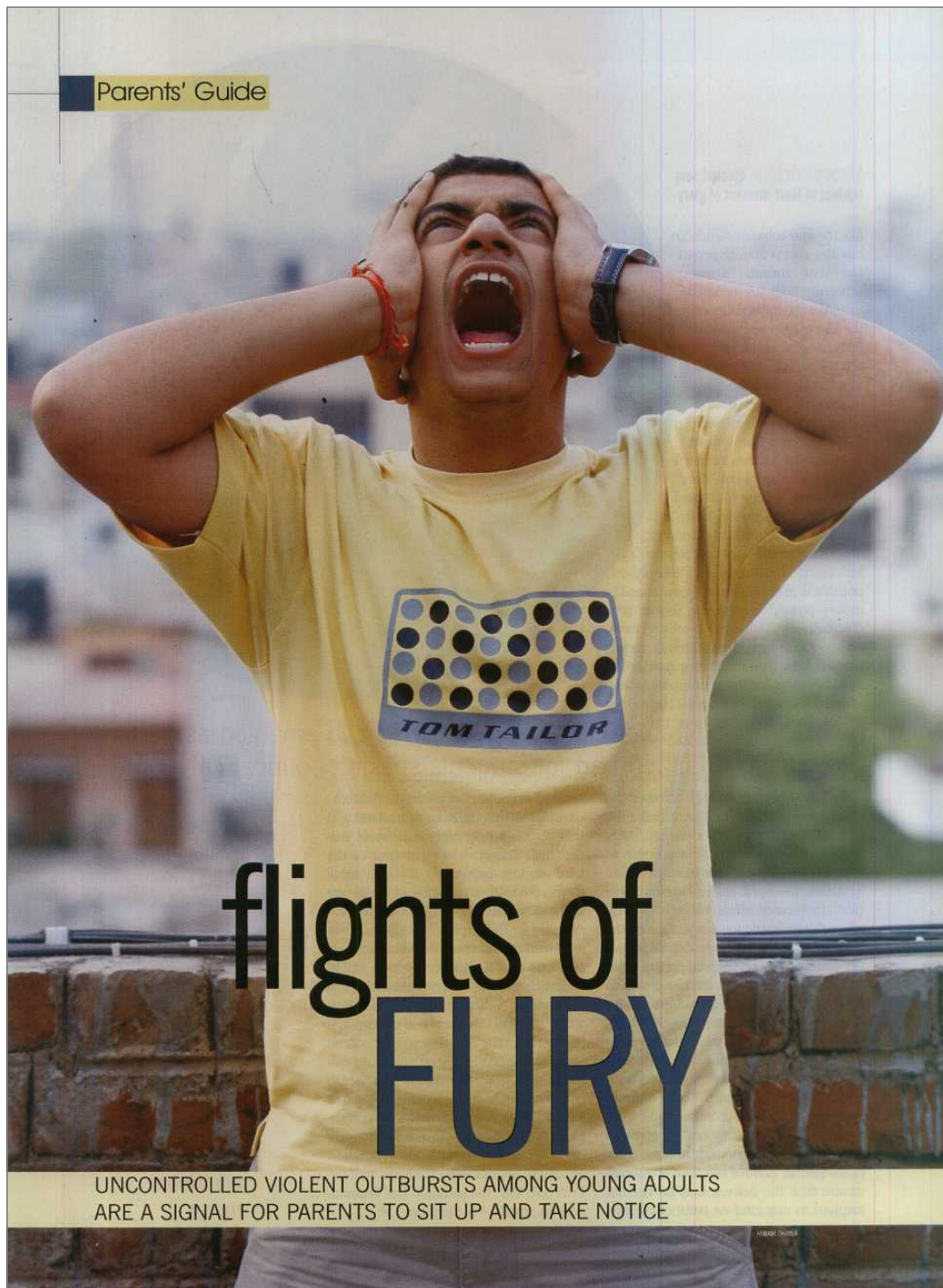


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Parents' Guide



UNCONTROLLED VIOLENT OUTBURSTS AMONG YOUNG ADULTS
ARE A SIGNAL FOR PARENTS TO SIT UP AND TAKE NOTICE

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“It is a cry for help”



DR S.K. CHATURVEDI

PROF OF PSYCHIATRY, NIMHANS

Excessive anger amongst youngsters is an indication that they are not being understood and are feeling isolated. Anger is the result of a faulty or a lack of communication with their parents or teachers or colleagues. Expressing anger becomes a way of communicating or displaying their sentiments. It's a cry for help! Pressure from parents to perform, from friends to conform, and from teachers to reform, causes stress, tension and angst in them. This is especially common among those who are on the threshold of adulthood.

Parents can identify the underlying causes by facilitating communication with their children. This starts with listening to them and understanding or at least trying to understand them, making them feel trusted, and accepting their views, lifestyle and moods.

Parents should start by empathising with them. They should give their youngster a chance, enough time, some space, independence, dignity, responsibility and praise. Reasonable demands could be met or negotiated or made contingent on an achievement or task. Parents need to continually demonstrate that they care and understand their young adult, without getting over indulgent.

If the angry youth are not helped, they would seek help elsewhere – in drugs, bad habits, misleading friends or antisocial elements who are on a lookout for such vulnerable and alienated persons. Many times people keep their anger to themselves which may be harmful for their health, or they may hurt themselves. Others who express their anger may destroy things or get physically or verbally aggressive or violent.

“Lack of anger management can lead to risk taking behaviour”



DR AJAY PAL SINGH

CONSULTANT PSYCHIATRIST, MAX HEALTHCARE

It is important to remember that anger is a tool for survival. Humans use it to defend themselves. The problem arises when people cannot learn how to manage their anger.

When youngsters are coming out of childhood and trying to establish their own identity, they become rebellious of established norms. They are not experienced or mature and need to be taught how to control and manage their anger. Anger is common for both girls and boys. But our society both tolerates and promotes aggression among young boys.

If their aggression is not controlled, it may lead to risk taking behaviours such as rash driving or drug abuse. Uncontrolled violent outbursts and bullying of smaller children is a sign that parents need to interfere and talk to their children about. Parents should advise and teach them anger management. Be honest with them and do not let them manipulate you with their brooding or sulking. Tell them to relax and not be rash. Thinking of pleasant imagery also helps cool the mind and prevent overt aggression. In case there is someone trying to intimidate them in school or college, they should either report that person or simply avoid him or her. Yoga is also extremely beneficial in managing anger. The sooner young people learn how to control anger, the better it is. This will teach them how to tackle various circumstances in life. In extreme cases, do not hesitate to seek medical help. ★

“Parents have to be role models”



DR IMRAN KHURSHID

PSYCHIATRIST, VIMHANS

Violence is a learned behaviour. Children have a tendency to imitate adults and their behaviour and violence is no exception. Family, peer group, school environment, media—all play an important role in shaping a child's behaviour. Violent behaviour can rise tremendously in children subjected to physical or sexual abuse including corporal punishment. Disruptive home environment and dysfunctional families with wife beatings, alcohol and drug abuse also make children prone to use of violence and aggression.

Another important and growing influence is the media. Violence in media including movies, videos and computer games with violent themes, books with violent content, songs with spiteful lyrics all have a deep influence on a child. It is the duty of parents to make children understand the difference in violence in reel life and violence in real life. Easy availability of guns and other weapons at home also predispose a child to violent behaviour. Some other factors like poverty, immense deprivation and unemployment may also incite aggression in children. The role of parents is most important. Children look upto their parents as role models and try to imitate them. They often expect them to counsel and advise them. As a parent, one should set an example by behaving ideally, controlling anger and not using physical force so as to set an example for the the children. Improve the communication channels with your kids. Talk to them openly and frankly. Give them a comfort zone and feeling of ease so that they can share their concerns with you without any fear.