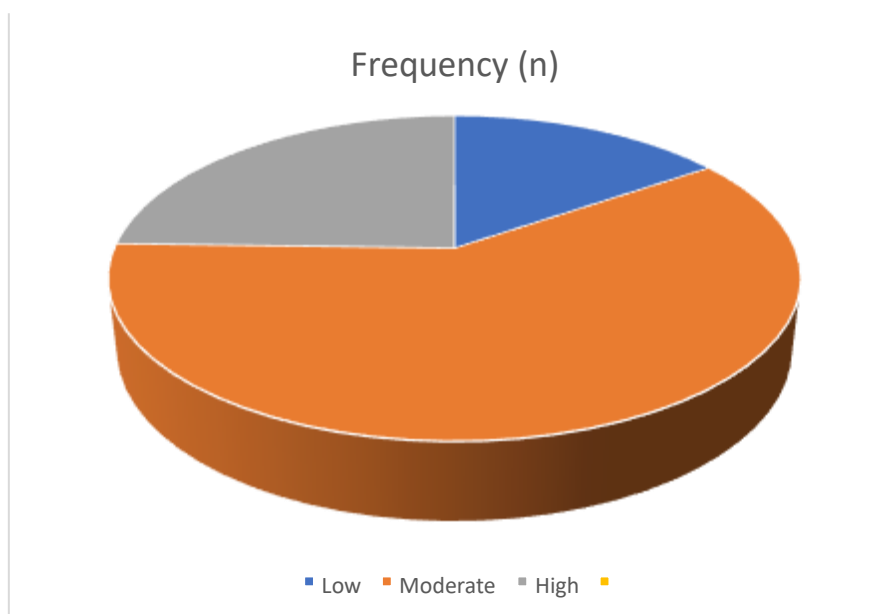
Findings Related to Socio-demographic Variables

- 50% of participants were aged 16-17 years.
- 55% were male, 45% were female.
- 65% belonged to nuclear families.

Section B:

Findings on Peer Influence and Anger-Related Behaviour

Anger Level	Frequency (n)	Percentage (%)
Low	17	15%
Moderate	66	60%
High	27	25%



Section C:

Association between Peer Influence and Anger Issues

Variable	Chi-Square Value (χ^2)	p-value	Significant
Peer Pressure	14.32	< 0.05	Significant
Peer Acceptance	10.76	< 0.05	Significant

Exposure to Aggressive Peers	13.21	< 0.05	Significant
Family Income	4.67	> 0.05	Not Significant

The findings indicate that peer pressure, peer acceptance, and exposure to aggressive peers significantly influence anger-related behavioural problems in adolescents, as their p-values are less than 0.05. This suggests that adolescents who experience high peer pressure, struggle for peer acceptance, or are frequently exposed to aggressive peers are more likely to exhibit anger-related issues. However, family income does not show a significant impact on anger levels ($p > 0.05$), indicating that economic background alone is not a determining factor in adolescent anger expression. These results highlight the need for peer-focused interventions in schools to address anger management and emotional regulation.

NURSING IMPLICATIONS

Nursing Practice: School nurses play a crucial role in identifying and managing anger-related behavioural problems among adolescents. By implementing anger management programs within schools, nurses can provide students with coping strategies to regulate their emotions effectively. Peer influence should be addressed through group counselling sessions, where adolescents can discuss their experiences and learn from one another. Furthermore, nurses should collaborate with teachers and parents to create a supportive environment that discourages aggressive behaviours and promotes emotional well-being.

Nursing Education: Educational institutions training future nurses should incorporate modules on adolescent psychology and anger management into their curriculum. By understanding how peer influence affects behavioural outcomes, nursing students can

be better prepared to handle such cases in their practice. Simulation-based training can be introduced to help nursing students develop effective intervention techniques for anger-related behavioural problems. Additionally, continuing education programs should be offered to practicing nurses to enhance their skills in managing adolescent emotional and behavioural issues.

Nursing Administration: Nursing administrators should develop policies that prioritize mental health support in schools. This includes establishing peer counselling programs, integrating mental health awareness campaigns, and ensuring that every school has a trained nurse to handle emotional and behavioural challenges. Regular workshops should be conducted for school staff and parents to help them identify early signs of anger-related problems and provide timely intervention. Furthermore, administrators should advocate for interdisciplinary collaboration, ensuring that psychologists, social workers, and educators work together to create a comprehensive support system for students.

Nursing Research: Further research is needed to explore the long-term effectiveness of anger management programs in schools. Studies should focus on evaluating different intervention strategies, such as cognitive-behavioural therapy (CBT) and peer mentorship, to determine which approaches yield the best results. Additionally, research should assess the role of cultural and socio-economic factors in shaping adolescent anger responses. Findings from such studies can inform policy decisions and help in designing more effective, evidence-based interventions for managing anger-related behavioural problems in adolescents.

LIMITATIONS

- Limited to selected schools in Kanpur.
- Self-reported data may introduce response bias.
- No longitudinal follow-up on behavioural improvements.

RECOMMENDATIONS

- Conduct studies with larger sample sizes.
- Implement peer mentorship programs in schools.
- Assess long-term effectiveness of anger management interventions.

CONCLUSION

The study highlights the significant impact of peer influence on anger-related behavioural problems among adolescents. Findings indicate that 60% of participants exhibited moderate anger-related issues, 25% had severe anger problems, and 15% showed minimal anger levels. Statistical analysis revealed a significant association between anger-related behaviours and peer influence factors such as peer pressure ($\chi^2 = 14.32$, $p < 0.05$), peer acceptance ($\chi^2 = 10.76$, $p < 0.05$), and exposure to aggressive peers ($\chi^2 = 13.21$, $p < 0.05$), whereas family income ($\chi^2 = 4.67$, $p > 0.05$) showed no significant impact. These results suggest that social factors, rather than economic background, play a crucial role in shaping adolescent anger expression.

The study highlights the significant impact of peer influence on anger-related behavioural problems among adolescents. Findings emphasize the need for structured interventions, including peer counselling and emotional regulation programs, to foster healthier adolescent development. The use of a simple modified Anger Rating Scale provided a clearer understanding of anger expression, reinforcing the necessity for tailored interventions.

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