

ANGER

THE

BASIC EMOTION

(Primary / Universal Emotions)

'The Face is mirror of The Mind'

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Introduction:

- Modern psychologists view anger as a primary, natural, and mature emotion experienced by virtually all humans at times.
- Anger is essentially considered to have a functional value for survival.
- Anger is seen as a supportive mechanism to show a person that something is wrong and requires changing.

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Anger:

- Anger is typically experienced as an automatic inner response to hurt, frustration or fear.
- Anger is physiological arousal. It instills feelings of power and generates preparedness.
- **The Expression of anger is learned. The expression of anger can come under personal control.**

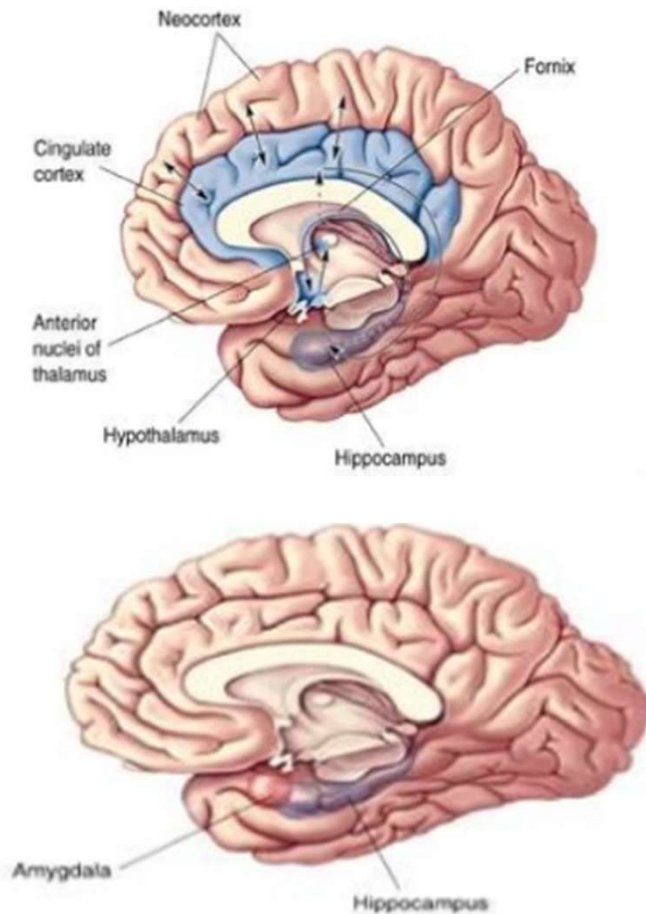


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Evolution aspect of aggression

- **Aggression from evolution perspective has adaptive as well as survival function.**
- **Males often in presence of other males display undue aggression, which is uncalled for self- defence.**
- **Fighting for status is similar to fight for survival of there genes.**
- **Higher status endowed with greater power, money and easy access to sex (interested mates).**
- **Not caring about 'status' is similar to backing away from flight. This is taken as evolutionary suicide.**

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- **Neurobiology of anger:**
 - The amygdale in the limbic system is the seat of Fear and Aggression.
 - **Bilateral amygdalectomy reduces fear and aggression in all animals.**

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Predatory Aggression- Attacks

- Against different species for food
- Few vocalization; Attack Head or Neck
- No activity in sympathetic division of ANS

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Affective aggression for show:

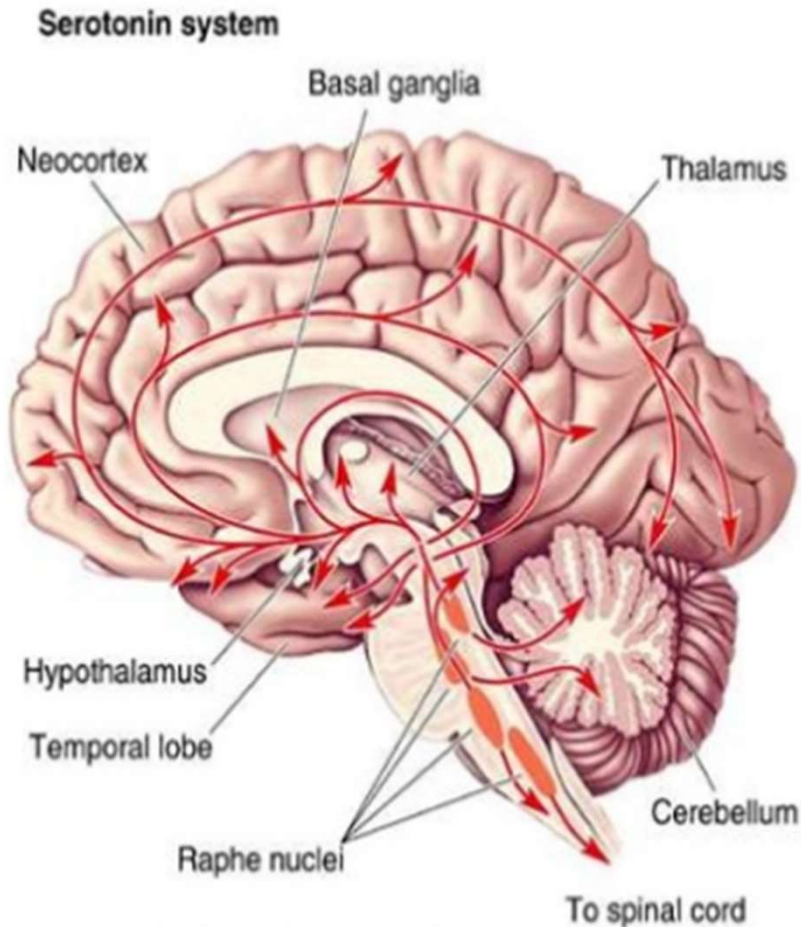
- Used for show, not kill for food
- High levels of sympathetic activity
- Makes vocalization;
Threatening posture



8. Gangrel



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- **Neurotransmitters and anger:**

- Serotonin plays a great role in structures related to limbic system.
- Low serotonin turnover results in Aggression
- Any drug that blocks the serotonin synthesis will result in increased aggressive behavior.

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Definition:

- A feeling of tension and hostility, usually caused by anxiety aroused by a perceived threat to one's self, possessions, rights or values.

Or

- A strong feeling that makes you want to hurt someone or be unpleasant because of something unfair or unkind that has happened

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Triggers for anger:

There are external and internal factors which trigger anger they are as under:

- **Predisposing factors include:**

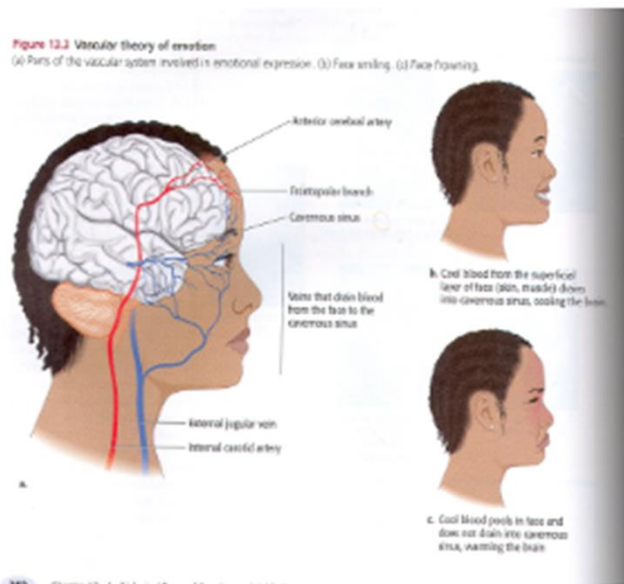
- Fatigue, hunger, pain, sexual frustration, stress. Hormonal changes associated with puberty, Menopause. Certain drugs and physical withdrawal.

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Triggers for anger:

Vascular (temperature) theory of Emotional Experience



❖ Blood flow contributes to brain temperature and is activated by ANS (in emotional/stress situations).

- Raising brain temperature biases emotional experience to anger.
- Cooling brain temperature biases emotional experience to happiness.

- **Hot weather and Anger:**
- In North America and Europe the number of assaults peaks during the hottest months of the year (Anderson, 1989).

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Triggers for anger:

- **Brain temperature and aggression:**
 - Limbic system in the brain is surrounded by cavernous sinus, which has many emissary veins draining from face when the temperature outside is more this warm blood reaches and raises the brain temperature especially in the area of limbic system or emotional brain.
 - This triggers irritability and anger. Usually when we feel hot we usually rinse face with water or we keep our face in front of fan or cold air of Air conditioner which has a calming effect.

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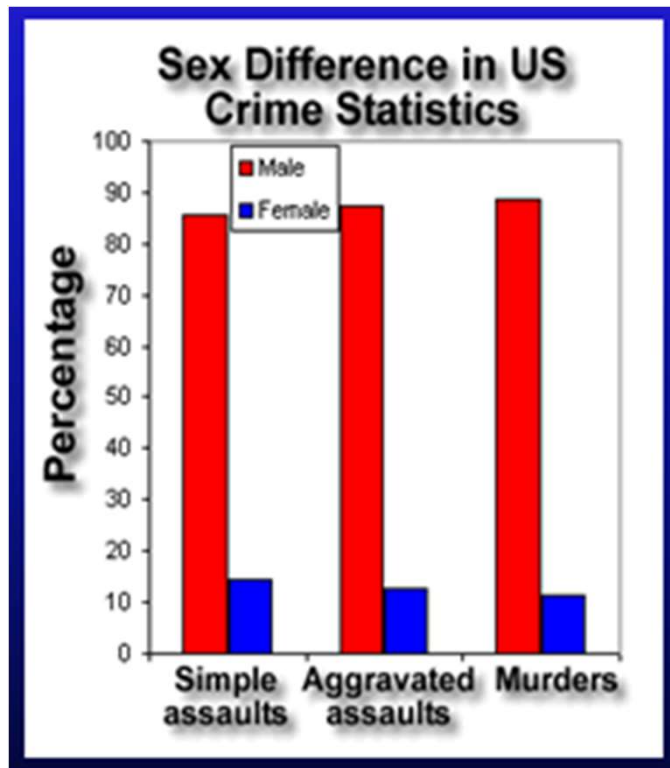
Triggers for anger:



- **Male aggression:**
 - Chimpanzees and humans are the only species in which groups of males hunt and kill members of their own species.
 - Therefore murder is not a unique 'culturally determined' human behavior.

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Triggers for anger:



- **Sex difference and Anger:**
 - Over 80% of homicides are committed by men. Most of the victims are also men.
 - This sex difference is found across all cultures. Criminal violence is most likely between the ages of 14 and 24.

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Triggers for anger:



- **Hormones and aggression:**
 - Testosterone has masculinizing effect.

- Aggression increases with increased levels of testosterone at puberty in males, this is the reason males are more aggressive than females.

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Female Aggression

Female Aggression



- "... lower rates of aggression by women reflect not just the absence of masculine risk-taking but are part of a positive female adaptation driven by the critical importance of the mother's survival for her own reproductive success."

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Female Aggression

- Females show greater fear of physical harm compared to men.
- Women show less concern for status compared to men.
- Female 'protective maternal aggression' to defend their offspring; paternal aggression is rare.

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Triggers for anger:

- **Genetic basis and anger:**
 - Some people are angrier than others and there is evidence that some children are born irritable, touchy, and easily angered.
 - These children are generally come from the families with history of disruptive and unskilled at emotional communications.



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Triggers for anger:

The Personal Space & Aggression:

- Not only animals but Humans also have personal space and which is 1 ½ feet to 4 feet is best for conversation,.
- Applied:
 - In social situations if strangers crossing in this space arouse aggression,.

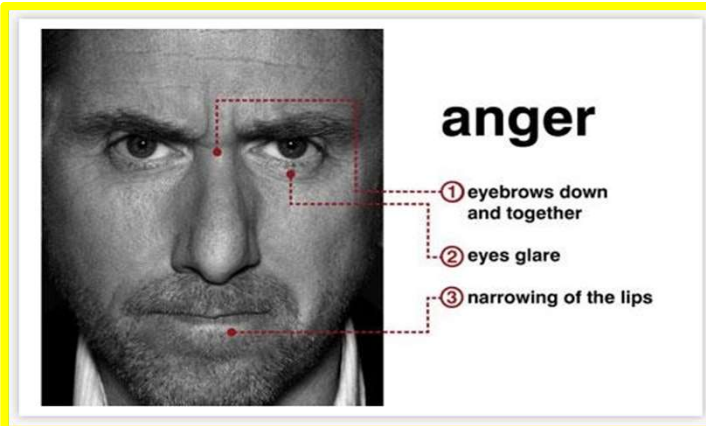
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Triggers for anger:

The Personal Space & Aggression:

- **Exception:**
 - **Exception to this is close social situations do occur in cities in special situations like travelling in bus, train, and lift.**
- **Applied:**
 - **This encroachment of space prompts people to ignore the presence of stress passers and they start ignoring the person sitting or stand-in in close vicinity by looking in different direction, and especially in lifts they stare to the indicators of floor numbers display.**

ANGER Behavior



Eyebrows:

- Lowered eyebrows, that are pulled together to form wrinkles in the skin of the forehead (glabella).

Eyelids:

- Tensed and straightened lower eyelids and tension in lips and mouth.

Lips:

- Also note; the pressed lips with a slight pushing up of the chinbone.

Body Reaction to Anger

Face:

- May become Red (Increase of stress hormones (particularly catecholamine's, as corticosteroids are more typical of fear).

Eyes:

- Prominent and Dilated pupils

Respiratory:

- Shortness of breath

Extremities:

- Trembling of limbs
- Animated and exaggerated body movement
- Muscle are tense and Stiffness of posture

Sweat:

- Increased sweating

Sleep:

- Sleeplessness

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Anger behavior:

- **Verbal Expression of anger:**
 - Raises voice e.g., shout scold or yell.
 - Use derogatory terms e.g., swearing, sarcasm, remarks.
- **Physically Expressing Anger:**
 - Destructive actions towards objects e.g., hit, throw, kick or break objects.

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Value:

- **It is a natural human emotion. Anger has its place in our bag of emotions.**
- **It is fundamentally linked to our representations of personal and societal order and disorder.**

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Function / Utility:

- Can be evaluated as under:
 - When Adaptive:
 - Anger when adaptive plays a powerful and positive role in the workplace and in politics.
 - According to Larissa Tiedens, PhD, of Stanford University. Arenas, where anger is often used are:
 - For status, power, control and strategic purposes rather than for emotional expression.

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Function / Utility:

- Can be evaluated as under:
 - When Maladaptive:
 - Anger when maladaptive is destructive
 - Note:
 - Anybody can become angry – that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody's power and is not easy. ('Aristotle').

Thanks