

UPSC

Question No.

प्रश्न संख्या

- ① Anger is harmful negative emotion. It is injurious to both personal & work life.
- ② Discuss how it leads to negative emotions & undesirable behaviour.
- ③ How can it be managed & controlled.
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- Anger is one letter away from DANGER.

Ans A

Anger causes

- ① Inability to think long term → hot cognition
- e.g. Magnus Carlsen chess world champion
throwing laptop after losing match
- ② Blaming others
- e.g. Duryodhana blaming Pandava for their misfortunes
- ③ Rash decisions → e.g. road rage
- ④ Harrow factors based decision → loses strategic edge
- e.g. Boardroom meeting with angry boss

Ans B

means to manage Anger

- ① Delayed Actions → Seneca says emotions come and go but how we respond to them stays.

- ② consultation with others
- ③ Yoga & pranayam to develop self control
- ④ cognitive Behaviour therapy → for emotion sensitization
- ⑤ developing emotional intelligence

thus emotion in itself is not wrong per se but our attitude towards it. Anger can be channelised to good measures such as bad marks can serve as motivation to study & perform better next time.