

## ESSAYS

## Anger And Digital Disorder Management Strategies: Emotional Regulation And Healthy Tech Use In The Modern World

This essay explores effective anger management techniques and the rising impact of digital disorders. It discusses causes, symptoms, and evidence-based strategies for emotional regulation, along with practical solutions for overcoming smartphone and internet addiction to promote mental well-being.

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**Abstract:** This essay presents perspectives on anger and different anger management styles/positive techniques to reduce emotional feelings and **physiological arousal**. Various digital disorders—as well as their causes, effects, and solutions—are briefly discussed.

# Anger and Digital Disorder Management Strategies

## Never Get Angry

Anger is an uncomfortable human emotional response to a real or perceived provocation/threat. A little bit of anger can be a positive force that helps resolve conflicts, make decisions, and solve problems. Anger management is a crucial skill that all must possess to maintain healthy relationships, emotional well-being, and a healthy life. It is essential to learn about anger triggers and develop coping strategies to deal with threats such as rejection, isolation, failure, the unknown, and loss of control. Anger management can lead to healthier interactions and a more powerful mindset to control our reactions. The presence of mind in the physical world matters most in consciousness and observation, and the ease/focus of mind and body are closely related. Practicing self-awareness and self-control is important for managing anger and maintaining positive relationships effectively.

Causes of anger include stressful situations, financial difficulties, genetics, trauma, substance abuse, depression, frustration, a sense of injustice, fear of failure, and addictive anger. Some common anger triggers include anxiety, stress, irritability, learned behavior, bad memories, sadness/embarrassment, current circumstances, discrimination/injustice, and upsetting events. Symptoms of anger include grinding teeth, clenching the jaw, stomach upset, sweating, breathlessness, trembling hands, dizziness, and accelerated heart rate. Examples of annoying behaviors include complaining, interrupting, loud talking, exaggerated body language, not listening, and nagging. The consequences of anger include the risk of hypertension, anxiety, depression, coronary heart disease, sleep/eating disorders, low immunity, respiratory diseases, and shorter life spans.

When a person is angry, the brain releases the hormone adrenaline, the neurotransmitter noradrenaline, and dopamine, a catecholamine. Adrenaline triggers the body's 'fight or flight' response, which increases heart rate, breathing rate, and blood pressure. In response to physiological stress, cortisol is released in the brain. If the stress response system is constantly activated, cortisol levels can remain high, leading to health issues such as high blood pressure, digestive problems, nerve issues, high blood sugar, a weakened immune system, anxiety, and depression.

## Think Before You Speak

The objective of managing anger is to resolve problems while maintaining stronger relationships and minimizing conflict (Faupel et al., 2017; Howells et al., 2002; Lench, 2004; Short, 2016; Thomas, 2001; Dunbar, 2004). We must watch our thoughts, words, and actions—and stop hurting people, including bullying. One effective strategy is to practice deep breathing and progressive relaxation techniques to calm down before reacting impulsively. It's better to communicate assertively and express feelings respectfully, rather than bottle up emotions or lash out in anger.

Developing empathy and understanding toward others helps us perceive situations from different **perspectives and prevent** unnecessary conflicts. We must control anger rather than let it control us and damage our relationships. It's essential to move our bodies regularly to release

tension before we respond. One strategy is to maintain a neutral, relaxed facial expression, and use humor to ease tension.

Other ways to manage anger include talking/writing about our feelings, using positive self-talk techniques, counting to 50, changing the environment, watching television, listening to music, taking a walk, and reading. We can be assertive and self-confident to confront the situation directly, but without being aggressive.

Steps to anger management include calming down, showing mutual respect, identifying the problem, finding solutions, choosing the best option, and reviewing outcomes. Expert-led anger management training or short courses can also support mental wellness.

It is essential to address the root causes of anger. This may involve identifying triggers and warning signs, expressing anger in healthier ways, practicing relaxation methods, mindfulness, and meditation, taking time out, connecting with others, forgiving, and regular exercise. Additional techniques include accepting our feelings, engaging in creative activities (writing, music, dancing, painting, gardening), getting enough sleep, expressing concerns, improving social skills, using sound baths and sensory distractions, taking rest, releasing endorphins through physical activity, reframing reactions, and taking mindful breaks.

## Decoding Digital Disorders

Today, many youngsters are addicted to digital platforms and smartphones—where their presence creates euphoria, and absence leads to misery. Examples of digital ailments include:

- **Fear of Missing Out (FoMO)** (Gupta et al., 2021)
- **Fear of My Privacy (FoMP)**
- **Facebook Addiction Disorder (FAD)** (Ryan et al., 2014)
- **Selfitis** (obsession with clicking selfies)
- **Internet Addiction Disorder (IAD)** (Young, 2017)
- **Social Media Addiction (SMA)** (Hou et al., 2019)
- **Phantom Vibration Syndrome (PVS)** (Pareek, 2017)
- **Gaming Addiction (GA)**
- **Digital Pouting (DP)**

Other disorders include **Nomophobia** (anxiety when a phone battery dies) (Rodríguez-García, 2020), **Cyberchondria** (compulsive searching for symptoms) (Starcevic, 2020), **Online Disinhibition Effect** (abuse/trolling) (Casale, 2015), and **Digital Goldfish** (compulsive posting) (Gill, 2001).

Phone addicts may experience agitation, anxiety, or disorientation when unable to use their devices. Constant digital interruptions distract users with notifications and alerts.

Symptoms of Internet Use Disorder include neglecting responsibilities, withdrawal when offline, continued use despite negative consequences, disrupted sleep, and poor family interaction. Physical consequences include:

- **Computer Vision Syndrome** (blurred vision, eye strain, headaches)
- **Text Neck Syndrome** (neck pain from poor posture)
- **Carpal Tunnel Syndrome** (repetitive strain from device use)
- **Gaming Disorder** (excessive gaming despite consequences)

Increased **screen time**, cyberbullying, and digital addiction lead to mental health issues, including social withdrawal, dishonesty, low mood, and substance abuse.

Other disorders include:

- Online Gambling Disorder
- Internet Sex Addiction
- Video Streaming Addiction
- Compulsive VR Use Disorder
- Mobile Addictions (texting, calls, gaming, social networking)

Side effects may include:

- Text Claw
- Nomophobia
- Phantom Pocket Syndrome
- Indirect Accidents
- Harmful Radiation Exposure

## Healthcare Options

Solutions include internet fasting, digital detox, digital diets, counseling programs, de-addiction workshops, gadget hygiene, internet diaries, mind therapies, and medications.

To reduce digital stress:

- Limit screen time
- Use time-management apps
- Enable bedtime mode
- Schedule screen breaks
- Practice uni-tasking

Digital detox can be practiced by:

- Reducing time on emails/social media
- Turning off phones at night
- Disconnecting Wi-Fi once a week
- Cultivating offline hobbies
- Spending quiet time alone

Treatments may include:

- Medication for related disorders
- Counseling by professionals
- Peer-sharing support groups
- Meditation and spiritual practices
- Gadget deterrent therapy
- Assertiveness training
- Supportive psychotherapy
- Detox and follow-up care

## Conclusions

**Anger management** improves relationships, reduces stress, and boosts self-confidence. It helps us understand and control our natural emotional responses in a healthy way. Identifying triggers and using techniques like deep breathing and meditation can significantly improve emotional well-being.

Digital addiction impacts physical and mental health, relationships, education, and productivity. However, with proper awareness, behavioral strategies, and professional support, individuals can overcome digital stress and develop healthier habits.

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