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Mock Test

Batch 59

English Essay

"ANGER ISSUES IN CHILDREN: A Growing Challenge in the Modern Age"

OUTLINE :

1. Introduction
 - 1.1 Modern Age
 - 1.2 Advancements of modern age
 - 1.3 Impacts of modern era
 - 1.4
2. Anger in Children
 - 2.1 Genesis of anger
 - 2.2 Emotional response
 - 2.3 Manifestations of anger
 - 2.3.1 Physical
 - 2.3.2 Emotional
 - 2.3.3 Behavioural

"The child who is not embraced by his village, will burn it down in order to feel its warmth." This proverb illustrates that the children are facing enormous emotional challenges especially anger issues due to the evolving technological advancement,

Family dynamics, societal or peer pressure. This emerging issue has its multi-dimensional approaches to tackle.

3. Causes of Anger Issues

3.1 Insufficient Family Time

- a. Lack of attention and love
- b. Extreme level of strictness
- c. Constant stressful surroundings
- d. Always exposed to negativity

3.2 Academic Pressure

- a. Over-burdened schedule (tuition)
- b. Parents expectations
- c. Unnecessary comparisons
- d. Bullying and rejection

3.3 Technological Reasons

- a. Exposure to screen-time
- b. Unnecessary usage
- c. Exposed to vulgarity
- d. Competition / Cyberbullying

3.4 Environmental Causes

- a. Negative / unproductive environment
- b. Poor hygiene
- c. Social circle
- d. Violence, trauma, bad memory

4. Effects of Anger Issues

4.1 Physical

- a. Body aches
- b. Closed fists
- c. Red facial expressions

4.2 Psychological

- a. Feeling of unworthiness
- b. Anxiety, stress
- c. Loneliness Time increases

4.3 Behavioural

- a. Throwing away things
- b. Aggressive hurtful actions
- c.

4.4 Emotional Challenges

- a. Prolonged crying
- b. Feeling of hopelessness
- c. Suicidal thoughts

5. Strategies to overcome

- 5.1 Active listening to children
- 5.2 Empathetic behaviour
- 5.3 Avoid making comparisons
- 5.4 Polishing their skills
- 5.5 Encouraging outdoor activities

6. Conclusion

- 6.1 Anger issues especially in modern era
- 6.2 Evolving dynamics
- 6.3 Challenges to address

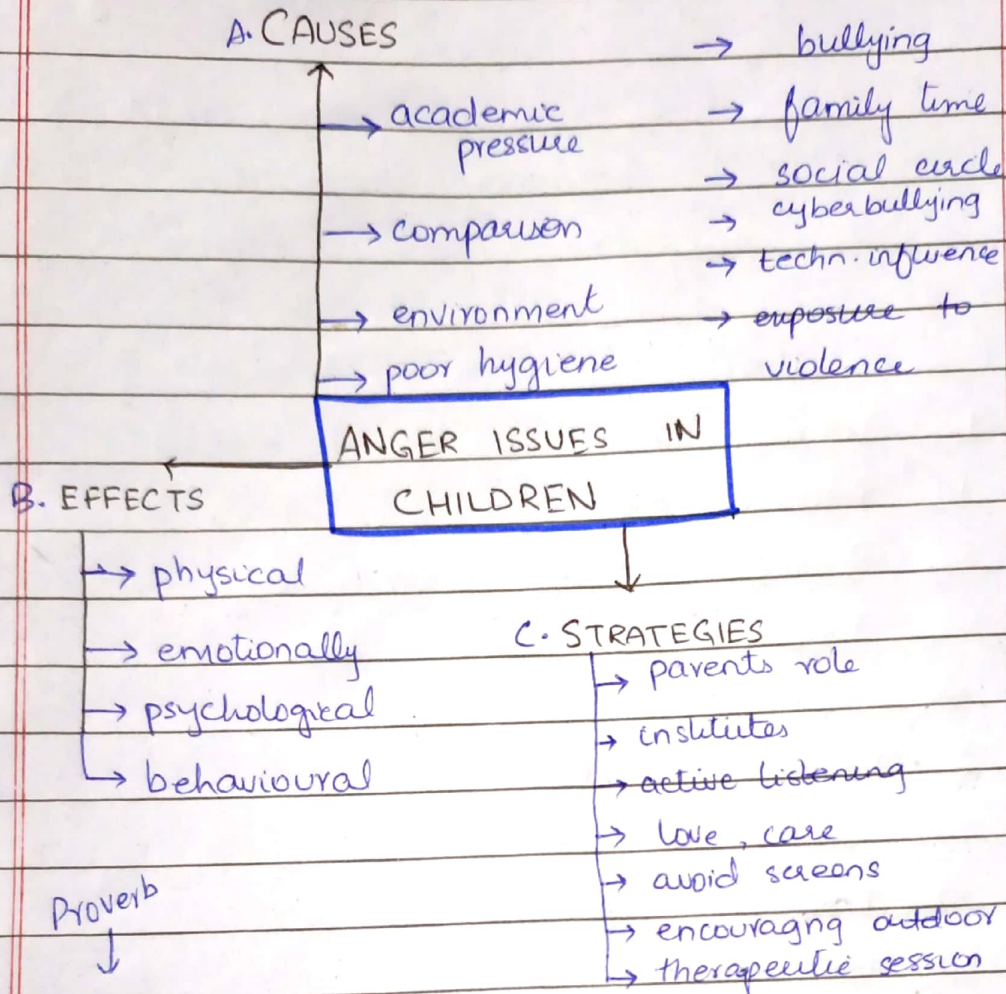
INTRODUCTION :

Imagine a ten-year old child stuck to screen for more than 8 hours continuously, exposed to fighting games, cyber-bullying, inappropriate vulgar videos. He suddenly turns to violent aggressive behaviour towards his immediate surroundings. This sounds strange yet quite natural because children are exposed to the world of technology where these behavioural patterns are observed in the modern world. The sudden or gradual changes unusual to a child or family in his emotional well-being, might lead to frustration, anxiety - at large to anger issues. Children are facing numerous problems due to the evolving busy family dynamics, peer pressure expectations, to compete in technological equipments and social gatherings. They need to be dealt consciously, that won't harm the emotional being of the children.

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Studies have shown that globally about 40% of parents face difficulty to manage their children anger-related issues. This starkly reflects the dire need to address this challenge imposed due to the evolving technological influences, societal, academic and family dynamics.

BRAINSTORMING :



A child not embraced by village will burn down to feel its warmth.

1. Introd

- 1.1 genesis of anger
- 1.2 set of emotions
- 1.3 Modern era
- 1.4 Impacts

2. Anger in Children

- 2.1 emotional response
- 2.2 manifestations
- 2.3 phys