Health is the state of being well and free from illness in body or mind. It is an asset and the most valuable resource in individual life. Therefore, health is very important matter that should be noted by everyone. But due to advancement in human life people become more materialistic. They are always in hurry and under stress due to several demands of life. Because of that they can suffer from several health’s related problems, which are unbearable. Migraine headache is also today’s serious health related problem. It is such a problem which affects negatively to a large portion of the population. People often miss their work and remain uneasy due to this problem. Several factors play their role in triggering migraine headache. After extensive review of literature, it was also realized that psychological help can be beneficial in managing migraine headache. Therefore, the present investigation was aimed to identify the role of stress and anger expression in migraine headache. And, it was also aimed at managing migraine and headache with the help of psychological intervention in the form of relaxation training and EMG-biofeedback.

The whole thesis consists of four chapters. In Chapter one, conceptual issues related to headache, migraine headache, its prevalence and role of psychological factors such as stress and anger expression are outlined. The effect of psychological, intervention in managing migraine is also outlived in chapter first. Chapter two deals with the review of relevant literature. The objectives and hypotheses of the present study are also given in chapter second. In Chapter three, design of the study, sample and procedure are elaborated. In addition, in this chapter a detailed description of the tools used is also given. Chapter four deals with the results and discussion of the study. Results are described with the help of tables.
Summary is given in which main findings are given along with other details of the present study. References are given in the end. The copies of the tools used are also appended.

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