

Knowledge, Attitude, and Practice of Medical Students Regarding Anger

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ABSTRACT

Introduction: Anger is a strong emotional response to deprivation and provocation. It is an emotion that is often created by the discrepancy between our expectations and reality. For medical professionals, it is very necessary to manage their anger because they have to deal with patients of diverse manners. The current study aimed to evaluate the knowledge, attitude and practices of medical students regarding anger from an Islamic perspective.

Methods: the current study enrolled medical students who were enrolled in different grades in medical schools. Moreover, after the informed consent, each student was asked to fill out the self-designed questionnaire. The data was statistically analysed by SPSS.

Results: The study population comprised 277 subjects, including females and males. Among all participants in the current study, females (147, 53.1%) are more common than males. The highest and lowest numbers of students are enrolled in the 1st year of MBBS (74, 26.7%) and the final year of MBBS (1, 0.4%), respectively. Moreover, personal behaviour after getting angered was asked, like do you leave the scene (said Yes, 123, 44.4%) or seek refuge with Allah (said Yes, 92, 33.2%) from shaitan or taking ablution (said No, 54, 19.5%). The p-value is less than 0.05 for the questions asked as anger is satanic teaching or motivation ($p=0.004$), or Islam has refrained us from anger ($p=0.000$), and anger results in an increased crime rate ($p=0.000$). Similarly, the p-value is less than 0.05 in the case of questions like do you get irritated soon ($p=0.002$) and when did you get angry ($p=0.001$).

Conclusion: It is concluded that young medical students are more aggressive, and they have less ability to manage their aggressiveness. Islamic teaching plays a vital role in the management and control of anger.

Keywords: Medical Students, Anger Management, Knowledge, Islamic Teachings.

INTRODUCTION

Anger is a strong emotional response to deprivation and provocation. It is an emotion that is often created by the discrepancy between our expectations and reality. When an individual combats anger and unable to handle appropriately, it can create physical, mental, social and academic problems. Several diseases have been linked to the long term experience of angry emotions such as blood pressure, heart diseases, asthma, headache, and negative social chances of aggressive behaviors like bullying and conduct problems¹.

Islam provides Muslims with a code of behavior, ethics, and social values, which helps them in tolerating and developing adaptive coping to deal with stressful life strategies events². In Quran Allah says, "and those who restrain their anger and forgive others, and Allah loves those who do good." (Al 'Imran : 134)³.

In Islam, it is taught to restrain emotion according to Imam Muslim narrated from Abu Hurayra that one day there was a man who came to the Messenger of Allah for advice. He also said, "Lâ taghdhab (Do not be angry)!" When the question was repeated, he gave the same answer. Thus, holding anger is a commendable virtue that is commanded. In return, the doer is promised a huge reward. Sahal bin Muadz, from Anas al-Jahni, from his father, said that the Messenger of Allah (S.A.W) ever said: If anyone suppresses anger when he is in a position to give vent to it, Allah, the Exalted, will call him on the Day of Resurrection over the heads of all creatures, and ask him to choose any of the bright and large eyed maidens he wishes (at-Tirmidhi, Abu Dawud and Ibn Majah).

In regards to anger, Islam not only orders the people to hold it. Moreover, sharia also teaches methods to assuage anger. Messenger of Allah (S.A.W) said that: Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water; so when one of you becomes angry, he should perform ablution (Abu Dawud from Athiyah). In the teachings of Islamic religion explains that in a saheeh hadith, the Messenger of Allah (S.A.W) said; The strong man is not one who is good at wrestling, but the strong man is one who controls himself in a fit of rage⁴.

Medical education is perceived as being stressful. A number of studies have been conducted on the prevalence of anxiety,

stress, and depression among medical students. These studies have reported that there is significant distress among medical students. There are many factors that cause stress in medical students like increase in workload and the pressure of learning professional knowledge and skills, exams and continuous assessments have also been considered as an important factor that contributes to psychological distress in medical students.⁵ Medical students, faculty, staff must have trainings, knowledge and access of resources in their institutes. They will improve their education and collection of resources.^{16,17,18,19,20,21}

Therefore, by conducting this research we were aiming to focus on medical college students as their lifestyle is comparatively more stressful than ordinary college goers⁶. The aim of this study is to assess knowledge, attitude and practice of anger management among medical students and its effect on their daily life and position in the society.

METHODS

Study Design and Duration: A cross-sectional survey is to be conducted on medical students at Peshawar medical college for a duration of 6 months from July-December 2022.

Sample Size: A total of 250 participants were recruited in the study
Inclusion and Exclusion Criteria: All students of MBBS of Peshawar Medical College, Peshawar were included in the study irrespective of study year. Students of other medical colleges and BDS were excluded from the study.

Data Collection Procedure: A structured questionnaire was designed for information from students. A serial sampling technique were used to collect data from all participants.

Data Analysis: Data will be entered into Statistical Package for Social Sciences version- 21. Descriptive with inferential statistics will be computed by setting the significance level at 0.05.

RESULTS

The study population comprised 250 subjects, including females and males. Among all participants in the current study, females (n=155) are more common than males (n=95). 241 (87%) of the people have given their age. The highest and lowest numbers of

students are enrolled in the 1st year of MBBS (n=102), followed by 3rd year MBBS students (n=96), 4th year MBBS students (n=41), 2nd year MBBS students (n=9), and the final/5th year of MBBS (1, 0.4%), respectively (Table 1).

Table 1: Demographic data of participants

Parameter	Parameter Details	Frequency
Gender	Female	155
	Male	95
Class Year	1 st Year	102
	2 nd Year	9
	3 rd Year	96
	4 th Year	41
	Final Year	2

Different questions were asked of all the students of MBBS and BDS regarding the control of anger. Where the knowledge, attitude and behaviour of the students were observed accordingly. Among total, 183 students answered that anger is unwanted behaviour, while 135 students suggested that the is satanic teaching or motivation. Moreover, assessing the knowledge of the participants, 236 students said that Islamic teachings had refrained them from anger. Furthermore, 240 and 234 of the participants responded that anger leads to a high crime rate and useless arguments in society, respectively. Moreover, personal info was asked from each participant regarding anger, like a person that gets angry (n=113) or irritated soon (n=142), when and where (Home, n=101), you get angry normally and what is your reaction (Start quarrelling verbally, 114) when you get angry (Table 2).

Table 2: Knowledge of the participants regarding anger control

Parameter	Parameter Details	Frequency
Do you agree that anger is an unwanted behaviour?	Yes	183
	No	67
Is anger being satanic teaching or motivation?	Yes	135
	No	115
Do you know Islam has taught us to refrain from anger?	Yes	236
	No	14
Do you agree that anger results in an increase in the crime rate?	Yes	240
	No	10
Do you agree that anger results in an increase in useless arguments?	Yes	234
	No	16
Do you consider yourself to be a person getting angry soon?	Yes	113
	No	137
Do you consider yourself to get irritated soon?	Yes	142
	No	108
Where do you get angry normally?	Home	101
	Traffic	49
	Workplace	45
	Hostel	12
	Any other	43
What changes do you feel in yourself when angry?	Start Shivering	46
	Foaming/frothing from the mouth	2
	Gets mentally oriented	139
	Any other	52
	Nothing	11
How do you react when got angry?	Start Shouting	59
	Hitting someone/something	29
	Start quarrelling verbally	114
	Start quarrelling physically	12
	Nothing	36

Personal behaviour after getting angered was asked, like do you leave the scene (said Yes, 212) or seek refuge with Allah (said Yes, 213) from shaitan or taking ablution (said Yes, 88). Moreover, the individuals who said they left the scene or took a glass of water were 212 and 156, respectively. Furthermore, the attitude of the students toward anger was also elaborated. Students respond

differently to the questions like that anger affects their studies (n=179), performance in the exams (n=121), decision power (n=203), position in society (n=105) (Table 3).

Table 3: Knowledge and behaviour of the medical students regarding anger and anger control

Parameter	Parameters detail	Frequencies
Do you leave the scene?	Yes	212
	No	38
Do you change your posture?	Yes	147
	No	103
Do you prefer to take a glass of water?	Yes	156
	No	94
Do you adopt silence?	Yes	211
	No	39
Do you prefer to perform ablution?	Yes	88
	No	162
Do you seek refuge with Allah from shaitan?	Yes	213
	No	37
Has the anxious attitude affected your studies?	Yes	179
	No	71
Has the anxious attitude affected your performance in the examination?	Yes	121
	No	129
Has the anxious attitude affected your decision power?	Yes	203
	No	47
Has the anxious attitude affected your position in society?	Yes	105
	No	145

Furthermore, the attitude and behaviour of the students regarding anger were also elaborated. Students respond differently to the questions like that anger is an anxious behaviour that affects their relationship with brothers (n=111), parents (n=114), sisters (n=114), friends (n=141), class fellows (n=119), and with workers in workplace (n=165). Moreover, medical students were also asked about the effect, like less sleep during the night (n=132), general health situation (n=110), and eating habits and patterns (n=141) (Table 4).

Table 4: Attitude and behaviour of medical students regarding anger and the measures affected by the anger.

Parameters	Parameters values	Frequencies
Has the anxious attitude affected your relationship with your brother?	Yes	111
	No	139
Has the anxious attitude affected your relationship with your Parents?	Yes	114
	No	136
Has the anxious attitude affected your relationship with your sisters?	Yes	114
	No	136
Has the anxious attitude affected your relationship with your friends?	Yes	141
	No	109
Has the anxious attitude affected your relationship with your classmates?	Yes	119
	No	131
Has the anxious attitude affected your relationship with workers in the workplace?	Yes	165
	No	85
Has this resulted in less sleep during the night?	Yes	132
	No	118
Has this affected your general health situation?	Yes	110
	No	140
Has this changed your eating habit and patterns?	Yes	141
	No	109

The independent sample t-test was performed to find the difference between the means of the questions asked, as shown in the following tables 4 and 5. According to the null hypothesis, it is suggested that the means of all the questions asked are equal, i.e., the mean of the number of participants who responded "Yes" will be always equal to the mean of the number of the participants who responded in "No". Moreover, a p-value less than 0.05 will be considered statistically significant. If the p-value is above 0.05, the null hypothesis is accepted, and the alternate hypothesis is rejected. Furthermore, where the p-value is less than 0.05, the null hypothesis is rejected, and the alternate hypothesis is accepted.

The alternate hypothesis for the current scenario was that the mean of all of the questions asked was not equal. Almost all the samples were collected randomly, and the data are valid. The two parts of the independent sample test are the T-test for equality of means and Leven's test for equality of variance. For an instant, the p-value is equal to 0.006; the question asked that anger is unwanted behaviour shows a clear variance between the two groups meaning one group answered Yes (n=183), and the second one answered No (n=67). Similarly, the p-value is less than 0.05 for the questions asked as anger is satanic teaching or motivation (p=0.004), or Islam has refrained us from anger (p=0.000), and anger results in an increased crime rate (p=0.000). Similarly, the p-value is less than 0.05 in the case of questions like do you get irritated soon (p=0.002) and when did you get angry (p=0.001) (Table 5).

Medical students were asked about their attitudes and behaviours to assess Islam's role in controlling anger. Islam taught us that when of one get angry, so they need to take a glass of water. Upon questioning, the majority of the students responded that they practice this teaching of Islam and that it is effective in controlling anger. The p-value is less than 0.05, indicating a clear difference between the variance of the two groups for the question asked that you take a glass of water when you get angered. The mean of the population that responded in Yes is higher than that of the people who responded in No. Moreover, there is apparent variance between the means of questions asked, like do you seek refuge with Allah from shaitan and do you leave the scene, or do you remain silent as per the teaching of Islam (Table 6).

Table 5: Independent sample test for variance between means of each question asked

t-Test for equality of means					Leven's test of equality of variance
Variables	Details	Df	Significance (2. tailed)	Mean differences	Significant value
Do you agree that anger is an unwanted behaviour?	Equal Variance Assumed	234	0.136	0.087	0.006
	Equal variance not assumed	175.7	0.147	0.087	
Is anger a satanic teaching or motivation?	Equal variance assumed	230	0.135	-0.100	0.004
	Equal variance not assumed	190.5	0.133	-0.100	
Do you know Islam has taught us to refrain from anger?	Equal Variance Assumed	226	0.062	0.044	0.000
	Equal variance not assumed	111.4	0.109	0.044	
Do you agree that anger results in an increase in the crime rate?	Equal Variance Assumed	237	0.004	0.069	0.000
	Equal variance not assumed	102	0.017	0.069	
Do you agree that anger results in an increase in useless arguments?	Equal Variance Assumed	232	0.791	0.008	0.597
	Equal variance not assumed	175.7	0.795	0.008	
Do you consider yourself to be a person getting angry soon?	Equal Variance Assumed	232	0.618	0.033	0.305
	Equal variance not assumed	190.1	0.618	0.033	
Do you consider yourself to get irritated soon?	Equal Variance Assumed	228	0.005	0.187	0.002
	Equal variance not assumed	181.7	0.006	0.187	
When do you get angry normally?	Equal Variance Assumed	219	0.494	-0.124	0.001
	Equal variance not assumed	203.1	0.475	-0.124	
How do you react when getting angry?	Equal Variance Assumed	221	0.443	-0.137	0.205
	Equal variance not assumed	180.1	0.448	-0.137	
What changes did you feel in yourself when angry?	Equal Variance Assumed	228	0.432	0.113	0.017
	Equal variance not assumed	207.3	0.416	0.113	

Table 6: Attitude and behaviour of the medical students regarding anger and its control

t-Test for equality of means					Leven's test for equality of variance
Variables	Details	Df	Significance (2. tailed)	Mean differences	significant
Do you leave the scene?	Equal Variance Assumed	140	0.436	-0.052	0.049
	Equal variance not assumed	113	0.399	-0.052	
Do you change your posture?	Equal variance assumed	95	0.361	-0.100	0.045
	Equal variance not assumed	57.9	0.355	-0.100	
Do you prefer to take a glass of water?	Equal Variance Assumed	108	0.020	-0.264	0.000
	Equal variance not assumed	79.3	0.010	-0.264	
Do you adopt silence?	Equal Variance Assumed	141	0.012	-0.207	0.000
	Equal variance not assumed	140.7	0.002	-0.207	
Do you prefer to perform ablution?	Equal Variance Assumed	80	0.708	-0.047	0.879
	Equal variance not assumed	140.7	0.002	-0.047	
Do you seek refuge with Allah from shaitan?	Equal Variance Assumed	101	0.027	-0.159	0.000
	Equal variance not assumed	99.9	0.005	-0.159	
Has the anxious attitude affected your studies?	Equal Variance Assumed	120	0.150	-0.127	0.001
	Equal variance not assumed	75.12	0.121	-0.121	
Has the anxious attitude affected your performance in the exam?	Equal Variance Assumed	93	0.143	-0.174	0.139
	Equal variance not assumed	40.147	0.145	-0.174	
Has the anxious attitude affected your decision power?	Equal Variance Assumed	151	0.092	-0.118	0.001
	Equal variance not assumed	119.2	0.065	-0.118	
Has the anxious attitude affected your position in society?	Equal Variance Assumed	88	0.115	-0.200	1.0
	Equal variance not assumed	30.2	0.125	-0.200	

DISCUSSION

In the current study, a questionnaire was requested to be filled out by the medical students. The questionnaire includes questions assessing the knowledge, attitudes and practices of the medical students regarding anger, anger control and the role of Islamic teaching in controlling anger. Moreover, the aftereffect of anger was also asked in different questions. In the current scenario, 250

medical students fulfilled the inclusion criteria to be enrolled in the study. All the participants were divided age-wise and gender-wise into groups. A similar study was conducted by Prabhu, Tam Min Yen et al. 2016 who included medical students with MBBS and BDS. They concluded that students with high anger tendencies have resulted in poor mental health. Moreover, the anger lasts for hardly a day or two, and the leading cause for the anger is the friends who

were going to tease each other while gossiping⁷. They concluded that when anger is suppressed, it leads to the underlying cause of anxiety and depression. Therefore, medical students who will have to deal with every kind of patient are needed to know and practice^{16,17,18,19,20,21} how to manage anger. And the best way to manage and control anger is the one that Islam teaches us.

Islam has taught us to perform ablution or to take a glass of water when we get angered. A similar study supported this aspect of our study, as anger alters hypertension and cardiovascular disease that usually results in headaches and sometimes asthma⁸. It is the reason that was performing ablution or taking a glass of water lower hypertension that has been got hyper due to anger. Research by⁹ reported that the biological and social behaviour of school students less than 16 years of age are altered. It, therefore, supports our study because all our study's participants are of a young age. Several studies suggested that medical students are more prone to get angered, which ends in depression and stress. A study reported that medical students of higher classes are more likely to affect by anger than students of lower classes. That opposes the results of our findings⁹. In our study, the lower classes students are most likely to affect by anger than higher classes students. And the reason behind this is the admission in medical school and strict environment of the institution as well as examination etc. our study is supported by a study conducted in Nishtar Medical College Pakistan. Where the 2nd year students are more affected by the anger and depression followed by third year students¹⁰. Another study conducted in Pakistan revealed that first and 2nd years students are mostly affected by anger, that strengthen the results of the current study¹¹.

According to the teaching of Islam, when one gets angry, he or she must be silent. There are a lot of Qur'anic verses and hadith of Nabi (S.A.W) present on the experiencing of silence during anger. The meaning of one of the hadith of Nabi (S.A.W) is that if one of you angry, he needs to shut up^{12,13}. It supports our study as the medical students in a sense when observe silence during anger, they have timely managed to control the anger. And the reason behind is that devils word comes out from the mouth when one is no longer silent and that intensify the anger¹⁴. When get silent the persons on both sides remain calm and the conflict between two individuals gets resolved.

As it is known from Islamic perspective that anger is from the evils side, so Islam teaches us to seek refuge with Allah from shaitan when one is angry. Several narrations of the Holy prophet are present on this current scenario. One of the companion of the holy prophet (S.A.W) narrated that one day we are sitting with the holy prophet (S.A.W) that two individuals were uttering dirty words to each other and in that time one of them became red and the vein in his neck became tense (due to anger)^{13,14}. Then the prophet (S.A.W) told that I know a word if it is read, it will lose his anger if he read and that is (I seek refuge in Allah from the temptations of Satan), he will lose the anger he has experienced^{12,13}.

Islam also teaches us to change your posture while one is angry and that will be proved helpful in anger management. One of the Hadith of the holy prophet (S.A.W) which means when one of you is angry, he should sit, his anger will be disappeared and when it disappeared you need to lie down¹²⁻¹⁵. Similarly in our study most of the medical students has experience changing their posture while they were angry, and this help them to successfully manage the anger. It is also proven biologically that during anger the blood pressure become hyper. By taking a glass of water or by performing ablution as per the teaching of Islam, the blood pressure lowered down and the person will successfully manage to anger. Moreover, Hadith of the Prophet which means: "Anger is the embers of fire so extinguish him with ablution" (HR Baihaqi)^{14,15}.

The anger immensely affects the behaviour of the medical students. Usually, it ends in anxiety and depression that make the person non social and solidate. That affects his relationship with his family, friends and all in his neighbourhood. Moreover, no scale was used in the current study to measure the instant of the anger and

anger management. It is recommended that certain psychological scales are needed to be used in the future study.

CONCLUSION

It is concluded that the young medical students are more aggressive, and they have less ability to manage their aggressiveness. The Islamic teaching are very effective in controlling the anger. The current study report that majority of the medical students used Islamic teaching to control and manage their anger.

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