



# Impact of simplified kundalini yoga and pranayama on anger management among young adult women

Thamarai Selvi J.\* and Viswanathan C.

WCSC–VISION Aliyar, Pollachi, Bharathiyar University, Coimbatore, Tamilnadu, India  
selvisiv@gmail.com

Available online at: [www.isca.in](http://www.isca.in)

Received 7<sup>th</sup> September 2020, revised 15<sup>th</sup> May 2021, accepted 17<sup>th</sup> August 2021

## Abstract

*The aim of the study was to discover the effect of Simplified Kundalini Yoga and Pranayama on young adult women's anger management. Women's role in family and society is most essential. When they succumb to anger a natural occurrence not only weakens the immune system and it also destroys relationships. Anger comes in numerous classifications including violence, frustration, distrust, disgust, rage, and develops negativity. Triggered by unpleasant emotions involving thoughts, feelings, and bodily changes anger affects women's well-being leading to imbalance, the restless mindset in life. To enhance the peaceful balance state of mental acuity regular practice of SKY Yoga would be fruitful. For the research, 60 young adult women were selected as subjects from in and around Hosur. Their ages ranged from 25 years to 35 years. The topics were split into three classes of equal subjects. Experimental Group I went on SKY Yoga practices only; Experimental Group II went only on Pranayama for 10 weeks. Control groups were not given any training. The anger was measured before and after the experiment using the standardized questionnaire PANSS. The data was analyzed through Analysis of Co-variance (ANCOVA) and it was concluded that the impact of Simplified Kundalini Yoga on the neutralization of rage was important ( $P < 0.05$ ). The results of the study showed that in the Experiment I SKY YOGA Practices group there was a substantial increase in reducing frustration and showed an affirmative effect of Peace as opposed to the Experiment II Pranayama Group and Control Group. SKY Yoga diminishes anger resulting in optimistic effects among young adult women's balanced life. SKY Yoga through neutralization of anger brings in harmonious relationships with compassion, forgiveness, and tolerance, thereby a pleasant and prosperous peaceful, healthy life physically, mentally, socially, and spiritually.*

**Keywords:** SKY YOGA, Pranayama, Neutralization of Anger, PANS.

## Introduction

**Factors resulting in develop anger management among young adult women:** Risk factors for aggressive activity are correlated with the prevalence of rage in young adults. In India, the rising crime rates and aggressive behaviors of young adults have led researchers to specialize in youth rage. In the Indian sense, there's a need for avoidance and mediation modules for young adults. This present study aims to establish an antagonism intervention module in India among young adults.

The Sunday Times Magazine- July 16, 2006 says<sup>1</sup>, nearly one third of people surveyed (thirty-two percent) claim they need a close friend or loved one who has difficulty controlling their rage. One out of ten (twelve percent) say they need trouble managing their own anger. One out of four people (twenty-eight percent) say they think about how angry they usually feel. One out of five people (twenty percent) say they need to finish relationship or friendship with someone thanks to how they behaved after they were angry. Sixty-four percent strongly accept or agree that people have typically become angrier. Of those who say they need trouble managing their anger, fewer than one in seven (thirteen percent) have sought support for his or her anger issues. Fifty eight percent of respondents wouldn't

know where to hunt for help if they needed help with an anger problem. Eighty four percent strongly agree or agree that if they need anger issues, people should be encouraged to hunt for help<sup>1</sup>.

**Significance of Anger management among Young Adult Women:** Young Adult Women form an integral part of India's prosperity. Many characteristics of young Adult women's activities have adverse consequences for his or her health and well-being. Health-related socioeconomic factors such as malnutrition, physical labor overload and lack of approach to accessible facilities reflect gender inequality and related issues.

In the family and in society, young adult women play a significant role. They are the caretakers of the family, spouse, children, and elders, they play a serious role in preserving the family's every part of life, once they feel the rage of stress rises and it spoils the peace within the family, and it affects the relationship of harmony with the family members.

Depression is characteristically labeled as anger turned inside. Birks says. When women do not distinguish the means to lever their emotions, they'll assume their anger. Observance of these feelings inside can cause depression. Not only does anger

subdue your structure, but it can also even extinguish relationships. Individuals find automatically creeping around you because they become nervous.

**Understanding Anger:** Anger may also be a simple emotion that all individuals feel. Usually caused by an emotionally wounded rage, it is often seen as an uncomfortable feeling that arises after we expect to have been hurt, mistreated, and opposed in our long-standing beliefs, or once we encounter barriers that prevent us from achieving personal goals. When he/she is in an extremely forgetful state, rage or the opposite emotion overwhelms the man.

**Anger - the foremost Dreaded Quality:** Anger is more destructive than fire, more disastrous than earthquake<sup>2</sup>. In anger individuals fight each other with dire consequences, nations fight each other and thousands of young precious promising lives are lost. Anger is an eroding emotion. It's natural, but a negative emotional response to worry or opposition. If we do not cater to that firmly and positively, it'll continue it destroying our inner selves<sup>3</sup>. On whom anger occurs: it's visiting be observed we fairly often get angry with those who spend a big an element of their time with us showing care, affection and making sacrifices for us. In other words it's our parents, life partner, brothers, sisters, relatives and friends.

**Causes of Anger:** The roots of anger are essentials, likes, dislikes, anticipations, resources, eminence, supremacy and sensual desires. When we see imperfection around us we are always unable to simply recognize it. For instance, when someone has done something wrong, our rage soars like a wave and then subsides, leaving us shaken, and often with remorse. We do not seem to remember when we are angry. The first step is to realize that imperfections cannot be eliminated by rage. We would like to realize that only we can recognize things because they are, with understanding, we can fix them<sup>4</sup>. This is better said than done because catering to the mind or feelings directly are never easy. That is why we would like to be helped by those techniques. Meditation for indignation, breathing exercises to calm down play a giant role<sup>5</sup>.

**Anger a reason to damage health:** Anger not only weakens your system comes in numerous classifications including violence, frustration, distrust, disgust, rage and develops negativity. It leads to deceptions as verdict, Disapproval and even dullness. Like all emotions. It is a fancy, ever-shifting state involving thoughts, feelings and bodily changes<sup>6</sup>. Anger activates the flight-or-fight response that is necessary. It primarily causes rates, vital signs, and levels of stress to rise. The breathing rate increases too. Metabolic changes are set in motion when frustration is 'recurrent and unmanaged' that ultimately affect not only health, but also the final quality of life.

**Signs and symptoms of negative effects of anger: Physical Health:** When an individual gets upset, he/she stimulates some glands in the body. The researchers found that their body

produces unhealthy levels of adrenaline and cortisol hormones inside the blood stream when someone has an angry outburst. This raises pressure and pulse, which could lead to conditions such as stroke and heart disease. Rage induces stress within the body. Tight jaw, heavy shoulders, clenched fists, etc. are signs that your body is holding a lot of frustration inside in line with Fox News, Redford Williams, the university's director of the Behavioral Medicine Research Centre, noted that these unhealthy adrenaline levels have a negative impact on most aspects of the physical functions of the body<sup>7</sup>. According to Dr. Mercola, a highly known and widely published natural health practitioner, our automatic rage reacts to health issues such as: headaches, digestive imbalances, insomnia, anxiety, depression, migraines, negative feelings, skin problems like eczema complications in pre-existing health conditions. The face reddens, the body shakes, the arms and leg muscles tighten. Ulcers in the stomach are caused by frustration. Even the Strongly Conservative Center for Disease and Prevention (CDC) acknowledges that 85% of all diseases have a direct correlation to the emotions. Anger is also a source of learning and raises awareness of our own shadow sides. Absence of understanding lead to subconscious wrath, in addition, as a dynamic misapprehension of authenticity.

**Mental Health:** Anger causes step-up in energy to hit the brain cells. It causes state of mind, low IQ, poor concentration and no harmony. The mental frequencies goes up thereto range of 25-35 cycles per second, thus leading to excess consumption of life energy.

**Personality:** One becomes a loner. Nobody will want to return near you, thus resulting in Isolation.

**Spiritual Health:** Anger decreases our life energy. One are visiting be unable to meditate.

**Defeating Anger:** Anger should never suppress. Suppression drives anger into the subconscious. When a personal tries to manage anger it becomes double. Anger is inborn. It cannot be totally eradicated but could also be neutralized through practice.

Significance of SKY Yoga and Pranayama in Anger Management: Today, yoga is no longer restricted to hermits, saints, and sages, but has gone to each home for the global elevation of wellbeing. As a neighborhood of the lifestyles of people, yoga has aroused global emergence and acceptance. Such values are connected with every aspect of life and consider the person as a whole. Yoga - the life symphony that results in a balanced body, a calm mind, a content spirit, and a liberated soul. Yoga can be a practice that seeks to bring under its influence the inner world of a private person, thereby enabling the person inside himself to happily adapt to his/her surroundings as well. Yoga deals with mind and body training to understand oneness with the World.

Simplified Kundalini Yoga (SKY Yoga) which may be a science of preventive health and holistic path for all-round

development. SKY Yoga designed and developed after few decades of research in Indian and Siddha (Yogi's) by Vethathiri Maharishi need to avail the advantages of ancient Yoga with simplified practices cause harmony between body, mind, and soul, Founder Father Vethathiri Maharishi's Simplified Kundalini Yoga (SKY Yoga) is an efficient means to take care of psycho-physiological and biochemical homeostasis resulting in holistic health Practice<sup>8</sup>. SKY Yoga helps to recreate, refine and redefine the Young Adult Women anger management ability, SKY Yoga Practices lays the inspiration for positivity, strengthens the nervous and endocrine systems to realize a normalized and balanced state, and also brain cells are nourished and refreshed. SKY Yoga can be a rehabilitative, preventive and curative intervention for overall health status change that also allows people to build an integrated personality. As a life-style, SKY Yoga is focused on those ideals that are beneficial for healthy living, SKY Yoga enables the individual to enhance her mental capabilities and convey about changes in her actions, which provides her the mental acuity to know her flaws and therefore the strength to beat them. It also helps her to measure a prosperous life et al. to realize their goals. The outcome is expanded intellectual transparency, psychological firmness, and a greater sense of overall well-being. SKY Yoga can help to get young adult women out of their shells and into the social interaction world. Via the ability to self-regulate, reducing stress and anxiety, they grow more resilience. It allows them to calm themselves and figure out through the different techniques of yoga how to relax, relieve anxiety and frustration. SKY Yoga offers the best platform for young adult women to control their rage.

Pranayama: Pranayama is a central research-based and therapeutic facet of yoga. Pranayama is the mechanism of breathing or regulating the motion of inhalation, exhalation and therefore the retention of substantial energy. It controls and regulates breathing. As a result's very beneficial for school women, because it enhances anger management. This strategy specifically enhances the endurance, stability, and solidity induces rise to healthier sleep by the higher transmission of the essential power. Pranayama helps in controlling epileptic-seizures which can be common among this Young Adult Women. Pranayama helps Young Adult women students clear their minds and specialize in the activity at hand alongside mind. Indeed can develop coordination. Developing coordination will take a while, so it's important to remain faithful the practices to realize the benefit. Pranayama (Alternate Nostril Breathing) to help relax the system and relieve tension-induced rage. Breathing exercises to stabilize the body and release tension-induced anger. These energies are released and loads of light are felt by the body. It also helps to provide a way of calm by releasing the pressure from the mind. Yoga struggles to take control of the steadiness of the mind, body and soul with the detrimental effects of rage. They are able to use breathing exercises to fill their chest and lungs and understand what it means to actually breathe deeply, except for some restrictions. Young adult women can really appreciate

their bodies and their capacities to handle them with the positive benefit of growing body knowledge. Although reducing stress and anxiety, it can also increase attention.

Powerful tools to neutralize anger: The concept of SKY-YOGA by Vethathiri maharishi is being practiced by people for a healthy and peaceful life across the world. It gives healthiness to the body, longevity of life, mental peace and harmony to society. Simplified Physical Exercises for body. Kayakalpa yoga for the longevity of the life-force and anti-ageing. Sky meditation for mind and focusing Introspection for wisdom.

Forgiveness: Learn to forgive and forget all injuries and insults dealt to you. One should forgive and be free. Revenge and retaliation are best left to time. The impulse to require revenge only results in negative karma. Nightly before you retire to bed it's an honest practice to review and analyze the happenings of the day to see if someone has cheated or offended you, call out that person's name and say "I forgive you". You'll have a peaceful sleep.

Adjustment - Tolerance - Sacrifice: One should attempt to adjust and provides thanks to others. Tolerance within the other words is patience. Patience may be a virtue, one should remain calm and tolerant within the face of anger, and also learn to sacrifice for the sake of others.

Understanding: One should learn to be an honest listener and understand the opposite person, shouldn't criticize or blame in others.

Refrain from Causing Pain to Others: Vethathiri Maharishi has given a Two Fold Culture, if practiced regularly it'll help one refrain from causing pain to others, thereby moralizing one's character: i. I, during my life time, won't harm anyone in any form. ii. I will be able to always attempt to help the needy and take away their worries and also protect them. Vethathiri maharishi developed an entire system of practices for the self.

Introspection: the tactic by which one can analyze himself and convert all emotional qualities into good qualities is named Introspection. Inner analyses means-introspection. It's an examination one's own conscious thoughts and feelings. Once they realize themselves, they're ready to realize the worth of everyone on the world. Respect for the requirements of others and moralize their own activities become a part of their life<sup>9</sup>.

Vethathiri Maharishi Method of Neutralization of Anger: Meditate for a short time and convey the mind to a tranquil state. Make an inventory of individuals with whom you're susceptible to become angry most frequently, followed by others. Take the primary name within the list, and seek answers to the subsequent questions: a. what's nature of my relationship with him/her? b. What are the explanations behind my anger? c. what's my role in it? d. What was the earliest experience, the ultimate outcome? Was it good or bad? Did anger serve the

specified purpose?<sup>10</sup>. Research into these questions with all the names within the list. Determine the explanations and expunge them. Having completed the exercise, one must consolidate the conclusions, and prepare an idea for the longer term regarding anger. A process of autosuggestion gives the simplest results. Bring the person with whom you most frequently get angry into your picture and say, "I shouldn't get angry with you again. Due to my effect of anger, I'm losing my energy - physically, mentally, financially and in other ways. So in my very own interest, I should be asleep with you. Be blessed. For your part, you ought to not be angry with me. I even have decided to be tolerant with you, whenever I'm with you, I will be able to be very careful to not get angry". Within the picture you ought to repeat the words several times as autosuggestion. In Addition visualize yourself in situations beneath which your anger ascends. Attempt to conduct yourself with understanding and awareness for a few days; you'll not become angry thereupon person. Once the primary name has been addressed successfully, the second could also be taken and therefore the same process is to be repeated. It will be easier on account of the previous experience and may be achieved faster. Still undergo your list during this manner and if you achieve success with eight or ten people you'll never get angry again.

This study was conducted to look at how Young Adult women can neutralize anger through SKY Yoga practice. Young Adult Women play an important role in family and society. Once they feel stress, anger arises and it spoils the peace in her mind and within the family.

**Objective of the study:** Everybody succumbs to anger naturally when an object comes in the way of fulfillment of desire, action to remove that obstruction follows, if the obstruction does not yield to our efforts, the drive to remove it rises to the extent, that it affects our mental balance<sup>11</sup>.

This emotional conflict with the object or person who stands in the way of fulfillment of desire is anger. Thus when the fulfillment of a desire is obstructed, the upsurge in the mind toward off that obstruction is anger. SKY Yoga practices play a better role than Pranayama Practices in enhancing the efficiency to neutralize anger among Young Adult Women.

**Statement of the problem:** The goal of the study was to find out the influence of Simplified Kundalini Yoga and Pranayama on young adult women's anger management.

**Hypothesis:** For the study it was hypothesized that there would be a significant difference in SKY Yoga practices and Pranayama practices than the control group on Anger management among Young Adult Women.

It was hypothesized that there would be a significant difference in anger management among Young Adult Women between SKY Yoga and Pranayama practices.

**Limitations:** i. Economic and cultural backgrounds were not considered. ii. The factors like heredity, environment, working circumstance, etc., were not considered. iii. The food habits, lifestyle, sleep, working period, etc., were not controlled. iv. Their routine activities were not taken into consideration. v. The factors like heredity, environment, working circumstance, etc., were not considered.

**Review of Literature:** Woolery, et al found a substantial decrease in self-reported symptoms of depression, trait anxiety, negative mood levels, and exhaustion after yoga classes was confirmed by subjects participating in the yoga class<sup>12</sup>.

In the Journal of Clinical Psychology, participants indicated that positive results emerged from frustration in the Kassinove study. Rage helped solve relationship issues and fostered a better understanding between the conflict goal and the person who had the conflict. Though assertive language is often preferable to angry expression, anger may serve as an essential warning function that leads to a deeper understanding of the other individual and the problem in India," Kassinove says<sup>13</sup>.

The work of Hamza A, et. al aims to establish an intervention module for young people in India to control rage. The new module has been validated for 100 individuals aged 18 to 25 years with inclusion criteria, and for individuals dependent on psychoactive drugs. After 6 sessions of intervention, the Anger datasheet, Buss-Perry Aggression Questionnaire, and State-Trait Anger Expression Inventory were administered at baseline as well as at a one-month interval. The disparity in the domains of resilience was demonstrated by the pre-post cognitive therapy focused anger management intervention programme; clinical anger, state and trait anger, and regulation of anger. The study suggests the need for community-based sensitization for issues related to the expression of anger and the facilitation of cognitive-behavioral skill-based training programs to enhance adolescent anger management to facilitate adaptive youth anger control<sup>14</sup>.

## Methodology

As participants, 60 young adult women from in and around Hosur were selected for the study. Subjects age ranges between 25 years to 35 years. The topics were split into three classes of equal subjects. Experimental Group I went only to SKY Yoga practices; for 10 weeks, Experimental Group II went only to Pranayama. Any instruction was not provided to control groups. The anger was assessed using the standardized questionnaire PANSS before and after the experiment.

The data was analyzed through Analysis of Co-variance (ANCOVA) and it was concluded that the impact of Simplified Kundalini Yoga on the neutralization of rage was important (P < 0.05).

**Variables Selected For Experiment:** dependent variable.

**Psychological variables:** Positive and Negative Syndrome Scale (PANSS).

**Purpose:** To measure positive and negative swings of the participant.

**Equipment:** The positive and negative syndrome scale (PANSS) rating criteria.

**Procedure:** The PANSS questionnaire recommended by WHO was distributed to the participants. A brief explanation of the procedure of answering was given. The filled up questionnaire was analyzed and the results were converted into quantitative data for further analysis.

**Scoring:** Data collected from this study was applied to the PANSS ratings which comprises of 30 items. Each item is accompanied by a explicit description and comprehensive fastening standards for all seven rating points. Moreover these seven points represent aggregate levels of psychopathology, as listed: i. Absent, ii. Minimal, iii. Mild, iv. Moderate, v. Moderate severe, vi. Severe, vii. Extreme.

**Independent variables:** i. SKY Yoga, ii. Pranayama.

## Results and discussion

Data obtained from the PANSS pre-test and post-test of the experimental groups and the control group were presented in Table-1 for statistical analysis.

Table-1 summarizes that the PANSS adjusted post-test mean values are 44.62, 57.10 and 79.22 respectively for the Experimental Group I SKY Group, Experimental Group II Pranayama and Control Group. For the adjusted post-test mean, the obtained F-ratio of 335.06 is far higher than the table value of 3.16 for df 2 and 56 needed for the significant confidence level at .05.

The study results showed that there are major variations between the SKY Group, Pranayama Group and the PANSS Scale Control Group's modified post-test methods. The Scheffe test was applied as a post hoc test and the findings are presented in Table II to determine which of the paired means had a substantial difference.

Table-2 indicates that the adjusted post-test differences are 12.473, 34.592 and 22.119 respectively in Group I and Group - II, Group I and the Control Group, Group-II and the Control Group. The 14.712 value, which shows significant differences in confidence level of .05.

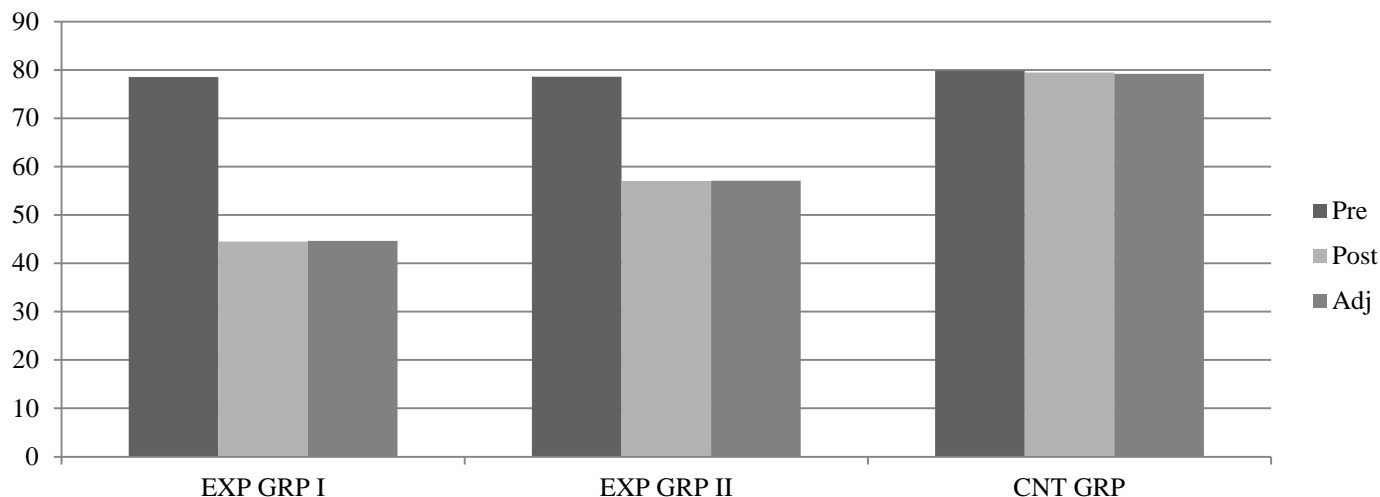
From the results of the analysis, it could be calculated that there was a significant difference in the PANSS scale between the groups adjusted by post-test means. However as compared to the results of the Pranayama Group and Control Group, the changes in the PANSS Scale for SKY Yoga Group were substantially higher. It could also be shown that the SKY yoga group and Pranayama have improved the PANSS scale as opposed to the control group. The mean and adjusted values of pre-test and post-test of SKY yoga Group, Pranayama Group, and Control Group on PANSS are graphically represented in the Figure-1.

**Table-1:** Analysis of Covariance for the Pre and Post-test data on PANSS.

Test	Group 1	Group 2	Group 3	df	SS	MOS	F value
Pre	78.5	78.6	79.85	2	22.63333	11.31667	3.398729
				57	2192.35	38.46228	
Post	44.5	57	79.45	2	12545.03	6272.517	305.5972
				57	1169.95	20.52544	
Adjusted	44.62795	57.10147	79.22058	2	12161.96	6080.979	335.0658
				56	1016.322	18.14861	

**Table-2:** Post hoc test.

Groups			Mean	CD
Group 1	Group 2	Group 3		
44.62795	57.10147	-	12.47353	14.71233
44.62795	-	79.22058	34.59263	
-	57.10147	79.22058	22.11911	



**Figure-1:** The mean and adjusted values of pre-test and post-test of SKY yoga Group, Pranayama Group, and Control Group on PANSS.

**Discussion on the findings of pans:** The Analysis of Covariance of PANSS indicated that experimental group I (SKY Yoga), experimental group II (Pranayama), were significantly improved than the control group on PANSS. It may be due to the effect of SKY Yoga and Pranayama.

The study results showed that PANSS improved more in the experimental group I (SKY Yoga) than in the experimental group II (Pranayama). Almost all in life needs harmony. A positive step toward a healthier lifestyle is SKY Yoga on its own. However, as an individual, it is important to a malaise that we need to work on our body as well as our mind. We can use SKY Yoga not only as part of a program to improve anger management but also as a way to assist in attaining other goals.

## Conclusion

Introspection actions assist the kindness in the finest promising way for the release of humankind. This kind of introspection will make the mind calm, relaxed, lighter and more peaceful. SKY-YOGA further strengths the character in living with discipline, duty and charity.

Buddha says “an individual will be punished by anger”<sup>15</sup>. Anger doesn’t solve anything; it builds nothing, but can destroy everything, thereby creating more and more bad deeds. To eliminate our bad deeds we need to cleanse our mind regularly. Introspection and moralization of charisma helps one in the process of mind cleaning. As everything starts within our minds, if the mind is cleansed regularly one can lead a happy and healthy life physically and mentally thereby eliminating bad deeds.

The study revealed that SKY-YOGA have shown positive results. SKY YOGA training will also develops the higher potentials of Accord, gratification, desire, insight, and harmony.

Thus one can realize that yoga system also make human being to live disease free, enjoyable and peaceful in life. Hence practicing the yoga is very simple than that of available any other modern facility in up keeping one’s physical and mental fitness.

Based on the final outcome of the study the following conclusions were drawn. The study states that there was a substantial increase in the practices of SKY Yoga and Pranayama relative to the Anger Management control community among young adult women. It was concluded that SKY Yoga Practices were found to be better than the Pranayama practice.

**Recommendations:** By choosing physiological or psychological variables as criterion variables, a similar analysis could be performed. A related study may be pursued by selecting other age group as subjects.

## References

1. John Walter (2006). The Sunday Times Magazine. The\_Sunday\_TimesMagazine.
2. Vaswani J.P. (1998). Burn Anger before Anger Burns You. 1420853538, ISBN13: 9781420853537.
3. Vethathiri Maharishi (2010). Sublimation and Social Welfare. VISION for Wisdom. Vethathiri Publications.
4. Alexia Lafata (2014). Negative emotions that actually have really Positive effects on your life. Available from: <https://www.elitedaily.com/life/negative-emotions-good-for-you/881761>.
5. Negative - emotions (2016). Better Health. <https://www.betterhealth.vic.gov.au/health/healthyliving/negative-emotions>.

6. Vaswani J.P. (2013). Say No To Negatives. <https://www.barnesandnoble.com/w/say-no-to-negatives-jp-vaswani/1117237057>.
7. Danica Collins (2016). The Deadly Effects of Anger on Your Health and Mind. [www.undergroundhealthreporter.com/effects-of-anger-dangerous-to-healthandmind/](http://www.undergroundhealthreporter.com/effects-of-anger-dangerous-to-healthandmind/)
8. Thathuvagnani Vethathiri Maharishi (1992). Journey of Consciousness Vethathiri Publications. pp 1-176. ASIN : B079VJ4GJ8
9. Vethathiri Maharishi (2016). Yoga for Youth Empowerment (Paper II) Prosperity of Mind. Vision for Wisdom. Vethathiri Publications; pp1-100. ASIN: B07FD722R3.
10. Thathuvagnani Vethathiri Maharishi (2016). SKY Yoga for Human Excellence. Volume I. Vethathiri Publications. pp 1-102. ASIN: B07FD722R3.
11. Megan R. (2015). Anger can have negative impact on physical health. <https://www.sunriseseniorliving.com/blog/june-2015/research-shows-that-anger-can-have-negative-impacts-on-physical-health.aspx>
12. Woolery, A., Myers, H., Stemlieb, B., & Zeltzer, L. (2004). A yoga intervention for young adults with elevated symptoms of depression. *Alternative Therapies in Health & Medicine*, 10(2). 60–63.
13. Kassinove, H., Roth, D., Owens, S.G. and Fuller, J.R. (2002). Effects of trait anger and anger expression style on competitive attack responses in a wartime prisoner's dilemma game. *Aggr. Behav.*, 28, 117-125. <https://doi.org/10.1002/ab.90013>
14. Hamza, A., Sharma, M. K., Marimuthu, P., & Murli, S. (2019). Cognitive behavioral skill-based training program for enhancing anger control among youth. *Industrial Psychiatry Journal*, 28(1), 37.
15. Sam Russell (2017). Punished by Anger, Tiny Buddha. <http://cackhanded.wordpress.com/>.