

## MENTAL HEALTH AND ANGER AS A FUNCTION OF RELIGION, AGE AND GENDER

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### **ABSTRACT**

*This study examines the extent to which social and individual factors are associated with aggression and mental health. There is a close relationship between mental health and aggressive behavior; the greater the effort to deal with aggression during early manifestations of aggression, the greater will be the positive impact on mental health of an individual. Since aggression statistically appears to be more troublesome among the youth and growing ones; increased effort to reduce aggression could significantly prove effective in achieving positive mental health. A sample of 160 participants with equal number in religion (Muslim and Hindu), age (14-17 & 21-24 years) and gender (male & female) were employed. To assess mental health and anger expression, PGI Health questionnaire by Wig and Verma and Anger Expression Questionnaire by Spielberger were used. ANOVA and Post hoc mean comparison were used to analyze the data. Result revealed that adolescents were having poor mental health as compared to adults. Muslim participants were experiencing more anger than their counterparts. Moreover, adolescents showed more capacity of suppressing their anger in contrast to adults. Significant gender differences were observed on the dimension of anger control, whereas females exhibited more control on their aggression.*

**KEYWORDS:** *Mental Health, Anger Expression, Aggression, Adolescents, Adults*

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