



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A. PROGRAM
Paper Title:	ANGER MANAGEMENT
Unique Paper Code:	211167010001
Semester:	VII
Faculty:	DR. SWATI JAIN
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	To differentiate between various types of anger and the emotions associated with anger. Recognize activating events and communication styles that contribute to anger. Identify warning signs of anger and aggression.	1	Introduction to the paper, syllabus and assessment
		2	General anger; state anger; and trait anger Difference between anger, aggression, hostility and violence
		3	Understanding Anger Triggers and Responses; Overt and covert triggers of anger
		4	Emotional brain vs. thinking brain
		5	Anger Expression and Control
		6	Class Test
II	Understand appropriate applications of therapeutic intervention and behaviour modification. Develop strategies to avoid or minimize anger-related issues in daily life.	7	Relaxation-based interventions
		8	Retreat; Rethink; Respond
		9	Cost-benefit analysis
		10	Cognitive restructuring
		11	Stress inoculation
		12	Conflict Resolution
		13	Assertiveness Training
I-II	Revision of concepts	14	Revision & Preparation of Examination

Unit	Contents/Syllabus
I	Introduction to Anger and Violence: General anger; state anger; and trait anger; Difference between anger and aggression; hostility; violence; Understanding Anger Triggers and Responses; Overt and covert triggers of anger; Emotional brain vs. thinking brain; Anger control and anger expression
II	Practice of Anger Management Strategies: Relaxation-based interventions; Retreat; rethink; respond and Cost-benefit analysis. Cognitive and Behavioral Approaches: Cognitive restructuring; Stress inoculation; Conflict Resolution and Assertiveness Training.

S. No.	Name of Authors/Books/Publishers
1.	Averill, J. R. (1982). Anger and Aggression: An Essay on Emotion. Springer.
2.	Dahiya, R.L. & Sekhri, R. (2023). Anger Management. Psycho Information Technologies, New Delhi
3.	Deffenbacher, J. L. & McKay, M. (2000). Overcoming Situational and General Anger: A Cognitive-Behavioural Approach. New Harbinger Publications.
4.	Ellis, A. (2003). Anger: How to Live With and Without It. Citadel Press.
5.	Kassinove, H. & Tafrate, R. C. (2002). Anger Management: The Complete Treatment Guidebook for Practitioners. Impact Publishers.
6.	Novaco, R. W. (2016). Anger Control: The Development and Evaluation of an Experimental Treatment. Oxford University Press.
7.	Raymond, C.T. & Howard, K. (2019). Anger Management for Everyone: Ten Proven Strategies to Help You Control Anger and Live a Happier Life. New Harbinger; 2nd edition
8.	Reilly, P.M. & Shopshire, S.M. (2019). Anger Management for Substance Use Disorder and Mental Health Clients. A Cognitive–Behavioural Therapy Manual. SAMHSA Publication No. PEP19-02-01-001

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	1	0	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment		10
	• Assignment	4	
	• Class Test	4	
	• Attendance	2	
2.	Continuous Assessment (Tutorial)		NA
	• Activity 1	NA	
	• Activity 2	NA	
	• Attendance	NA	
3.	Practical		40
	• Continuous Assessment	40	
	• End Term Written/Practical Exam	NA	
	• Viva	NA	
4.	End Semester Examination		30