

## **A Comparative Study on Anger Management in Buddhism and Western Perspective**

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American Psychological Association (APA) has defined anger as “completely a normal, usually healthy, human emotion. But, when it gets out of control and turns destructive, it can lead to problems-problems at work, in the personal relationships, and in the overall quality of individuals’ life”. *Therefore, psychologically uncontrollable anger will engulf the individual, family and the society which will lead to destructive behaviors.* The main objective of this paper is to prove up to date validity of Buddhism even up to the 21<sup>st</sup> century with the evidence of scientific research and provides an insight to anger management in both Buddhist and Western perspective. Buddhist teachings were searched referring to *Suttha pitaka* including *Vitakkasaṅṭhāna Sutta* of *Majjhima Nikāya* and *Āghāta Paṭivīnaya Sutta* in *Aṅguttara Nikāya*. The realistic study of the Special Treatment and Rehabilitation Centre of Kandakadu by the instructions of Lieutenant Colonel Pradeep Perera where the 220 drug addicts who have aggressive mind and revengeful thoughts are transform into peaceful individuals through 1-2-month period time by implementing motivational strategies, on 2<sup>nd</sup> month by the breakdown strategy through mixture model and most importantly by transforming revenge into compassionate via Buddhist techniques including mindfulness meditation-*vipassana* was taken into further evaluation. Recent research in parapsychology, scientific aspects of Buddhist Pirith Chants as a remedy to anger management and the latest research on Neuroplasticity of the brain are discussed in depth.

*According to the Western Perspective, Charles Spiel Berger, PhD states that “Anger is an emotional state that varies in intensity from mild irritation to intense fury rage”. Further Dr. Weisinger clarified that the cause of anger is due to the threat to one of our basic needs or mature needs including identity, recognition, achievement and social affiliation. Different techniques in the western counseling including cognitive reconstruction for maladaptive thoughts, using humor-laughing therapy, relaxation, brainstorming, avoiding, positive relief, time outs and non-violent communication will be discussed in depth. The war and terrorism, ethnic conflicts are some of the current global crisis which can be determined within the society due to anger. It is revealed that many western psychologists and therapists have integrated Buddhism with Western psychotherapy in the field of meditation and mindfulness.*

**Keywords:** Anger Management, *Āghāta Paṭivīnaya Sutta*, Neuroplasticity, Trigger, *Vitakkasaṅṭhāna Sutta*

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