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Although a great deal of clinical and experimental work has investigated anger expression in hypertensive’s, surgical & blood pressure patients, only limited attention has been paid towards its developmental perspective at various levels of age points, particularly in case of youth. Our educational system is such that not much attention is paid toward this construct i.e. anger of the youth. Therefore a study exploring the possibilities of such relationship between emotion i.e. anger and well-being of individuals was the need of the time. Lack of research work in this area itself generated enough heat for taking up the investigation, with an objective toward its resolution.

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