Ethics & Morality · GS - IV

Anger is a harmful negative emotion. It is injurious to both personal life and work life.

(a) Discuss how it leads to negative emotions and undesirable behaviors.

(b) How can hit be managed and controlled?

EXAM YEAR	PAPER	SUBJECT
2016	GS - IV	Ethics & Morality

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Anger; emotional intelligence; impulsive behaviour; interpersonal conflict; stress management; self-awareness; mindfulness; communication; emotional regulation

Model Answer

Introduction

Anger is a natural emotion, but uncontrolled anger can impair judgement, damage relationships and reduce workplace effectiveness.

(a) Negative Effects

- **Impulsive decisions:** Anger may cause rash actions and disproportionate reactions.
- **Relationship damage:** Harsh language and aggression weaken trust within families and teams.
- **Workplace conflict:** Angry leaders discourage feedback, reduce morale and increase disputes.
- **Health consequences:** Persistent anger may intensify stress and affect overall well-being.
- **Ethical lapses:** Anger can encourage humiliation, retaliation and unfair treatment.

(b) Management and Control

- **Self-awareness:** Identify triggers and early physical signs of anger.
- **Pause and reflect:** Delay responses until emotional intensity decreases.
- **Breathing and mindfulness:** Use slow breathing and brief breaks to regain composure.
- **Constructive communication:** Describe concerns respectfully and listen to others.
- **Problem-solving:** Address the underlying cause rather than blaming individuals.
- **Professional support:** Seek counselling or appropriate assistance when anger repeatedly becomes difficult to control.

Conclusion

Anger need not be eliminated; it must be regulated constructively. Emotional intelligence, self-discipline and respectful communication help convert emotional reactions into reasoned responses.

BECOME IAS
AI POWERED UPSC PREP