

THE PSYCHOLOGY OF ANGER

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ABSTRACT: *There is no doubt that many people are characterized by anger nowadays. Anxiety and anger have become two main characteristics of the era we are living in because of the many pressures and dominance of the physical side over the spiritual one in our current life. So, man gets angry or nervous for any slightest reason to a degree that people around himself feel frightened for themselves, and their sons or relatives. Therefore, what is the appropriate salvation for such disease? The answer to this question is definitely in the commandment of our Prophet Mohammed (Peace be upon him) as he asked Muslims not to get angry. So, what is anger? What are its reality and causes? How can we treat it in accordance with the recommendation of Prophet Mohammed (Peace be upon him)?*

KEYWORDS: psychology, anger, psychology of anger, social compatibility, family compatibility

INTRODUCTION

Anger is the mind enemy and this enmity is like the enmity between the wolf and the sheep (1:18). It is one of the qualities from which an individual rarely escapes. It is a characteristic of lack of perfection not a characteristic of completion. Anger makes an individual forgets sanctities, buries good deeds and creates crimes for the innocents (1:18). A poet once described anger by saying, "Gladness eye is away from any imperfection but the eye of anger reveals disadvantages" and "Hatred eye reveals blemishes but love eye does not see them". Many of us do not master anger when getting angry. We have not educated ourselves or our children on how to get angry and why. Anger is something natural. It is sometimes something healthy when it is according to certain criteria because it is a humanistic passion or emotion. But when man reaches a point where he loses control, anger becomes devastating and causes a set of problems like for example problems at work, problems in human relations or problems in the quality of public life. Hence, how can we define anger?

Study Topic

The present study has, with some analysis and clarification, addressed anger and its psychological and social effects from an Islamic point of view. Such topic was chosen in this way because of a set of reasons. First, the tantrums of anger by which most people are affected might negatively affect their psychological and social compatibility and thus influence directly their social lives and their family stability, in general. Second, positive psychological and social compatibility empowers the person to have good and satisfactory relationships with colleagues and those in the fields of study and public life.

Third, success in free of anger social relations leads to increased success of social interaction, enabling the person to reach a high degree of overall compatibility.

Study Objectives

The present study aims to:

1. Highlight anger and its relation to some psychological educational and social variables from an Islamic viewpoint.
2. Show the relationship of anger to psychological, social and family compatibility.
3. Identify which groups are more prone to anger in terms of psychological and social compatibility.
4. Draw conclusions, recommendations and proposals that can overcome the obstacles of all stakeholders, those interested in social behavior and treatment of odds.
5. In addition, help those who get angry and can not overcome the behaviors resulting from it to face the difficulties they meet successfully and pave the way for them to be productive strong and happy citizens.

Statement of the problem

These are just thoughts, notices and observations about the problem of anger that has caught and preoccupied the researcher's attention and made him feel that he was facing a real educational, psychological and social problem. This problem, has actually, grown up when anger became an inherent characteristic of all where everyone gets angry with or without reason. Anger has also affected the researcher and caused him to ask questions like: what has happened to people? What caused people to become easily angry? What are the indicators of such humanistic conduct on the environment and community? Is it caused by life stress or is it generated by the variables of life and its nature?

Therefore, to understand the nature and faces of anger problem, the researcher has decided to conduct this study to highlight the problem of angry conduct and its relation with some psychological and educational variables to reach some proposals that may alleviate severity of these problems.

Importance of the study

Psychological and social compatibility is an important factor in life. The absence of psychological, educational and social problems may create a balanced personality parallel with the educational values for which the educational process looks. "Psychological and social compatibility is one of the most important factors that help shaping the youth normal life (19: 63). The present study is important because it tries to detect the social problems that cause psychological, educational and social incompatibility within angry people and sheds light on its importance in the educational and social environment. In addition to its scientific importance, the present study is has also a practical importance and actual need because our society is secure, comfortable and free of negative conduct where all individuals enjoy psychological and social compatibility (19:64). Furthermore, the findings and recommendations would contribute to the treatment of anger and its effects related problems.

Study approach

The descriptive analytical approach is most appropriate for the present study because it studies the psychological, educational and social characteristics, and compares between current and previous circumstances and events that might have influenced or controlled these events and circumstances (13: 4).

Study technical terms

Problems: Smith cited in (2:46) defines a problem as "A position in which one seeks effective ways to overcome the obstacles of goal of value achievement (2:46).

Anger: It is a psychological state, which provokes man's agitation and revolution in words or deeds. In addition, it is the key to evils and the root of sins (1:14). It is a change that takes place when the blood in the heart erupts for revenge. Anger is a word known by both young and old people. It is a psychological state and self-evident perception. It is a will to harm the person who makes us angry (18:1), or a revolution in the spirit for the desire of oppression and revenge (17:110). Moreover, it is an emotional state that affects man (54: 5). It is something innate in the human being. It is only dispraised or praised in terms of its effects, i.e. we praise the man who controls his anger and dispraise the one who behaves badly when getting angry. In brief anger is something innate in humans that leads the person to erupt and often loses control over his sayings or actions (7: 6).

Anger from a psychological viewpoint is something natural and healthy according to certain criteria as it is a humanistic passion. Nevertheless, it becomes devastating when man reaches a point of losing control and causes problems at work, in social relations or in the quality of public life. Anger is an emotional feeling whose severity, as Charles Spielberger mentions, ranges from slight stimulus to severe eruption (19: 1). This emotional passion as well as other sensations, is accompanied by other physiological and biological changes. It is accompanied by a change in the state of heart muscle and a rise in blood pressure. It also increases the rates of energy hormones secretion from adrenaline and other hormones (19: 1).

Angry responses are produced because of the person's his feeling of encroachment on his dignity, leading to rejection, conflict and disagreement. Such conflict might be on realistic constants or might be of the person's imagination. Moreover, it might have roots in the past or it might be a result of a current or future experience. Anger depends of its various degrees, depends on the degree of anger depends on the perception of the threat that is either a result of conflict or a sense of injustice, neglect, humiliation or betrayal. Anger might have a negative effect that does not appear and remains hidden within the person and then causes him to be anxious and aggressive towards others while its positive effect is that which appears and be in a form of a logical expression. Anger is a disease that no one understands. A recent study in the United States mentions that a certain disease called Intermittent Explosive Disorder (IED) might be the main cause for some people to exhibit sudden, violent and unjustified emotions. Nearly ten million Americans suffer from this disease, which has long been excluded when trying to diagnose such emotions. The study adds that nearly 10 million Americans suffer from this disease, which has long been ruled out when trying to diagnose such emotions. In addition, 4% of the American population, claims the study, suffer from a severe degree of IED, which caused each of them three or four 3 similar feelings in a year (6: 3).

What psychologists say about anger

The encyclopedia of psychology and education states that anger is "An emotional response particularly stimulated by interference, humiliation and threatening. It is characterized by aggressive conduct and changes that appear on one's face"¹. Saliba states that anger is "the comparative psychic emotion of the struggle and combat instinct. It is the positive manifestation of the instinct of self-defense or individual survival" (4:13). While Tawfiq defines it as: "a painful emotion accompanied by physiological changes such as face redness, limbs trembling, movement and speech disorder and some external behaviors like insulting, beating, murder and revenge" (4:13).

Medical explanation of anger

Prophet Mohammed (peace be upon him) says, "The strong person is not the good wrestler, rather, the strong person is the one who controls himself when he is angry"². He also recommends people not to be angry because anger is the key for all devils. Al khotabi says that "Do not be angry," means, "Avoid the reasons for anger and do not expose yourself to what causes it". Ibn Battal adds, "Fighting one's soul is harder than fighting his enemy". Anger has many disadvantages and he who understands them realizes the implication of the prophet's saying "Do not be angry" because of the wisdom it entails and the privilege of preventing the evil. In another saying our Prophet Mohamed describes illness and medicine in the same saying "Any of you should sit down if he is standing or should stand up if he is sitting down whenever he gets angry". Therefore, what are the effects of anger on the human's body? Why has our prophet prescribed such medicine? How standing up or sitting down affect anger?

To answer these questions we should consider the Adrenal gland located above the kidneys whose main function is the secretion of Adrenaline and Modrenaline. So, one should not get angry if he has a disturbance in the heart system. The Adrenaline hormone exerts its effect on the heart and so the heart accelerates its beats. A disorder in the heart system might happen and deviates from its normal way. Therefore, both emotion and anger cause disorder in the heart beats. Anger raises the level of these two hormones in blood and results in high blood pressure and that is why Prophet Mohammed (Peace be upon him) stressed the importance of not getting angry by repeating it three times in his speech. Physicians, on the other hand advice patients with high blood pressure to avoid emotions and anger. Patients who suffer from a disease in heart arteries are also advised not get angry because anger increases heart contraction and movement because it might initiate a heart crisis. Furthermore, patients of diabetes should not get angry because adrenaline increases blood sugar. Hence, angry people should lie down once they feel angry because this will decrease the secretion of the hormones (7:1). Moreover, it is scientifically proved that anger as a form of psychological emotion affects the heart as well as enemy or running. Anger increases the number of heart contractions per minute and so doubles the blood amount that the heart pumps into blood vessels. The heart, as a result becomes exhausted because anger increases the work rates that it is supposed to perform in a normal or certain circumstances whereas tiredness caused by one's enemy or running does not last for a long time because a person can stop whenever he likes that. In the case of anger, a person can not control his anger or stop it at any time he likes especially if he is accustomed to not having control on his feelings.

It has been observed that the person who is accustomed to anger has high blood pressure above its normal rate. His heart is forced to pump the extra amount of blood than usual. Walls of his narrow arteries get hardened and lose flexibility and ability to expand in order to be able to pass that excess amount of blood pumped by heart. Therefore, pressure rises when getting angry, unlike the psychological and social effects resulting from anger in relations between people that undermine their connectedness.

It is worth mentioning that scientists used to believe that clear anger is not harmful unlike suppressed anger, which is responsible for a number of diseases. An American study has recently explained the effect of these two kinds of anger. It showed that anger suppression or expression lead to the same health damage, although its severity is different in the case of suppression that can cause high blood pressure or cancer. However, obvious anger and its repetition might cause damage in the heart arteries. The possibility of fatal heart attacks might happen because of the explosion of anger and makes it difficult to control the emotion no matter how little it is. The individual's physical condition is not separated from his psychological condition, which makes anger move quickly to the vitals and increases the secretion of one of these glands that might cause road closure in front of the immune system and impede the movement of released antibodies to reach destination. The most dangerous of all is the fact that some of the effective weapons used by the body to defend itself and released from a vital gland might be exposed to weakness due to the contraction in this gland when serious psychological crises happen. This fact, of course explains the possibility of turning healthy cells to cancer ones in the absence of normal activity of the immune system. Thus, the recommendation of our Prophet Mohammed (Peace be upon him) can be realized regarding the importance of not getting angry, and so the scientific and practical wisdom of such recommendation can be easily understood (12:31). We can understand and the truth of the Messenger of Almighty Allah He advised us not to anger and hence the scientific and practical wisdom in the apostle's repetition of his recommendation not to anger (12: 31).

Anger and its bad effects

Dr. Ahmed Shawqi Ibrahim, a member of the Royal Medical Society in London and a consultant of internal diseases and heart says that human tendencies are classified into various types namely sensuality, authoritarian and satanic tendencies. Conduct of each human differs according to these tendencies and the level of control over them. Sensuality tendencies lead to revolution and anger, authoritarian tendencies cause arrogance and presidency love, while satanic tendencies cause hatred of others. Whatever these tendencies are, a human is exposed to anger, which stimulates his body and raises his blood leading to mental and physical diseases such as diabetes and angina pectoris. Scientific research has asserted the fact that anger and repetition of anger decreases the human's age. That is why Prophet Mohammed (Peace be upon him) asks Muslims not to go too far when they get angry and if they have to do so, they should get angry when sanctity of Almighty Allah are violated. An angry Muslim should keep silent when he gets angry because he will not approve his conduct when his anger ends. A Muslim judge should not make any decision when he is angry. In addition, the Holy Quran portrays anger as a satanic force that defeats man and drives him to actions that he will not do once he is not angry. For instance Prophet Moses (peace be upon him) when he got angry "He

threw the boards and took the head of his brother and dragged it" but when anger stopped "He took the boards". Moses anger was like a whisper knocking on his thought to throw the boards. Avoidance of anger needs self-control in addition to a strong belief in Almighty Allah. It can not be avoided by taking tranquilizers because it would be difficult to get rid of them.

Because anger changes behavior, treatment is by changing the human's behavior to be calm and balanced to face daily problems. Ahmed Shawqi adds that psychiatry has concluded two ways for treating the angry patient. The first is by reducing his emotional sensitivity via training the angry patient under the supervision of a psychiatrist to practice relaxation while facing the same difficult situations and so he is trained to meet them without anger or emotion. The second way is through psychological and muscular relaxation. The psychiatrist asks the patient to remember the difficult situations and to sit down if he is standing or stand up if he is sitting down to give him a chance to calm down. Medicine only knew such kind of treatment in the past few years depending on Prophet Mohammed (Peace be upon him)'s saying "You should sit down if you are standing up or stand up if you are sitting down as soon as you get angry" (22:1).

How man gets angry

Emotion of each human begins in a brain part called "Amygdale" which is responsible for identifying the risks facing him and for sending alerts when these risks are determined. When these risks reach the cortex, it starts to think of the logical reaction. That is, the brain is the network that affects the action before thinking logically of its consequences (19: 2). When the human being experiences anger, muscles of the body tense, the brain secretes Catecholamine, which causes a sense of energy that lasts for several minutes. At the same time, the heart beating rates increase, blood pressure rises, breathing speed increases, face gets redder because of the blood rush that permeates organs and limbs in preparation for the physical reaction. After that, more substances besides adrenaline hormone, which prolongs the human survival in tension are secreted (19: 2). In most cases, this revolution of anger stops at a certain point before it is out of control. The prefrontal cortex makes emotions in harmony because this part is far from emotions and plays an executive role in keeping all actions balanced and controlled. Another explanation to clarify how brain controls anger is the fact that prefrontal cortex is superior to Amygdala. In other words, Amygdala deals with emotions while the prefrontal cortex deals with judgments.

If anger has a physiological pre-preparation stage in which the body get ready to launch an attack, there is also another stage called "Storm calm down" where the body regains the normal relaxation when the source of revolution or threat disappears. It is difficult to return to the human normal state before being exposed to anger in a short time because the secreted adrenaline hormone during the anger experience makes the person in a state of vigilance for a long time, ranging from hours to sometimes days. Secreted adrenaline hormone also reduces the human's ability to tolerate anger and a respond easily to its effects. Nevertheless, it makes him vulnerable to a new bout of tantrums (19: 2).

The fact of anger

Anger is the boiling of the heart blood for revenge. When man gets angry, blood in his heart starts boiling and spreading to the veins. It also rises to the top of his body as the rise of water when it boils in the pot. Therefore, his face, eyes and skin become redder. Blood spreads if anger is because of someone inferior to him. But if anger was caused by those who are superior to him, and he has no hope to retaliate, blood constricts from the skin to heart inside and makes him sad and yellow. If anger was because of a rival he suspects, blood ranges between constriction and stretching making him red, yellow and troubled. In brief, anger is the diet for anger power (19: 1).

Stages of anger

Man, while being angry, passes through many sensations like tightness, displeasure, muddiness, excitation, frustration, frown, indignation, indignation, abuse ... and other traits that reflect his dissatisfaction with a context to which he was exposed.

Strategies for dealing with anger

There is a set of strategies to deal with anger (20: 3) like:

1. Relaxation

There are simple tools for relaxation such as deep breathing that decreases the severity of anger. There are many books and training courses that make the person master these methods. Therefore, if one is facing a burning situation, he has to follow these simple steps:

- a) Breathe deeply through the diaphragm because breathing from the chest does not give a sense of relaxation.
- b) Talk to yourself using words that calm it down such "relax" or say and repeat while breathing deeply "deal with this matter more easily".
- c) Personify relaxation, by retaining a previous relaxation experience you had already performed and give himself an impression that you are living it.
- d) Practice relaxation exercises as they relax tensed muscles as well as yoga exercises. You must practice these methods and learn how to retrieve them automatically when you are exposed to a tense situation.

2. Cognitive construction

Cognitive construction means how a person changes his mind. A person under the influence of anger vows and directs insults that reach slander and insults and speaks in a twisted way that reflects his inner feelings. When a person is angry, thinking is always exaggerated and dramatic. A person has to substitute thoughtful ideas instead of haste ideas he adopts during his anger. Instead of telling himself: "This is ugly, everything has been destroyed", he must speak in different words, "This is frustrating and incomprehensible, but it is not the end, and my anger will not change anything". Man has to be careful with "Never" or "Always" words when talking about himself or about someone else because they are helpless in solving and do not allow the opportunity for other people to offer the solution likewise. He has to remind himself that anger will not work, and he will not feel more comfortable. Logic defeats anger. If you talk to yourself that it is necessary to have harsh experiences and that life adopts and recognizes this law, "a day for you and a day against you", you will be satisfied. An angry person always seeks justice, appreciation and approval so that things go as he wishes. Nobody denies that a person needs these elements and he will be frustrated if he does not get them. The

sense of frustration of the angry person can be changed into anger. The use of the cognitive construction in a new way can make the angry person very knowledgeable about his nature, translate his expectations into desires. That is, the cognitive reconstruction he performs can replace the words "I want" by "I have to get this". When a person can not get what he wants, he passes through the natural reactions of frustration and disappointment that do not reach the level of anger. Others who practice anger are motivated by the avoidance of feelings abuse. But this does not mean, as imagined their disappearance (4: 20)

3. Problem solving

Anger and frustration are two serious problems that one can not escape. Anger, in all cases, can not be natural and healthy to meet these problems. There is a conventional belief that for every problem there is a solution, but by understanding the reality that does not agree with this argument, frustration is increased more and more. Therefore, the best solution is to look for and focus on a solution or face the problem in case of not finding a solution because it will increase man's hardness and thinking to confront (4:20).

4. Communication skills

Any angry person always jumps to conclusions, which is very often inaccurate. The first thing to do in a heated debate is to think well before making any reaction. He should not say anything that comes to mind, instead, he has to think seriously of what to say. Meanwhile, he should listen carefully to what the other person says and think well before responding.

It is normal for an individual to take a position of defense when criticized. He study all the hidden meanings of the words otherwise a sense of neglect and lack of love will be generated among at the other party. Thus, patience is the basis of relation continuity and success (5:20).

5. Sense of humor

Sarcastic humor sometimes softens the anger as it helps more balance. Once a person is subjected to a situation that causes his anger, he has to have an image in his mind for the situation or the person who subjected him to anger and then laugh at it to ease his inside anger. Dr. Charles says that the message directed by the angry person to himself that infuriates him includes words like, "Things have to go according to my desire and my way". The angry feels that what he follows is always right, and anything that hinders or changes his plans is unacceptable and unlikely to happen. When a person feels this motivation, he has to draw a comic image for himself in his imagination not only for those who make him angry. He has to imagine himself as a ruler who rules streets and shops or anything around him in the presence of people who oppose him. The more he enters into the details of the relationship, the more his awareness is about the extent he deals with things from an irrational logic. He will also realize that things he is angry with are trivial and unimportant. With the use of sarcastic humor, he has to be cautious of two factors. The first factor is the fact that such humor should not be motivated by pure sarcasm that insults others because this is an unhealthy expression of anger. The second, is the fact that one should face the problem and solve it in a positive way, not just laughing to relieve himself. In short, these means are just ways to reject serious anger (5:20).

6. Change the environment

Sometimes, the environment around us may be the source of our anger and revolution. Problems and responsibilities place burdens on individuals and make them feel the anger that they consider as a trap they fall in. They believe that this trap is made by people and circumstances around them. Man has to rest himself of thinking for at least a short time during his day long. He has the right to have his own time to live with himself, especially in the times of extreme stress. For example, nobody should talk to a working mother who does not stop working when she goes before fifteen minutes after her arrival to give her a chance to rest and relax.

7. Psychological Counseling

Once an individual feels that he can not control his anger and that this anger fundamentally affects his relationships and important aspects of life, he has to look for a medical advice to guide him to a better way of dealing with life. This medical advice is represented in visiting the psychologist who helps others to develop a variety of methods that change his way of thinking and behavior.

Causes of anger

Causes of anger, about which people vary are too many. Some people get angry for a trivial thing that does not cause anger for others. Anger can be due to external as well as internal reasons. A certain person, like one's co-worker or president might be the main reason for anger. It might be as a result of being exposed to a set of experiences that cause stress like traffic jam or flight cancellation. Moreover, anger might be due to other causes of anxiety or prolonging thinking about private and family matters and painful memories that arouse feelings of anger when a person retrieves them. The followings are causes of anger:

1) Arrogance

Arrogance of opinion, status, origin and money is the cause of hostility. Arrogance is the companion of perkiness. It is of the greatest sins. Prophet Mohammed (Peace be upon him) says, "Anyone has an atom's weight of arrogance in his heart will not enter Paradise" and says, "Follow the good and abandon the devil. Once people obey the miser, follow the whim, are affected by life and once you see a person who is arrogant by his opinion, pay attention to yourself and abandon the public". Ibn Abbas also said, "Assassins are three: man's wonder of himself, miser obedience and whim following". Thus ancestors warned from the causes of direct or indirect wonder or arrogance. Jesus the Christ also says, "Do not be angry. arrogance, pride and greatness are the things that spark and repeat anger".

2) Quarrelling

Abdullah bin Al Hussein said, "Quarrelling is a precursor for anger, so Almighty Allah discountenance a brain brought to you by anger". Quarrelling has many demerits such as anger which Almighty Allah forbade as mentioned in his saying Prophet Mohammed (Peace be upon him), "I am the leader of a house in paradise for anyone who avoids quarrelling even if he were in the right".

3) Joking

Joking begins with sweetness, but ends with enmity. It makes an honorable man angry and the silly person groans. Therefore, some of those whose ridiculous exceed the legitimate limit, either by useless words or by a harmful and mischievous act that may result in great harm. Prophet Mohammed (Peace be upon him) says, "Do not take the possessions of your friend whether by seriousness or by joking". Omer bin Abdulaziz said, " Be careful of joking as it brings the ugly and generates hatred". "Abu Haggan also said" Make jokes with your friend as he likes it and expect his jokes. A friend may say a joke that may be a key for the enmity". Mahmoud Al Warraq who was a poet warned from joking claiming it is the big insulting (20:4).

4) Dirty and obscene tongue

Tongue can cause anger by insulting or using bad expressions in a way that generates hatred. Prophet Mohammed (Peace be upon him) says, "Almighty Allah dislikes the dirty and obscene, treachery and keenness on the curiosity of money and wealth. Al Ghazali said, " One of dirty tongue most motivated causes among the most ignorant is naming anger as courage, virility, dignity and self-esteem (18:2). Other reasons for anger are (20: 3) as follow:

1. Fatigue
2. Hunger
3. Pain
4. Failure to have sex
5. Illness
6. Dependence on certain drugs (drug abuse).
7. Hormonal changes associated with menstrual cycle.
8. Reaching the age of menopause.
9. Withdrawal from drugs' effect.
10. Psychological disorders such as bipolar depression.
11. Genetic factors.
12. Confronting the source of pain is the main factor responsible for anger because the human's feeling of fear develops without confrontation.

Symptoms of anger

1. Hypertension.
2. Increased secretions of stress hormones.
3. Shortness of breath
4. Heart palpitations.
5. Trembling.
6. Constipation.
7. Contraction of the pupil
8. Physical energy.
9. Speedy speech and movement with tension.
10. Tight muscles.
11. Continuous criticism.
12. Excitement
13. Silence.

14. Aversion.
15. Negative aggressive behavior.
16. Envy
17. Jealousy
18. Feeling insecure
19. Lack of self-esteem.
20. Conviction.
21. Depression.
22. Anxiety.
23. Inability to sleep (insomnia).
24. Issuing of negative opinions.
25. Ongoing complaint.
26. Inability to have sex.

Expression of anger

The normal and natural way to express anger is to respond violently because it is a natural sense of the human being nature to adapt with the threats facing him and conduct aggressively with strong feelings to enable him to defend himself. In addition, anger is necessary for a person to live where he finds an outlet for his pressure. On the other hand, it is not permissible to be engaged in violence with people in a way that subject him to stress that is implanted since childhood. It is well-known that there are laws governing us in addition to the social norms and humans' ability to limit their behavior.

Any person undergoes cognitive, conscious and unconscious processes while dealing with the experience of anger like:

1. Expression of anger.
2. Anger suppression (not to express anger).
3. Quiet anger.

The first way of dealing with anger is to express it explicitly. It is not an aggressive way rather a powerful and rational behavior. It is a healthy anger to bring out the person's embedded revolutionary feelings to stop his subjection to destructive pressures. Besides, an angry person should determine his needs and express how to fulfil them without being harmful to others in order to be able to express his anger. He should be firm in doing so to show respectfulness for himself and others.

It is possible but dangerous to suppress anger and curb it because man can not express and show his feelings. Consequently, negative feelings accumulate within his spirit and are translated into the form of high blood pressure, depression .. etc. When man fails to express his anger, he begins adapt with this suppression and behaves aggressively towards others because he has not the ability to confront. He also fails to have successful social relationships.

Types of anger (18:4)

A. Favorable anger

Favorable anger is the anger for the sake of Almighty Allah when his sanctities are violated. It is the fruit of faith. so, any Muslim who does not get angry in such context is

surely of those whose faith is weak. Our Prophet Mohammed (Peace be upon him) said that Moses got angry when his folk worshiped the calf. The Holy Quran says, "When Moses returned to his folk, he was angry with them. He said, what a shame! For what you have been after me. Have you hastened your Lord's order? He then threw down the boards and took the head of his brother. His brother said to him: 'Son of mom, the people have weakened me and almost killed me, so do not make enemy laugh at me and do not let me with the oppressors" Sourat Al Aaraf: 150).

Anger of Prophet Mohammed (Peace be upon him) is not known or observed unless one of the sanctities of Almighty Allah is violated. Ayesha, mother of all Muslims said that "Prophet Mohammed (Peace be upon him) has never hit anything by his hand such as a woman or a maid unless it was for the sake of Jihad". Abdulla bin Omer said that, "Prophet Mohammed (Peace be upon him) got very angry when his companions were quarrelling in Qadr (fate) Night. He said " Are you ordered or born to do so? You are hitting the words of the Holy Quran together. By such action are folks and nations perished".

Nowadays, many sanctities of Almighty Allah bring violated publicly or secretly. Many of visual, audio and print media mass are too much concerned by disseminating vice and fighting virtue; spreading obscenities and suspicion; decorating evil; denying favor; and ridiculing religion and its rituals. In other words, they are concerned with doing thing that is worth the anger for Almighty Allah, which is of the favorable anger type and an indication of strong faith. Such anger is the fruit for keeping countries save, bodies healthy. Therefore, Muslims are called to order others to do the good and abandon satanic actions. Prophet Mohammed (Peace be upon him) while answering the question of his wife Zainab whether people perish even good ones are among them, by saying, "Yes if there is a lot of slag". Hence, favorable anger is required in our era as a reaction for killing Muslims, violating their sanctities, stealing their money, and devastating their homelands without any reason or right.

B. Unfavorable anger

Unfavorable anger is that kind of anger for the sake of the falsehood and Satan such as anger in Jahiliah time (the pre-Islamic era), anger because of the application of Shari'ah provisions, the dissemination of Holy Quran recitation, enmity of right and good people of the, and the defense of satanic actions. Unfavorable anger can be clearly seen in the writing of some journalists who have no worry except surpassing the era whether their writing goes along with Shari'ah (Islam) or not. What is right according to them is that which meets their opinions and likes. What is wrong is that which limits their goals. Almighty Allah says in Sourat Al Noor (46-52), "(46) We sent down enlightening revelations, and God guides whomever He wills to a straight path. (47) And they say, "We have believed in God and the Messenger, and we obey," but some of them turn away afterwards. These are not believers. (48) And when they are called to God and His Messenger, in order to judge between them, some of them refuse. (49) But if justice is on their side, they accept it willingly. (50) Is there sickness in their hearts? Are they suspicious? Do they fear that Almighty Allah or His Messenger may do them injustice?? In fact, they themselves are the unjust. (51) The response of the believers, when they are called to God and His Messenger in order to judge between them, is to say, "We hear and

we obey." These are the successful. (52) Whoever obeys God and His Messenger, and fears God, and is conscious of Him-these are the winners".

C. Permissible anger

Permissible anger is that kind of anger in the non-disobedience of Almighty Allah. It does not exceed its limit and suppressing it is better regarding. Almighty Allah says in Sourat Al Imran (134), " Those who give in prosperity and adversity, and those who restrain anger, and those who forgive people. God loves the doers of good".

Noah bin Habib once said, I was with the son of Ibn Al Mubarak and they insisted on him. He said bring your books and let me read and so they started throwing their books at him. One man of the people of irrigation was listening to the book of permission. He threw his book and hit the forehead of Ibn Al Mubarak and injured it and started to bleed. He then started treating the blood till it stopped and then he said "Glorified be Almighty Allah, a fight was about to happen but he started reading the book thrown by the man". Ibn Habbaan also said: "All creatures are innately born with anger as well as forbearing. He, who gets angry and forbearing in the same time while being angry, is not bad (18:3).

Disadvantages of anger: (6: 8)

Anger has many great disadvantages that involve the individual's social, physical, psychological and intellectual aspects of life. They all confirm the fact that anger is the key to all evil actions because it contains all evil as was pointed out by a scientist of the ancestors by saying, anger is the gatherer of evil and preventing it is the collector of all the good" (9:135).

One of its disadvantages is the fact that it causes the person to lose his consciousness or rightness. It robs his intellect and drives him for insulting, irony and bad words which are impolite causing regret and sorrow later on. It might drop the person down from the eyes of others in addition to the bad behavior away from wisdom and rightness. One of the greatest writers said, " Man is a distinguished creature. He has some characteristics of the angles, Satan, animals and monsters. Once he gets angry, his nerves tense, his blood burns, his muscles tightened. He will have no desire but the desire to overcome his rival by biting him, sticking his nails in his neck and twisting it to a degree that he strangles him. In such case brutality overcomes him making no difference between him and the leopard or lion (11:17).

One of the social sources of anger is the fact that it generates hatred in hearts and bad conscience of people leading to the abuse and abandonment of Muslims in addition to the pessimism when they fall in a crisis. And so, enmity and hatred take place between friends, relation between relative break down, life becomes spoiled and society collapses (17: 113).

Anger physical and psychological demerits are many. It is scientifically proved that anger is one form of the psychological emotion affecting the heart of the person who gets angry. This effect is not exactly like the one caused by the enemy or by running. Nevertheless the effect of the enemy or running can be stopped whenever the person wants (12: 31).

Furthermore, some studies also have indicated that anger is physically harmful to the health and safety of humans. It for instance exposes him to high blood pressure, and the possibility of heart attacks due to the high caused high level of tension.

Treatment of anger

Based on the fact that anger is an inevitable and innate human nature, greatness and perfection of Islam is shown in the recognition of the Islamic education of such nature in addition to making clear a set of means by which it can be prevented and treated.

1. Trying to be far away from and avoid the causes of anger in addition to avoid any sayings or actions that cause it such as arrogance, boasting and irony of others. Too much joking specially in unserious and rightful situations, controversy and intervention in what does not concern the person, and keen on the increase of his money and respect (17: 113).
2. Seeking refuge in Almighty Allah from the accursed Satan according the saying of Almighty Allah "And when a suggestion from Satan assails you, take refuge with God. He is Hearing and Knowing" Sourat Al A'araf verse (200). Any angry person when taking refugee to Almighty Allah from the devil, he grasps the greatness of Almighty Allah and evoke it inside himself to eject and defeat the devil and stop his abolition with the result that anger calms down and vanishes. Prophet Mohammed (Peace be upon him) said, " I know some word once an angry say them, his anger will go far. He should say, I only seek refuge in Almighty Allah from the Accursed Satan" when two men quarreled and one of them got very angry.
3. Remaining silent and do not speak to prevent getting angry resulting in undesirable consequences of the vulgar and bad speech such as insulting or irony. Remaining silent when getting angry is better because some people who do not remain silent while anger have inside them permanent revolution, frown faces. Once one touches them they tremble as they have caught fever so they start foaming and cursing (14: 118). Ibn Abbas said, " Once any of you get angry, he has to be silent, he has to be silent, he has to be silent (9:137).
4. being attached to the land. Prophet Mohammed (Peace be upon him) says, "Anger is an ember in the human's heart. Haven't you seen the redness of his eyes and the swelling of his face. Therefore, any of you who feel any of these things should attach his body to the ground". The sake of doing so is to frozen any movement that may result in anger physical effects (8:345).
5. Being preoccupied by the remembrance of Almighty Allah because of the tranquility and silence he gets. Almighty Allah says, "Those who believe, and whose hearts find comfort in the remembrance of God. Surely, it is in the remembrance of God that hearts find comfort". Moreover, remembrance of Almighty Allah involves a reminder for the angry soul with the greatness of Almighty Allah and a promotion to fear Almighty Allah. In the Torah it was written, "Oh son of Adam, Remember me when you get angry, I will remember you when I get angry, so I will not be punished like the others who deserve punishment" (3:231).
6. Change the situation of the angry to another because this change makes him busy of something else. Prophet Mohammed (Peace be upon him) says, " If any of you gets angry while standing up, he has to sit down if anger is gone, otherwise he has to lie down". That is, sitting or lying down in the state of anger leads to relaxation of the body, which helps to resist the tension caused by anger; this eventually reduces the irritation of

the angry gradually, and then gets rid of it completely. Sitting and lying resist the tendency of man to aggression, too (16:122).

7. Hurrying to ablution, which is effective in calming anger revolution that causes blood evaporation and body temperature rise. Prophet Mohammed (Peace be upon him) says, "Anger is of Satan who is created from fire that is put off by water. Therefore, as soon as any of you gets angry, he should hurry to ablution". This saying, of course indicates a medical fact that cold water relieves blood evaporation resulting from emotion. It also helps in decreasing the nervous and muscle tension (16:122).

8. Restraining anger by not showing it, and the trial to put it off because of the advantages it has as Said by Almighty Allah, "Those who give in prosperity and adversity, and those who restrain anger, and those who forgive people. God loves the doers of good (Surat Al Imran: verse, 134). Prophet Mohammed (Peace be upon him) also says, " No dose loved by me more than the dose of anger that the worshipper restrains which is when restrained, Almighty Allah fills the belly of that person by faith". He also says, "Whoever restrains his anger while he is able to execute it, Almighty Allah calls him on the heads of all creatures on the Day of Judgment until he chooses the Nymph he likes".

9. Working on taming the soul and educating it from time to time to be virtuous until it is accustomed to virtues and good morals such as forgiveness, patience. The believer, who realizes the benefit of forgiveness and patience for Almighty Allah, he would be strongly motivated to acquire such virtues. Consequently, virtues like patience and forgiveness will be acquired virtues in his nature although they were not innate (8:340).

10. Working on controlling one's emotions when getting angry as a type of strong personality that was encouraged by Prophet Mohammed (Peace be upon him) in his saying, "The strong person is not the good wrestler. Rather, the strong person is the one who controls himself when he is angry". In other words, real power is in the control of one's soul when getting angry (10:99). By controlling the anger, a Muslim is trained to fight against his soul and try to control it because having control over his emotions fortifies his will to have control over the whims and desires of this soul. (16:123).

11. Distracting the attention of the angry to what takes him far away from anger by one mean or another to suppress his anger. What helps getting rid of anger is the change of his psychological state, and paying attention to other things away from what provokes anger. Performance of hard work that requires much effort can distract one's physical energy and muscle tension causing emotion (16:122).

12. Reflecting on the consequences of anger like the unfortunate and terrible results, which often lead to regret about the bad words he used that do not agree with the Muslim's character. A scientist says, "The first one that the angry defeats or destroys is himself by making ugly image of himself, making his muscles tense and increasing his injustice and revenge (15: 199).

13. Reflecting on the benefits of the virtue of restraining anger, forgiveness, patience, and tolerance, according to the saying of Almighty Allah, "Be tolerant, and command decency, and avoid the ignorant Almighty Allah (Sourat Al A'raf, verse: 199), (20:1).

14. Frightening one's self from the punishment of Almighty Allah while saying, "The ability of Almighty Allah is greater than mine. If I am angry today, Almighty Allah might be angry with me on the Day of Judgment. I need forgiveness not punishment. He should realize Almighty Allah's Saying in Torah, "Son of Adam, Remember me when you are

angry, I will remember you when I get angry, otherwise you will be punished as well as others" (21: 2).

15. Thinking about the ugliness of his image at anger where he looks like a monster away from the people of balanced morals like prophets and scientists.

16. Understanding that his anger was just for something according to the will of Almighty Allah, not according to his will. Therefore, how can his wish precede the will of Almighty Allah who praises people when controlling their anger by saying, "Those who give in prosperity and adversity, and those who restrain anger, and those who forgive people. God loves the doers of good" (Sourat Al Imran:134). Prophet Mohammed (Peace be upon him) also said, "Whoever restrains his anger while he is able to execute it, Almighty Allah calls him on the heads of all creatures on the Day of Judgment until he chooses the nymph he likes", "You have two things that Almighty Allah likes: patience and endurance" and "The belly of any worshipper who restrains his anger will be filled with faith". In addition, we have to consider the level of patience and endurance of Imam Ali Bin Al Hussein and the Caliphate Omer Bin Abdulaziz in response to angry people of the public (19:1).

CONCLUSION

In the previous pages, the meaning of anger and what it implies were discussed. In addition, some of its bad and harmful effects are harmful for individuals and society. Some of its treatment and prevention ways were according to the clarification and explanation of the teacher of the human beings, Prophet Mohammed (Peace be upon him). He summarized this entire thing in one educational recommendation that gathered all the benevolent life and hereafter when he said, "Do not be angry (three times)".

Statements on open data, ethics and conflict of interest (32)

- a. Data can be accessed by contacting the author (26, 27).
- b. No agreements of any type were needed (28, 29).
- c. No conflict of interest declared (30, 31).

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