

Effect of Mindfulness Based Cognitive Therapy in Reducing State-Anger among Adolescents.

Ashu Dhawan* and Sandeep Singh**

Abstract

Adolescent anger is a significant clinical and social problem. Anger can spoil relationships, may exaggerate distress and eventually lead to psychopathology. It is well known that anger among adolescents is associated with physical responses (high blood pressure) as well as psychological responses(impulsive actions).The present research study made an attempt to assess the effect of mindfulness based cognitive therapy on state- anger among adolescents.The sample of the present study comprised of 25 adolescents scoring high on the dimension of state anger (N=25) taken from universities of Haryana. State-Trait Anger Expression Inventory(STAXI-2)was used to measure the baseline score on anger among adolescents.Furthermore, these participants received an 8 session intervention programme based on mindfulness based cognitive therapy.Significant differences were found for state anger as recorded from the state trait anger expression inventory-2 and reported to have decrease in value from baseline (M=51.08, SD=6.18) to middle phase (M=45.32, SD=5.48) and sustained the trend by further declining of scores at post-test (M=18.64, SD=3.41). Furthermore, the paired t- test outcomes obtained from the Pair 1(baseline and middle) , Pair 2(middle and post) and Pair 3(baseline and post) were found reduced significantly ($p < 0.01$).

Key words: State Anger and Mindfulness based Cognitive Therapy.