An Experimental Study To Assess The Effectiveness Of Selected Nursing Interventions On Anger Management Among Prisoners In Central Jails Of Punjab

By

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ABSTRACT

Anger is a common universally experienced emotion which occurs on a continuum from mild annoyance to range or fury. Anger is likely to occur when a person believes their personal rights or codes have been violated. Similarly anger can occur when a person feels powerless or threatened. The prison population is increasing and the health problems are considerable. Prison is designed with punishment, correction and rehabilitation to the community in mind and these goals may conflict with prisoners’ negative emotions in jail. Dealing with anger among prisoners has long been a serious issue. The aim of the present study was to assess the effectiveness of selected nursing interventions, a brief group-based anger management intervention with prisoners detained in five selected Central Jails of Punjab. All prisoners completed a self-report STAXI-2 (State-Trait Anger Expression Inventory-2) questionnaire and the prisoners were screened for anger. Four hundred and ninety five prisoners were assessed as suitable for the study. Two hundred and fifty three of these were taken in the control group and two hundred and forty two in the experimental group. Firstly the control group was assessed and then the experimental group which completed two weekly selected nursing interventions including jogging (10-15 minutes), deep breathing exercises (5-10 minutes) and jacobsonian muscle relaxation techniques (15-20 minutes).

After distributing the subjects in control and experimental groups, firstly the control group was assessed for anger at baseline and then again assessed after two weeks for anger. Then the experimental group was pre-assessed and then received selected nursing
interventions for two weeks and then again assessed for anger after interventions. Both the groups were comparable. Compared to control group, subjects in experimental group were found to have significantly lower anger scores.

Overall it was concluded that selected nursing interventions has benefit and significant contribution in decreasing anger among anger-laden prisoners.

**Key words:** anger; prisoners; selected nursing interventions