
UNDERSTANDING ADOLESCENT ANGER: A LITERATURE REVIEW

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Abstract

Importance study see literature: understand anger teenagers, give understanding comprehensive about anger teenagers, consider influencing factors, as well as intervention effective development. Teenagers who express anger in family interactions may become depressed or even create a negative network affect. Remember that during this period, teenagers' sensitivity to anger increases significantly. Study This aim is to explore contributing factors to anger among teenagers as well as interventions effective for overcoming it. Method study: use observation References systematic For comprehensive analysis to study anger among teenagers, with do data tracking systematic from PsycINFO, PubMed, and Google Scholar. Study focus on published articles in 10 (10) years last, i.e., 2014–2024. A systematic review of the literature reveals that both internal and external factors contribute to adolescent anger, as well as the importance of effective intervention for overcoming these factors. Internal factors such as hormonal changes, cognitive development, difficulties regulating emotions, and mental health conditions all contribute to adolescent anger, as do external factors such as conflict, family, relationships, friends, peers, and social influences such as social media and technology. The effectiveness of the intervention is supported by various empirical proofs; all at once, impressive research shows the importance of understanding connection consequences for anger in teenagers and developing more intervention-strict approaches through a holistic approach.

Keywords : Anger adolescents, influencing factors, intervention

Abstrak

Pentingnya penelitian melihat literatur: memahami kemarahan remaja memberikan pemahaman komprehensif tentang kemarahan remaja, dengan mempertimbangkan faktor-faktor yang mempengaruhi, serta intervensi pengembangan yang efektif. Ekspresi kemarahan remaja dalam interaksi keluarga dapat membawa konsekuensi remaja menjadi depresi, atau bahkan menciptakan jaringan afeksi yang negatif, mengingat pada masa remaja kepekaan terhadap kemarahan meningkat secara signifikan. Penelitian ini bertujuan untuk mengeksplorasi faktor-faktor yang berkontribusi terhadap kemarahan remaja, serta intervensi efektif untuk mengatasinya. Metode penelitian menggunakan observasi pustaka sistematis untuk melakukan analisis komprehensif terhadap studi kemarahan remaja, dengan melakukan pelacakan data secara sistematis dari PsycINFO, PubMed, dan Google Scholar. Penelitian fokus pada artikel yang diterbitkan dalam 10 (sepuluh) tahun terakhir, yakni tahun 2014-2024.

Tinjauan literatur sistematis menemukan bahwa faktor internal dan eksternal berkontribusi terhadap kemarahan remaja, serta pentingnya intervensi yang efektif untuk mengatasi faktor-faktor kemarahan remaja. Faktor internal seperti perubahan hormonal, perkembangan kognitif, kesulitan regulasi emosional, dan kondisi kesehatan mental berkontribusi terhadap kemarahan remaja, selain faktor eksternal seperti konflik keluarga, hubungan teman sebaya, dan pengaruh sosial termasuk media sosial dan teknologi. Efektivitas yang diintervensi didukung oleh berbagai bukti empiris, sekaligus mengesankan penelitian yang menunjukkan pentingnya memahami hubungan akibat kemarahan remaja, dan mengembangkan intervensi yang lebih ketat melalui pendekatan holistik.

Kata kunci: Kemarahan remaja, faktor yang mempengaruhi, intervensi

INTRODUCTION

Teenager is a period midway between children and adults, which is marked by the transition process of physical, emotional, and complex social. During this time, individuals experience significant changes in their bodies and identities, as well as the realization that they do not have enough answers and must make larger decisions in their lives. Development of personality, values, and social connections During the teenage years, it is also important to focus (Byrne & Cullen, 2023). Hurlock illustrates teenagers as period important among period children and maturity. Following are a number of points from Hurlock's view of adolescence: a) significant physical changes during adolescence, such as body growth, development of the reproductive system, and hormonal changes. This is also accompanied by psychological changes, including self-identity, the development of values, and the determination of life goals. b) The importance of searching for identity during adolescence. Teenagers start to define who they are as people and how they want to come across to others. In addition, Hurlock discusses gender roles and how gender stereotypes can influence adolescent development. c) Adolescents are actively involved in social activities. Peers, family, and community play key roles in the formation of adolescents' social identities. This socialization process can include conformity, disapproval, and experimentation with various social roles. d) Adolescence is a time when individuals face serious moral and ethical challenges. They begin to develop their views about truth, justice, and moral values. This process can involve conflict with authority and the exploration of personal values. e) The educational process, both at school and through life experiences, shapes adolescents' understanding of the world and provides a basis for the development of skills and knowledge needed in the future; f) Adolescents experience changing relationship dynamics with parents, including feelings of dependence and the drive to achieve autonomy. Conflicts between generations, family expectations, and individual needs are an important part of the adolescent journey. g) Media messages and cultural pressures can play a large role in shaping adolescents' self-perceptions and guiding their values (Dollar & Calkins, 2019).

According French & Klein, (2014) Problems in adolescence cover a number of very complex aspects, reflecting a significant transition phase from childhood to adulthood. Some of the main problems that often arise during adolescence involve promiscuity, fighting, and unstable emotional fluctuations. To understand more deeply, let's explore each aspect of the problem. Promiscuity, or uncontrolled sexual behavior, is often a major concern in the adolescent context. In this phase, individuals begin to explore their sexual identity. The drive for social approval and experimentation with romantic

relationships can lead to promiscuity. Promiscuity can have an impact on aspects of physical and mental health, including the risk of transmitting sexual diseases and psychological consequences such as feelings of guilt or depression. Adolescents can also experience high levels of social pressure when it comes to relationships, especially when social and cultural norms regarding relationships are integrated into social dynamics. Insufficient or inaccurate sex education can be a factor that complicates their understanding of healthy interpersonal and sexual relationships.

Fights between teenagers can be a manifestation of various factors, including interpersonal conflict, frustration, or pressure from the surrounding environment. Curiosity and the need to prove oneself can lead to physical confrontation. Family, school, or peer problems can also trigger fights. Fighting not only harms physical health but can also have a psychological impact. Teenagers involved in fights often face the consequences of school punishment or even legal punishment, which can harm their educational records and their future. Unstable emotional fluctuations are often considered a characteristic of adolescence. Fluctuating hormones, academic stress, and changes in social relationships can cause rapid and unpredictable emotional changes. Teens may experience intense feelings, such as extreme excitement, anxiety, or anger (Jackson et al., 2011; Wong et al., 2018).

Kollar et al., (1991) Said emotional instability can present challenges when interacting with others, especially when uncontrolled. This can also affect teenagers' mental well-being. In some cases, significant emotional fluctuations can develop into mental disorders, such as depression or anxiety disorders. In particular, understanding the emotion of anger in adolescents is quite difficult because of the various complex factors that influence the expression and experience of anger at this developmental phase. Hormonal Changes: One factor that complicates understanding the emotion of anger in adolescents is the significant hormonal changes during puberty. Hormones such as testosterone can influence mood and levels of irritability, which can increase the intensity of angry emotions.

Cognitive and Neuropsychological Changes: Cognitive and neuropsychological developments that occur during adolescence also contribute to difficulties understanding the emotion of anger (Leary et al., 2006). These changes can affect how teens manage impulses, process information, and respond emotionally to situations. Search for Identity: Adolescents are in the process of searching for identity, and angry emotions can be one way in which they express and measure the strength of their identity. They may feel frustrated or have difficulty expressing their feelings in a more mature way. Academic and social pressure: High academic and social pressure can trigger angry emotions in teenagers. High expectations from parents, teachers, and peers, along with a desire to achieve success, can create mounting pressure. Changes in Social Relationships: Changes in social relationships, such as conflicts with peers, first loves, or feelings of isolation, can worsen angry emotions. Adolescents may not yet have the mature social skills to resolve these conflicts. Lack of Emotion Management Skills: Emotion management skills develop over time, and teens may not have fully mastered how to deal with angry emotions in a healthy way. This can create difficulties in understanding and managing their emotional reactions. Communication Challenges: Ineffective communication between teenagers and adults can also make it difficult to understand the emotion of anger. Teenagers may have difficulty articulating their feelings, and adults may have difficulty identifying the root problem underlying the

anger. Impact of Social Media: The influence of social media can also play a role in increasing angry emotions. Distorted emotional expressions or unrealistic beauty standards on social media can fuel self-dissatisfaction and result in anger. Mental Health Disorders: Some teens may be dealing with mental health disorders, such as mood disorders or behavioral disorders, which can amplify angry emotions. Recognition and treatment of these mental health disorders are very important in helping teenagers manage their emotions.

METHOD

Methods of research used by the researcher There is a method study that is qualitative with type study studies as references. According to Adlini et al. (2022), Study Studies References is the wrong type of research conducted, with data collected from various sources of related literature and topical ongoing research done, i.e., understanding anger in teenagers. Data collected can come from scientific journals, books, articles, and other relevant sources related to the topic under study. In method study studies, librarians and researchers usually carry out the search process and data collection via various sources of information. After that, the data collected will be analyzed and evaluated to support the formulation hypothesis, framework theory, or conclusion in the study, and then an interesting thread will be created to draw a conclusion.

RESULTS AND DISCUSSION

Based on the results of a literacy study regarding understanding adolescent anger, researchers found that understanding this emotional symptom requires a holistic and in-depth approach. This literacy study involves searching various literature sources, scientific articles, and empirical research related to adolescent anger from the perspectives of developmental psychology, sociology, education, and other related fields. Lök et al., (2018) said one of the main findings of this literacy study is the significant variability in the experience of anger among adolescents. According to research, each teenager's response to anger triggers can vary depending on factors like family background, culture, and personal experiences. The literature confirms that hormonal changes during adolescence have a major impact on emotion regulation, including anger. Hormones such as testosterone and estrogen play an important role in increasing emotional intensity and response to stress (Shahsavarani & Noohi, 2015; Tamaki, 1994).

Literacy studies highlight the role of the social environment in shaping adolescents' experiences of anger. Interactions with peers, relationships with family, and social pressure from society can be determinant factors in the manifestation and intensity of anger. The literature reveals that the adolescent phase is a period of significant identity search. Anger can be a means of self-expression and seeking the boundaries of identity. Adolescent individuals may use anger as a way to understand themselves and determine their place in a social environment (Fajriyah, 2023; Mayne & Ambrose, 1999).

As technology advances, the literature notes the impact of social media and technology on adolescents' experiences of anger. Technology accelerates the dissemination of

information, accesses various forms of media, and provides a platform for emotional expression, which can influence the dynamics of anger. Literacy research shows that adolescent anger has a complex relationship with mental health. Uncontrolled anger can be a risk factor for mental health problems such as depression, anxiety, or aggressive behavior (Morrow, 2007). The findings of the literacy study emphasize the need for emotional education to help adolescents understand and manage their anger. Emotional education can equip them with stress management skills, effective communication, and an understanding of emotional variations. The literature highlights a variety of effective anger management strategies for adolescents, such as relaxation exercises, cognitive behavioral therapy, and engagement in positive activities. Understanding that anger is a normal emotion and having healthy ways to express it can help teens manage it better (Oolup et al., 2016; Pullen et al., n.d.).

Research shows that the role of adults, including teachers, parents, and counselors, is critical in helping teens understand and deal with anger. A supportive and understanding environment can create a space where teens feel comfortable talking about their emotions. The literature shows the importance of intercultural studies in understanding adolescent anger. Culture plays a large role in norms for emotional expression, and understanding cultural context can provide deeper insight into how teens deal with anger.

Although the literature provides valuable insights, further research is needed to better understand the dynamics of adolescent anger. A deeper understanding can help design more effective interventions and programs to support adolescents' emotional well-being. Through this literacy study, researchers can summarize that understanding adolescent anger involves recognizing the complexity of the factors that influence it. A holistic, inclusive, and evidence-based approach is needed to help teens manage their emotions in a healthy way and build a strong foundation of mental well-being during this crucial developmental time. Ongoing research and education are important steps toward better understanding and implementing best practices for supporting youth in dealing with anger.

CONCLUSION

Based on the findings and discussion above, it can be concluded that understanding adolescent anger is a complex challenge, requires a holistic approach, and involves various interrelated factors. Based on literacy studies, we can summarize several main points: Individual Variability: Due to influences from the social environment, hormones, and family history, each adolescent's experience of anger is different. Role of Hormones and Emotional Development: Hormonal changes during adolescence play an important role in anger intensity and regulation. Emotional development also influences how teenagers manage their emotions. Influence of Social Environment and Personal Identity: The social environment, including peers and family, contributes to the experience of anger. Personal identity and self-discovery can also reflect on the self through expressions of anger. Importance of Emotional Education: Emotional education

has an important role in helping teenagers understand and manage anger. Emotion management skills can be acquired through adequate education. Impact of Technology and Social Media: Technology and social media can influence the way teens experience and express anger. The role of media in shaping teenagers' perceptions and emotional reactions is an important aspect. Role of Adults and Supportive Environment: The role of adults, including teachers and parents, is very important in helping teenagers deal with anger. A supportive and understanding environment can create space for open discussion. Intercultural Studies: Understanding adolescent anger also needs to consider cultural context. Intercultural studies provide a broader perspective and allow the adaptation of approaches according to cultural norms. Research Challenges and Expansion: Continued research and education are needed to better understand and address the complexities of adolescent anger. This research can form the basis for better interventions and best practices for supporting the emotional well-being of youth.

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