

ejlhss

ISSN : 3031-7347

<https://doi.org/10.61796/ejlhss.v1i8.809>

THE EFFECTIVENESS OF ANGER MANAGEMENT ROOMS ON THE PSYCHOLOGICAL RECOVERY OF ADDICTIVE CLIENTS

Aribowo Abdurrahman
Psikolog Klinis

Received: Jun 22, 2024; Accepted: Jul 29, 2024; Published: Aug 02, 2024;

Abstract: Addiction is a complex issue that not only affects the individual but also their psychological well-being. Anger management has been identified as a crucial component in the rehabilitation process for individuals struggling with addiction. This study explores the efficacy of Anger Management Rooms as an intervention for individuals undergoing addiction rehabilitation at the BNN Batam Rehabilitation Center. Addiction, often accompanied by complex emotional issues including anger, presents significant challenges in the recovery process. The Anger Management Room offers a structured environment where individuals can learn and practice anger management techniques, such as cognitive-behavioral therapy, relaxation training, and emotional expression. By providing tools to identify, understand, and manage anger, this intervention aims to reduce relapse rates and improve overall well-being. This paper reviews existing literature to assess the effectiveness of Anger Management Rooms in addressing the emotional needs of individuals in recovery and discusses the various techniques employed within these spaces.

Keywords: addiction rehabilitation, anger management, cognitive-behavioral therapy, psychosocial recovery.



This is an open-access article under the [CC-BY 4.0](https://creativecommons.org/licenses/by/4.0/) license

Introduction

In the BNN Batam Rehabilitation Workshop environment, the psychological recovery of clients who suffer from addiction is the main challenge in the rehabilitation process.

Addiction, in the context of clinical psychology, refers to a behavioral disorder characterized by a deep dependence on a specific substance or behavior. (Aisy & Anisa, 2020). This condition is often accompanied by complex emotional problems, including anger that is difficult to manage. (Buamona et al., 2023). This definition includes various forms of dependence, from drug use to compulsive behaviors such as gambling or excessive shopping.

Addiction is not only a behavioral problem, but it is also a complex condition that affects the neurological, psychological, and social aspects of the affected individual. (Suratman & Shanty, 2022). The psychological impact of addiction extends far beyond the physical and social damage that is often seen. Individuals who experience addiction often face mood disorders, anxiety, depression, and decreased cognitive abilities that can worsen their condition and hinder the recovery process.

The Importance of Emotional Handling in Addiction Rehabilitation

Overcoming the emotional aspects of addiction is a key element in an effective recovery effort. (Wati & Afandi, 2021). In the context of recovery from addiction, anger management plays a very important role. Anger, both as a repressed emotion and one expressed openly, is often a major trigger for the relapse of addictive behavior. Individuals who are in the process of recovery often face stressful and frustrating situations that can trigger anger. (Julaeha, 2019). Without an effective

strategy for managing these emotions, anger can interfere with recovery and increase the risk of relapse. Therefore, integrating anger management in recovery programs not only helps in emotional control but also contributes to the long-term stability and success of the rehabilitation process. (Kurnianto et al., 2023) (Stratford et al., 2014).

Anger Management Room as a Psychological Intervention

To address this challenge, the concept of the Anger Management Room was introduced as an innovative approach in addiction recovery. This concept includes a structured space or environment where individuals can learn and practice anger management techniques with professional guidance. The space is designed to provide intensive and focused support on managing emotions, providing individuals with the tools and skills necessary to deal with anger constructively. With this approach, it is hoped that individuals will not only be able to cope with their anger but also develop strategies to cope with stress and pressure that can trigger a relapse of addiction. (Buamona et al., 2023)

Some of the techniques applied in the Anger Management Room can include cognitive-behavioral therapy, relaxation training, and emotional therapy. Through these various interventions, it is hoped that individuals can gain better self-awareness, the ability to manage emotions, and skills to cope with situations that trigger anger. This proactive and integrated approach promises significant potential in improving the quality of recovery for individuals struggling with addiction. By paying close attention to anger management and integrating it in the recovery process, we can create more holistic and effective interventions, which will ultimately increase the chances of long-term success and overall well-being of individuals. To be able to provide a broader insight, it is possible to first understand the emotional influence in the psychological recovery process of addiction clients with the application of the Anger Management Room through the following literature review.

Literature Review

Several previous studies have highlighted the importance of handling the emotional aspect in the recovery process of individuals with addiction.

1. Basic Theory, Definition and Context of Anger Management Room

Much research has been done on the handling of emotional problems, especially anger, in individuals with addiction. Studies show that the concept of Anger Management Room can be an effective approach in facilitating the recovery of addicted clients. (Gamayanti & Hidayat, 2019) The Anger Management Room is an intervention designed to help individuals identify, understand, and manage their anger in a constructive way (Buamona et al., 2023). In the context of addiction rehabilitation, the Anger Management Room aims to provide a space for clients to learn and practice anger management techniques, so that they can overcome negative emotions that can trigger relapse. (Rahmawati & Linsia, 2022) (Yusof et al., 2020)

The basic theories that support the importance of anger management in addiction recovery are often rooted in the understanding that unmanaged anger can exacerbate addictive behaviors and hinder the recovery process. Psychodynamic theory, for example, emphasizes that pent-up anger can be a source of emotional tension that triggers addictive behavior as an escape mechanism. (Gunawan & Kristinawati, 2018).

The Cognitive-Behavioral Model, on the other hand, assumes that negative mindsets and misinterpretations of situations can trigger anger and addictive behaviors. (Maslita et al., 2021). The psychological models applied in the Anger Management Room often involve an integrated approach that combines relaxation techniques, mindfulness, and cognitive-behavioral therapy to address anger in a holistic and constructive way, focusing on mindset change and the development of emotional management skills. (Ardi et al., 2019).

Anger Management Rooms can be applied in a variety of contexts, such as government-run addiction rehabilitation programs, private organizations, and community environments or religious institutions that provide addiction recovery services.

(Levey & Howells, 1990) (Rahmawati & Linsia, 2022). The Anger Management Room is a structured space specifically designed to help individuals manage anger effectively. The concept includes a safe and integrated environment, complete with techniques and tools to help individuals understand and control their anger emotions. (Rahmawati & Linsia, 2022). In the context of addiction recovery, the Anger Management Room is particularly relevant because anger is often the main trigger for relapse. By providing a platform for emotional training and education, the Anger Management Room supports individuals in developing essential coping skills, reducing the negative impact of anger, and improving the overall addiction recovery process. The goal is to improve emotional well-being and reduce the risk of relapse by offering effective techniques and an environment that supports anger management.

2. Assessing the Effectiveness of the Anger Management Room in the Psychological Recovery of Addiction Clients

Several studies have evaluated the effectiveness of the Anger Management Room in supporting the psychological recovery of addicted clients. (Ardi et al., 2019) (Ivonika & Verauli, 2020).

The Anger Management Room offers a significant positive impact on anger management, an emotion that often triggers relapses in the addiction recovery process. With structured techniques for recognizing and managing anger, the Anger Management Room can help individuals reduce the frequency and intensity of anger, ultimately supporting the long-term recovery process. (Anger and it's management, n.d). Empirical evidence and case studies suggest that the program can improve recovery outcomes, with many studies supporting the effectiveness of techniques applied in this space, as well as positive reviews from mental health professionals confirming its positive contribution in the context of psychotherapy. (Junaedi et al., 2022)

The use of techniques such as cognitive-behavioral therapy, relaxation exercises, and emotional therapy in the Anger Management Room has been shown to have a positive impact on addiction clients. (Susilawati & Syafiq, 2015) (Susilo et al., 2021). These interventions allow clients to gain deeper insights into their emotions, develop anger management skills, and practice healthier lifestyles.

However, there are obstacles and challenges in the implementation of the Anger Management Room. For example, some clients may have difficulty adapting to new techniques or feel uncomfortable in the environment. (Rahmawati & Linsia, 2022). Therefore, it is important to ensure that the Anger Management Room is implemented with a flexible, client-centered approach, and is integrated with other intervention components in the addiction rehabilitation program. Additionally, potential shortcomings in effectiveness may arise if the techniques applied are not flexible enough

to meet the needs of different individuals or if the space is not properly integrated within a broader rehabilitation program. (Jailani et al., 2020)

Support from the literature and previous research suggests that anger management is an important component of addiction recovery. Many studies justify the use of anger management techniques in psychotherapy settings, which reinforces the claim that the Anger Management Room can be an effective tool in improving recovery. (Fahrizal et al., 2020). Reviews from mental health professionals also support the use of the Anger Management Room as a helpful approach, often underlining its success in helping clients cope with anger that can interfere with the rehabilitation process.

Overall, despite some challenges, the available evidence suggests that the Anger Management Room can be an effective intervention to support the psychological recovery of addiction clients. There are some doubts regarding the consistency of the results of the Anger Management Room. Variability in the outcome of client recovery and acceptance can affect the effectiveness of the program, especially if the techniques applied are not fully adapted to individual needs. (Ivonika & Verauli, 2020). Uncertainty about how well the Anger Management Room can maintain consistency of results in the long term also needs to be considered, as this can affect the client's confidence and motivation to carry out the rehabilitation program. Criticism of the Anger Management Room often focuses on an alternative view that this approach may be too narrow when compared to the complexity of addiction. (Fahrizal et al., 2020). Some critics have directed attention to weaknesses in the implementation of the Anger Management Room, such as shortcomings in addressing other factors affecting recovery or inadequate outcomes if the room is not effectively integrated with other therapies. (Anger and it's management, n.d) This assessment suggests the need for a more holistic approach to achieve optimal rehabilitation outcomes. However, this limitation does not remove the fact that the Anger Management Room can make a valuable contribution in the context of overall addiction recovery. In the process of psychotherapy and rehabilitation, it is important to assess the effectiveness of the Anger Management Room thoroughly, taking into account the different aspects that affect its acceptance and success. Good integration in the rehabilitation program as well as appropriate adjustment of techniques can increase the benefits of the Anger Management Room, supporting a more holistic and sustainable recovery process (Junaedi et al., 2022).

Methods used in Anger Management Room

Methods

Common Methods

1. Relaxation and Mindfulness Techniques Relaxation techniques, such as deep breathing and progressive exercises of muscle relaxation, are used to relieve the physical and mental tension that accompanies anger. Mindfulness, or mindfulness, helps individuals to focus on the present moment and observe emotions without impulsive reactions. (Munteanu, 2009). Both serve to calm the nervous system and increase self-awareness, which is essential in managing anger.
2. Cognitive-Behavioral Therapy Cognitive-behavioral therapy (CBT) focuses on identifying and changing negative thought patterns that contribute to anger. This technique helps individuals recognize irrational or unrealistic thoughts that trigger anger and replace them with more constructive mindsets. (Rahmawati, 2022). CBT also teaches the skill of changing behavioral responses to situations that trigger anger.
3. Interpersonal Skills Training Interpersonal skills training teaches individuals how to communicate effectively and handle conflicts in a healthy way. It involves practicing active listening, empathy, and conflict

resolution skills, helping individuals build better relationships and reduce anger from misunderstandings or interpersonal conflicts. (Fijriani & Amaliawati, 2017)

Special Techniques

4. Adapted Methods for Anger Management Specific methods in the Anger Management Room often involve techniques adapted for anger management. Grounding techniques, (Endriyani et al., 2023) such as focusing on physical sensations to distract focus from anger, as well as training healthy emotional expression, are examples of techniques designed to help individuals identify and address the source of their anger in a more targeted and effective way.

5. Approach Applied in Anger Management Room The approach in Anger Management Room involves the integration of various techniques, such as individual and group therapy sessions that focus on the role of anger in addiction recovery. Ivonika & Verauli, 2020) This approach also uses visual aids, stress situation simulation exercises, and regular monitoring of progress. Special physical equipment is also used to provide outlets for anger.

Anger Distribution Outlets and Their Equipment

6. Boxing Bag A boxing bag is a piece of equipment designed to allow individuals to physically channel their anger. By hitting the punching bag, individuals can relieve the physical tension associated with anger. This equipment provides a safe physical outlet, reducing the intensity of anger in a controlled manner.

7. Game Tools with a Hammer A game tool with a hammer offers an alternative method of channeling anger. Using a club hammer to hit soft or solid objects in a safe area can help reduce stress and tension caused by anger. It provides a safe and productive outlet for the aggressive energy that can arise during anger management.

8. Punch Pillow Punch pillows, which are designed to withstand punches or kicks, are also used as a tool to channel anger. These pillows provide a safe and durable surface for physical exercise, allowing individuals to address their anger without the risk of injury or damage.

Negative Views on Methods Used in Anger Management Rooms

Limitations in Universal Application Techniques such as deep breathing, relaxation exercises, and CBT may have limitations in universal application because not all individuals respond in the same way. Some techniques may be less effective for individuals with certain mental conditions or those who do not have basic skills in the technique.

Relaxation and mindfulness techniques may not be entirely suitable for individuals with certain mental health disorders or severe trauma, which can make them less effective or even contraindicated. Additionally, physical equipment such as boxing bags and punch pads may not always suit each individual's preferences or emotional needs.

The use of physical equipment as an outlet for anger, such as a punching bag and a mace hammer, can lead to dependence on these methods to relieve anger. This can reduce the opportunity to develop more holistic and sustainable anger management strategies.

Conclusion

The effectiveness of the Anger Management Room in the psychological recovery of addiction clients at the BNN Batam Rehabilitation Workshop needs to be assessed comprehensively. The methods used in the Anger Management Room, both general and specialized, have the potential to help clients manage anger and improve psychological recovery. In the context of clinical psychology, addiction is a complex behavioral disorder that involves dependence on certain substances or behaviors, with significant psychological impacts such as mood disorders, anxiety, and cognitive decline. Anger, as an emotion that often accompanies addiction, can worsen the recovery process and increase the risk of relapse. Therefore, anger management is a key component in the addiction rehabilitation process. Anger Management Room, as an integrated approach in addiction therapy, offers methods and techniques to manage anger constructively, supporting long-term recovery in a holistic way.

Suggestion

The implementation of the Anger Management Room in community therapy must be done by paying attention to the diversity of individual needs. Techniques such as relaxation, mindfulness, and cognitive-behavioral therapy need to be tailored to each client's specific conditions to ensure effectiveness. In addition, the use of physical equipment as an outlet for anger should be integrated with a more holistic approach to avoid relying on such methods. Further research is needed to evaluate the consistency of the results of these techniques and ensure that they can be applied effectively in a variety of addiction contexts. Support from mental health professionals as well as the right adjustments to techniques can enhance the benefits of the Anger Management Room and improve the client's recovery outcomes

Conclusion

The Anger Management Room offers significant potential to improve the quality of recovery for individuals with addiction through a structured and integrated approach. By combining a variety of techniques, both conventional and innovative, the Anger Management Room can help clients identify, express, and manage their anger more effectively.

Although there are some challenges and criticisms regarding its application, empirical evidence supports the effectiveness of the techniques used in this space. By focusing on anger management as an integral part of addiction therapy, the Anger Management Room can contribute to the success of an individual's rehabilitation and overall emotional well-being.

A more holistic approach and careful adjustment to individual needs will increase the chances of long-term success in addiction recovery.

References

- 1]. Aisy, K R., & Anisa, A. (2020, February 12). Kajian Tipologi Bangunan pada Pusat Rehabilitasi Mental Disorder. , 3(2), 53-67. <https://doi.org/10.33510/marka.2020.3.2.53-67>
- 2]. Ardi, Z., Yusoff, S M., & Ishak, N A K. (2019, May 2). Construction, Validity, Reliability and Effectiveness of the Psycho-Educated Module Management of Forgiveness. , 3(2), 95-95. <https://doi.org/10.24036/00147za0002>
- 3]. Buamona, V L., Umar, S H., Sapol, N M., & M., H K. (2023, May 25). Efektifitas Konseling Behavioristik Dengan Teknik Desensitisasi Untuk Mengurangi Nomophobia Di Dalam Ruang Kelas. , 8(5), 3646-3657. <https://doi.org/10.36418/syntax-literate.v8i5.12020>
- 4]. Dev, A M M P S V. (n.d). Anger and it's management. <https://www.nepjol.info/index.php/JoNMC/article/view/7282>
- 5]. Endriyani, S., Pastari, M., & Martini, S. (2023, June 20). The Influence of De-Escalation Techniques on Reducing Anger Responses in Drug Clients. , 2(6), 1465-1480. <https://doi.org/10.55927/fjst.v2i6.4705>
- 6]. Fahrizal, Y., Mustikasari, M., & Daulima, N H C. (2020, March 31). Changes in The Signs, Symptoms, and Anger Management of Patients with A Risk of Violent Behavior After Receiving Assertive Training and Family Psychoeducation Using Roy's Theoretical Approach: A Case Report. , 23(1), 1-14. <https://doi.org/10.7454/jki.v23i1.598>
- 7]. Fijriani, F., & Amaliawati, R. (2017, June 29). Layanan bimbingan kelompok dalam meningkatkan komunikasi interpersonal siswa. Indraprasta PGRI University, 1(1), 24-24. <https://doi.org/10.26539/116>
- 8]. Gamayanti, W., & Hidayat, I N. (2019, December 10). MARAH DAN KUALITAS HIDUP ORANG YANG MENGALAMI PSIKOSOMATIK. Diponegoro University, 18(2), 177-177. <https://doi.org/10.14710/jp.18.2.177-186>
- 9]. Gunawan, Y., & Kristinawati, W. (2018, June 30). REGULASI EMOSI MENGHADAPI KECEMASAN PADA PASIEN PRE OPERASI MAYOR. , 10(1), 42-61. <https://doi.org/10.31001/j.psi.v10i1.320>
- 10]. Ivonika, G., & Verauli, R. (2020, May 5). PENERAPAN GROUP ANGER

- MANAGEMENT DAN PROBLEM SOLVING TRAINING DALAM MENURUNKAN AGRESI PADA REMAJA DI LPKA. , 4(1), 1-1. <https://doi.org/10.24912/jmishumsen.v4i1.3870.2020>
- 11]. Jailani, M A., Ali, M., & Hasanah, S. (2020, December 22). Implementasi Rehab-Rekon Perumahan Pasca Gempa Bumi Di Nusa Tenggara Barat. , 2(2), 127-127. <https://doi.org/10.31764/jgop.v2i2.2812>
 - 12]. Julaeha, E. (2019, July 18). Peran Pembimbing Konseling Islam dalam Menangulangi Konflik, Stres, Trauma dan Frustrasi. IAIN Syekh Nurjati Cirebon, 2(1), 111-111. <https://doi.org/10.24235/prophetic.v2i1.4754>
 - 13]. Junaedi, F., Hanurawan, F., Setiyowati, A J., & Ramli, M. (2022, March 7). Reducing the New Inmates' Anxiety through Rational Emotive Behavior Therapy with Patronage Counseling Technique. , 6(2), 306-321. <https://doi.org/10.28991/esj-2022-06-02-08>
 - 14]. Kurnianto, A A., Khatatbeh, H., Prémusz, V., Nemeskéri, Z., & Ágoston, I. (2023, May 24). Managing disabled workers due to occupational accidents in Indonesia: a case study on return to work program. BioMed Central, 23(1). <https://doi.org/10.1186/s12889-023-15930-2>
 - 15]. Levey, S., & Howells, K. (1990, December 1). Anger and its management. Taylor & Francis, 1(3), 305-327. <https://doi.org/10.1080/09585189008408480>
 - 16]. Maslita, V Q., Saraswati, P., & Hijrianti, U R. (2021, October 30). Pengaruh regulasi emosi kognitif terhadap depresi pada mahasiswa tingkat akhir dimasa pandemi covid-19. Universitas Muhammadiyah Semarang, 9(2), 76-84. <https://doi.org/10.22219/cognicia.v9i2.18023>
 - 17]. Munteanu, C. (2009, June 1). Mindfulness - New Perspectives in Behavioral-Cognitive Therapy. <https://doi.org/10.1109/icbbe.2009.5163059>
 - 18]. Rahmawati, E I., & Linsia, R W L W. (2022, January 31). Anger Management in Pendhalungan Adolescents. , 1(1), 80-85. <https://doi.org/10.32528/issn.v1i1.23>
 - 19]. Rahmawati, R. (2022, December 28). Menurunkan gejala kecemasan pada gangguan kecemasan umum dengan cognitive therapy. Universitas Muhammadiyah Semarang, 10(4), 103-107. <https://doi.org/10.22219/procedia.v10i4.19184>
 - 20]. Stratford, A., Kusuma, N., Goding, M., Paroissien, D., Brophy, L., Damayanti, Y., Fraser, J., & Ng, C H. (2014, April 3). Introducing recovery-oriented practice in Indonesia: the Sukabumi project – an innovative mental health programme. Taylor & Francis, 24(1-2), 71-81. <https://doi.org/10.1080/02185385.2014.885210>
 - 21]. Suratman, T., & Shanty, W Y. (2022, May 27). Faktor Kriminogen dan Upaya Mengatasi Penyalahguna Narkoba di Kalangan Masyarakat. Universitas Merdeka Malang, 3(1), 82-92. <https://doi.org/10.26905/blj.v3i1.7985>
 - 22]. Susilawati, S., & Syafiq, M. (2015, February 19). GAMBARAN TEKANAN (STRESSORS) YANG DIHADAPI PASIEN SKIZOFRENIA RAWAT JALAN DAN STRATEGI COPING. State University of Surabaya, 5(2), 119-119. <https://doi.org/10.26740/jptt.v5n2.p119-134>
 - 23]. Susilo, A., Purwaningrum, R., & Suryawati, C T. (2021, February 28). Insight photo therapy efektif meningkatkan keterampilan konseling guru Bimbingan dan Konseling di masa pandemi COVID-19. Indraprasta PGRI University, 4(3), 444-459. <https://doi.org/10.26539/teraputik.43551>
 - 24]. Wati, L., & Afandi, M. (2021, December 20). Empati Dalam Prespektif Teori Konseling Rational Emotive Behaviour Therapy Albert Ellis. Universitas Islam Negeri Sultan Syarif Kasim Riau, 2(2), 117-117. <https://doi.org/10.24014/japkp.v2i2.13912>
 - 25]. Yusof, S A B M., Ahmad, N S., & Aman, R C. (2020, June 29). Development of Adolescent Anger Management Module Using Art Therapy. , 10(14). <https://doi.org/10.6007/ijarbss/v10-i14/7357>