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**A STUDY ON NCC CADETS' EMOTIONAL ADJUSTMENT AND ANGER  
EXPRESSION AS A RESULT OF TRAINING**

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**Abstract:**

*This study examines the relationship between emotional adjustment and anger expression patterns among National Cadet Corps (NCC) cadets, aiming to identify how anger expression correlates with emotional adjustment. Given that NCC cadets frequently encounter high-stress situations and leadership responsibilities, understanding their emotional well-being is crucial for assessing its impact on their performance and interactions.*

*A total of 120 participants, aged 18 to 23, were included in the study. Standardized assessments, including Bell's Adjustment Inventory (H.M. Bell, 1962) and Staxi-2 (Spielberger, 1996), were used for data collection over three weeks. The collected data were analyzed, and the results were interpreted.*

*Findings indicate a significant positive correlation between emotional adjustment and anger expression in NCC cadets. These insights contribute to a deeper understanding of emotional regulation within the NCC community, highlighting factors that influence both the emotional well-being and leadership capabilities of cadets.*

**Keywords:** Adjustment, Anger, Emotional Adjustment, Anger Expression, NCC Cadets.

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**INTRODUCTION:**

Have you ever watched an NCC parade and felt impressed by their synchronization and discipline? Have you ever wondered, what makes them different from us? After all, we are all students. If so, you are not alone—I have pondered the same questions. This curiosity, along with unanswered questions and a desire for deeper understanding, led me to conduct this research.

Despite being students like their peers, NCC cadets experience unique emotional and psychological challenges. Their daily lives are influenced by factors such as stress, anxiety, social environment, and economic status. However, what sets them apart is their rigorous training, discipline, and structured lifestyle. In this study, I focused on two key variables—Emotional Adjustment and Anger Expression—as potential factors contributing to these differences.

**TRAINING WITH THE NCC HAS MANY ADVANTAGES:**

NCC training provides significant physical benefits like improved stamina, fitness, and agility, while psychologically it fosters self-confidence, leadership skills, discipline, resilience, and a strong sense of responsibility, helping cadets manage stress and navigate challenging situations effectively; essentially building a well-rounded personality through both physical and mental development.

Key physical benefits of NCC training:

Enhanced physical fitness:

Regular drills, parades, and outdoor activities contribute to improved cardiovascular health, muscle strength, and endurance.

Improved coordination and agility:

Obstacle courses and field exercises enhance coordination and quick reflexes.

Healthy lifestyle habits:

NCC training promotes a disciplined approach to physical activity and nutrition.

Key psychological benefits of NCC training:

Leadership development:

Cadets are given opportunities to lead teams and take initiative, building confidence in decision-making abilities.

Teamwork and camaraderie:

Training in a group environment fosters cooperation, communication, and a sense of belonging.

Stress management:

Exposure to challenging situations during training develops coping mechanisms and resilience under pressure.

Self-esteem boost:

Completing demanding tasks and taking on leadership roles enhances self-confidence.

Discipline and time management:

Strict adherence to schedules and regulations cultivates time management skills and discipline.

Sense of responsibility:

NCC training emphasizes serving the community and contributing to national service, fostering a sense of responsibility.

### **Young Adults and Psychosocial Development**

One of the most influential figures in psychology, Erik Erikson, introduced an eight-stage model of psychosocial development. His theory replaced Sigmund Freud's psychosexual model and became a cornerstone of human development research. According to Erikson, young adulthood (ages 18 to 25) marks the transition from adolescence to adulthood. This stage is characterized by self-exploration, identity formation, independence, and personal growth.

Although different organizations define young adulthood differently, the World Health Organization (2014) classifies young people as individuals aged 10 to 24 years. This developmental stage plays a crucial role in shaping emotional resilience and behavioral patterns, which are key aspects of this study.

The National Cadet Corps (NCC): A Legacy of Discipline and Leadership

The National Cadet Corps (NCC) was originally conceptualized by the British Government during World War I to create a trained youth reserve for the Armed Forces. In India, the NCC was formally established on 15 July 1948 after independence through the XXXI Act of Parliament. Its primary objective was to groom young men and women into responsible citizens by instilling values of discipline, leadership, and patriotism.

The Girls Division of the NCC was introduced in July 1949, followed by the establishment of the Air Wing in April 1950 and the Naval Wing in July 1952, thus incorporating all three branches of the Armed Forces. Today, the NCC boasts an enrollment of over 1.3 million cadets, comprising both Senior Division (college students) and Junior Division (school students). The organization operates under the guiding principle of "Unity and Discipline", shaping future leaders through structured training and character-building initiatives.

This research seeks to explore how the emotional adjustment and anger expression of NCC cadets differ from their non-NCC peers, shedding light on the psychological and emotional dimensions of their training. Let's delve deeper into these aspects.

### **Adjustment**

Adjustment refers to an individual's ability to adapt to personal and environmental changes. It is not a fixed goal but an ongoing psychological process influenced by a person's thoughts, perceptions, and actions. While adjustment varies from person to person, it can be categorized into common patterns.

In psychology, adjustment is defined as the ability to adapt to changes in physical, vocational, and social environments. More broadly, it involves balancing competing demands while overcoming environmental challenges. Both humans and animals constantly adjust to their surroundings—for example, when experiencing hunger, they seek food to restore balance. However, when an individual is unable to cope with stress or environmental demands, an adjustment disorder may develop.

### **The Importance of Successful Adjustment**

A high quality of life requires successful adjustment. Those who struggle to adapt are more likely to experience psychological distress and clinical symptoms. Adjustment is crucial across various life settings, including home, school, work, and different stages of development, from childhood to aging.

As a psychological process, adjustment helps individuals:

- Regulate fundamental urges at manageable levels
- Develop confidence in their abilities
- Achieve personal goals
- Foster intellectual, emotional, social, physical, and occupational growth

In essence, adjustment involves the organization of personality, enabling individuals to maintain stability while dynamically adapting to their social and physical environments.

### **Emotional Adjustment**

Emotional adjustment (also known as personal or psychological adjustment) refers to the ability to maintain emotional balance in response to internal and external pressures. This process is supported by cognitive adaptability and acceptance, which help individuals regulate emotions effectively.

One example of emotional adjustment is maintaining self-control and coping behavior during an identity crisis. By adapting to life's changing circumstances, individuals learn to balance their desires with their ability to meet them, fostering emotional stability. Emotional adjustment enables people to:

- Adapt to situational demands
- Modify their behavior as needed
- Accept change and respond constructively

Since the emergence of psychology as a behavioral science, emotional adjustment has been recognized as an essential part of overall human development, influencing physical, intellectual, social, moral, and artistic growth. Because experiences shape emotional responses, learning plays a key role in enhancing emotional adjustment.

### **Factors Influencing Adjustment**

#### **1. Physical Health**

- Good physical health is crucial for psychological well-being.
- Illnesses such as fever, digestive disorders, or chronic conditions may cause psychological distress and impair an individual's ability to adjust.

#### **2. Psychological Comfort**

- Well-adjusted individuals are free from persistent stress, anxiety, or depression.
- If psychological issues arise, professional guidance should be sought.

#### **3. Behavioral Flexibility**

- Well-adjusted individuals demonstrate flexibility in their behavior, adapting to new situations with ease.
- Maladjustment, on the other hand, occurs when an individual struggles to meet social, psychological, or biological demands, leading to an imbalance between personal needs and societal expectations.

### **Anger Expression**

Anger is a universal human emotion, experienced from childhood to adulthood. It can arise in various situations—whether as a child struggling to share a toy, a teenager being told "no" by their parents, or an adult watching their favorite sports team lose. While anger is often seen as a negative emotion, understanding its triggers and expression patterns can provide valuable insights into one's emotional regulation.

According to Lazarus (2000), anger is a response to perceived mistreatment, often accompanied by a strong desire to correct an injustice. Similarly, Carver & Harmon-Jones (2009) suggest that anger arises when personal goals are obstructed.

Anger expression varies across individuals and can be influenced by:

- Personal temperament and coping mechanisms
- Social conditioning and learned behavior

-Environmental stressors and situational factors

Recognizing anger as a natural emotion, rather than suppressing or ignoring it, can help individuals channel it constructively, leading to healthier emotional adjustment.

## **Anger vs. Aggression, Frustration, and Rage**

### **1. Anger vs. Aggression**

- Anger is an emotion, whereas aggression\*\* refers to hostile or violent behavior.
- Aggression can manifest as physical violence, property destruction, self-harm, or verbal threats.

### **2. Anger vs. Frustration**

- Frustration\*\* is a milder emotional response to minor annoyances (e.g., spilling coffee, stubbing a toe).
- If frustrations accumulate, they can escalate into anger.
- Deep breathing and emotional regulation can help prevent frustration from turning into full-blown anger.

### **3. Anger vs. Rage**

- Rage is an intense form of anger where self-control is lost.
- It often results in yelling, screaming, or verbal insults.

## **Anger Triggers**

- Triggers are specific events that cause an immediate, often uncontrollable anger response.
- They vary between individuals but tend to remain consistent for each person.
- Recognizing personal triggers helps in managing anger effectively.

## **Anger as an Emotion**

- Anger is more than just an emotion; it can also be a mood or temperament (Fernandez & Kerns, 2008).
- Emotions are brief.
- Moods last for hours or days.
- Temperament is a long-term personality trait.
- Anger often arises from everyday frustrations and can either fade quickly or persist if not managed properly.

## **Anger Expression**

- People express anger in various ways, including verbal outbursts, physical gestures, and facial expressions.
- Constructive anger expression can be beneficial, while destructive expression can cause harm.

## Discussion

This study aimed to examine the correlation between Emotional Adjustment and Anger Expression among NCC cadets. A sample of 120 individuals (both males and females) aged 18 to 23 years was taken from different NCC units.

### Findings

Descriptive statistics for Emotional Adjustment and Anger Expression are as follows:

- Emotional Adjustment
- Mean: Males (8.55), Females (12.27)
- Standard Deviation: Males (4.898), Females (7.232)
- Standard Error: Males (0.558), Females (0.942)
- Anger Expression
- Mean: Males (35.06), Females (38.25)
- Standard Deviation: Males (10.499), Females (13.545)
- Standard Error: Males (1.196), Females (1.1763)

Pearson's correlation analysis showed a positive correlation (0.364,  $p < 0.001$ ) between Emotional Adjustment and Anger Expression. This led to the acceptance of the hypothesis:

"There will be a positive correlation between Anger Expression and Emotional Adjustment among NCC cadets."

The hypothesis stating a negative correlation was rejected.

### Interpretation of Results

The positive correlation between Anger Expression and Emotional Adjustment may be due to:

- Anger as a Coping Mechanism – Expressing anger helps release pent-up emotions, reducing psychological distress.
- Structured Discipline in NCC – The controlled environment allows for healthy anger expression, supporting emotional regulation.
- Emotional Resilience Development – Training helps cadets manage anger constructively, fostering better emotional adjustment.
- Observational Learning – Cadets may model positive anger expression from peers and instructors, leading to adaptive emotional responses.
- Cognitive Appraisal – How cadets interpret anger-inducing situations affects their emotional regulation, reducing negative stress impact.

## Conclusion:

This study establishes a significant positive correlation between anger expression and emotional adjustment among NCC cadets. The findings suggest that individuals who constructively express their anger tend to exhibit better emotional well-being and adaptation. Effectively recognizing and

managing anger plays a crucial role in enhancing overall emotional adjustment, emphasizing the need for healthy expression strategies for emotional regulation.

Future research could explore specific interventions to further develop anger expression skills, promoting emotional resilience and overall well-being among cadets.

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