



Relationship between Anger, Emotional Intelligence and Self-Compassion in Adolescents

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Introduction

Anger is one of the emotions that adolescents face and thus need to learn to deal with as they mature. Anger experienced during this developmental period plays an important role in shaping adolescents' quality of life (Thomson et al., 2014; Walker & Lewis-Jones, 2006). Anger is a natural, universal emotional reaction that occurs as a result of unfulfilled wishes, undesirable consequences, and unmet expectations (Taverner, 2021). On the other hand, anger is one of the most destructive emotional reactions when it is left uncontrolled (Stern, 1999).

Emotional intelligence is one of the important components used to manage feelings of anger. Anger-management issues experienced during adolescence cause many problems in the lives of growing individuals. Because emotional intelligence refers to one's ability to use emotional information to solve everyday problems, thus allowing individuals to eliminate impractical solutions and, in turn, produce alternative solutions.

Self-compassion is yet another important variable important in anger management. Self-compassionate individuals avoid judging themselves and instead take deliberate actions to alleviate the pain they feel after making mistakes or encountering painful feelings and experiences. Since self-compassionate

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individuals also have high levels of subjective well-being, they are generally more at peace with themselves and psychologically healthier (Neff et al., 2007). Considering all this information, we decided to study the relationship between emotional intelligence, anger, and self-compassion in adolescents.

The sample of the study consisted of 624 students, of which 339 were female and 285 were male. The study sample consisted of 624 students, of which 339 were female and 285 were male. Research was carried out in two public schools located in a large metropole in the Aegean region of Turkey. Data were collected using the Trait Anger and Anger Expression Style Scale, the Bar-On Emotional Intelligence Scale Child and Adolescent Form, and the Self-Compassion Scale and then analyzed using SPSS 21. We discovered a negative relationship between adolescents' self-compassion and emotional intelligence levels and their trait anger, anger-in and anger-out variables. Beyond this, we found a positive, significant relationship between anger-control mean scores. The regression analysis conducted as part of our study revealed that self-compassion and emotional intelligence negatively predicted adolescents' trait anger, anger-in, and anger-out variables in the first and second steps, respectively. On the other hand, we discovered that self-compassion and emotional intelligence positively predicted anger control in the first and second steps, respectively.

To our study results, if individuals lack of emotional intelligence and self-compassion, they are more likely to experience anger in themselves and project it outward. Individuals with high emotional intelligence and self-compassion have an easier time controlling their anger. Our findings were in line with those of similar studies in the literature (Bluth et al., 2016; Freidman & Miller-Herringer, 1991; Garcia-Sancho et al., 2014; Göçet, 2006; Neff et al., 2007; Yaşarsoy, 2006).

People with high emotional intelligence and self-compassion are aware of their own feelings, able to express their feelings and needs, have robust relationships with their others in their environment, possess the ability to listen to others and understand their feelings, adapt easily to new situations and events, and overcome the problems they face. They are highly successful people with the ability to remain calm in the face of the stress they experience, do not act impulsively, control their emotions, act rationally, see the good in events and situations, and strive to make a good impression on others (Di Fabio & Saklofske, 2021; Köksal, 2007). We therefore expect that individuals with high levels of emotional intelligence and self-compassion will be able to control their anger more easily and express them effectively (Solmazer et al., 2021; Şen et al., 2018).

In summary, as adolescents' emotional intelligence and self-compassion levels increase, they show understanding toward themselves, are not judgmental toward themselves, show the same degree of compassion to their environment, can better understand others' emotions, and display appropriate behavioral patterns. Such adolescents abstain from directing their anger toward their environment either in word or action, experience anger intensely and frequently, and can express their anger in an effective manner.

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