ABSTRACT

Anger is one of the common and basic emotions. It is seen that anger has evolved as one of the important factors affecting mental and physical health. Anger, whether reasonable or unreasonable, causes harm to the individual and to the society (Spielberger, 1999). “By the simplest of definitions anger occurs towards an object/person which/who is an obstacle to fulfilling one’s desired goal” (Ram, 2000). Anger is not always goal directed. Angry feelings stem from an unpleasant occurrence that yields internal physiological reaction, motor reaction, facial changes, changes in thoughts and movements. Several efforts have been made by people to reduce anger, like counting ten, going away from the provoking situation, or diverting attention.

Homeopathy believes in holistic approach, which says that mind, body and soul should be in equilibrium for an individual to remain healthy. So any affection on any plane will show its effects on another plane. Homeopathy can be defined as a system of therapeutics based on the ‘law of similars’. This law states that a drug capable of producing a disease state in a healthy individual which is identical to that observed in a diseased individual, acts a curative agent if the disease is in the curative stage (Dhawale, 2000). Rational- emotive behavior therapy (REBT) is a cognitive behavioral therapy.

Anger which has cognitive, emotive and behavioural components is very well treated with REBT. “Rational emotive behaviour therapy is a comprehensive, active-directive, philosophically and empirically based psychotherapy which focuses on resolving emotional and behavioral problems and disturbances and enabling people to lead happier and more fulfilling lives” (Wikipedia, 2008).

Yoganidra is a yogic relaxation technique comprising of resolve-making, deep muscle relaxation, breathing exercise and imagery (Swami Satyanand Saraswati, 1998). Yoganidra maintains equilibrium between mind and body and helps to maintain the state of health. In anger this equilibrium is lost, with loss of inner peace. The present study was an attempt to explore the efficiency of the three alternative methods in treatment of anger, namely homeopathy, REBT and yoganidra.

STAXI-2 and case-history were used to collect data regarding anger and other personal information from the sample of 120 patients who met the inclusionary criteria of
being high on trait-anger of STAXI-2 scale, that is, above 25.82 for males and for females 23.94. These 120 also had health complaints arising from anger, where anger was one of the main causative factors. The STAXI-2 score of these 120 selected subjects were recorded as pre-intervention anger scores. These 120 patients were assigned to one of the four groups in a serial order so that each group had 30 patients. Patients were treated individually in their respective groups.

As the number of dependent variables were more than one, MANOVA was selected for analysis of data. It was carried out on the derived scores, that is, difference between pre-intervention and post-intervention scores of the anger variables of the subjects in the 4 groups. From the statistical analysis was seen that homeopathy, REBT and yoganidra showed significant reduction in trait anger and anger expression in and out. There was increase in anger control in and out.

Scheffe’s post-hoc test result showed REBT as the most efficient treatment in treating anger, yoganidra showed moderate efficiency, homeopathy showed minimum efficiency and placebo showed no efficiency in treating anger. Thus the results showed that homeopathy, REBT and yoganidra were effective in treating anger. But REBT was the most efficient in treating anger than homeopathy and yoganidra, considering the duration the treatment was restricted to two months (8 weeks) only. Longer duration may yield different outcomes. Maintaining follow-ups after completion of treatments would help to ascertain the long term effects. Future research could explore efficacy of the three treatment methods in treating anger of subjects suffering from psychiatric illness.