

Low Anger May Balance the Blood Pressure

OPEN ACCESS

K.R. Srinivasan

*Head and Assistant Professor, Department of Economics
Sourashtra College, Madurai, Tamil Nadu, India*

Volume: 7

J. Duraichamy

*Assistant Professor, Department of Commerce &
Research Centre, Sourashtra College, Madurai, Tamil Nadu, India*

Issue: 3

Month: June

Year: 2019

Abstract

“Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong. Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems. But excessive anger can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm your physical and mental health” – American Psychological Association.

ISSN: 2319-961X

In common parlance, people expect all happenings as they wish. When it turns against to their wish they get strong emotion -anger.

Received: 10.04.2019

Keywords: Amygdala, Emotion, Balance, Pressure, Health

Accepted: 25.05.2019

Published: 01.06.2019

Why the Anger Stay Long?

If our expectations are remain constant, the anger also stays with us at all the times. In such situation, we are not taking responsibility of our mistakes and trying to blame others instead of accepting our own responsibility for that. A student has many reasons for his failure in exams. He started to blame his teacher, his teaching methods, and the questions in the examinations. Avoiding his responsibility and trying to get reason from outside will not solve the problem. The anger may get out from mind only after realising our own mistakes.

Citation:

Srinivasan, KR, and J. Duraichamy. “Low Anger May Balance the Blood Pressure.” *Shanlax International Journal of Economics*, vol. 7, no. 3, 2019, pp. 26–28.

What happens During Anger?

The “Amygdala” is the part of human brain is responsible for Sadness, fear and all such feelings to human (all emotion). Laugh for jokes and crying for sad events are natural. Likewise, become emotional is not a planned one it is a natural feeling. But situational and environmental influence makes all such feelings to human. In such a way anger is also induced by situation.

DOI:

<https://doi.org/10.34293/economics.v7i3.3524>



This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License

Consequences of Anger

We believe that unslept, headache, tension are the result of having high blood pressure. But anger is the real cause for high blood pressure. Anger is the reason for violence, social crimes and relationship detachments.

How Anger Affects Child’s Mentality?

Usually parents showing their anger to their children as an outlet for their hidden emotion. We have thrashing our children due to anger. When parents quarrel themselves during anger, the child learn the same to express their anger in future. It develops a misconception in the minds of the children and they let it out by saying “she has stolen my toys”, “she has thrown my pencil” and soon the child become brutal.

Problems of Two Types of Anger

Anger may be classified in to two types. They are outburst anger and suppressed anger. In outburst anger, people express their anger to others. They may act to scold, insult and hit others, throwing things and hurting themselves are some of the negative outcome of this type of anger. In suppressed anger state, people never show their anger immediately and hiding their emotions. They incidentally shift their anger on those not having power to oppose them. This may shift the anger of one person to many. For example, husband showing anger towards wife, wife to child, child to home pet animal and so on. This will develop an endless travel of anger from one to many.

How to Control Anger?

Naturally anger is uncontrollable one. Anger is a reflex action and no one can control its development in mind but one can avoid it by leaving the place (surrounding environment) where we are getting anger. Keeping mind peaceful, listening music, doing yoga and exercise are some of the ways to reduce the anger. Balanced mind will help people to thing rationally and it restricts us to have unwanted discussion towards who is right and who is wrong.

DOs for People having Violent Feeling in Mind

In every situation of anger we have to think why I got anger? How far my anger was? What I did during anger? Why I did so? What I could be done? How I can handle these situations? We can write everything in writing to get a feasible solution to avoid these negative doings in future.

Activities to Reduce Stress which also can Lower Blood Pressure

In general, reducing stress level might not directly lower blood pressure over the long term. But using various methods to manage our stress can help to improve health in other ways. Adopting stress management methods can lead to healthy behavior changes — including those that reduce our blood pressure.

There are Many Methods for Managing Stress-Some of them are listed below:

- Simplifying your work schedule. When you are busy and feel rushed, take a few minutes to review your calendar and to-do lists. List various activities that take up your time but aren’t very significant to you. Allocate and Schedule less time for these activities or eliminate them completely.
- Breathe to relax. Taking deep and slow breaths can help you relax from stress.
- Physical Exercise. Physical activity is an important natural stress buster. Physical exercise can be adopted with the doctor’s advice, especially if you’ve been diagnosed with high blood pressure.
- Doing yoga and meditation. Yoga and meditation strengthen your body and help you relax. It will lower your systolic blood pressure by five millimeters of mercury (mm Hg) or more.
- Plenty of sleep. Little sleep will create mental agony and can make our problems seem worse than they truly are.
- Positive perspective. When dealing with a problem, we have to resist the tendency to complain and acknowledge our feelings about the situation, and then focus on finding solutions. Getting solution must be your goal. So discovering solution what works for you. Always be open-minded and willing to experiment. List and choose your strategies, take action and start enjoying the benefits.

Conclusion

Anger always creates aversion and depression. What you look forward may not visible to you. Less anger will ensure lower blood pressure and balanced psycho state to everyone.

References

1. Suzuki T, Haruki Y. The relationship between anger and circulatory disease (in Japanese with English abstract). *Jpn J Health Psychol* 1994; 7: 1–13.
2. Kawakami N, Haratani T, Araki S. Job strain and arterial blood pressure, serum cholesterol, and smoking as risk factors for coronary heart disease in Japan. *Int Arch Occup Environ Health* 1998; 71: 429–32.
3. Harburg E, Gleiberman L, Russell M, Cooper ML. Anger- coping styles and blood pressure in black and white males: Buffalo, New York. *Psychosom Med* 1991;53:153–64.
4. Tetsuya Ohira, Takeshi Tanigawa, Hiroyasu Iso, Tomoko Sankai, Hironori Imano, Takashi Shimamoto “Impact of anger expression on blood pressure levels in white-color workers with low-coping behavior “ *Environ Health Prev Med.* 2000 Apr; 5(1): 37–42. doi: 10.1007/BF02935914
5. <https://www.apa.org/topics/anger>

Author Details

Dr. K.R.Srinivasan, *M.A (Hons), M.Phil, MBA, M.Phil, Assistant Professor & Head, Department of Economics, Sourashtra College, Madurai, Tamil Nadu, India*

Dr.J. Duraichamy, *Assistant Professor, Department of Commerce & Research Centre, Sourashtra College, Madurai, Tamil Nadu, India*