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Prelims PYQ, Mains model answers, and copy evaluation. Write to the desk for this paper, a doubt, or the AI waitlist.

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Q7

Anger is a harmful negative emotion. It is injurious to both personal life and work life. (a) Discuss how it leads to negative emotions and undesirable behaviors. (b) How can it be managed and controlled?

UPSC Civil Services Mains 2016 · GS IV · 12 marks · Ethics and Human Interface

Ethics and Human Interface: Essence, determinants and consequences of Ethics in-human actions; dimensions of ethics; ethics - in private and public relationships. Human Values - lessons from the lives and teachings of great leaders, reformers and administrators; role of family, society and educational institutions in inculcating values.

Facts & figures for this PYQ only.

Numbers move. Confirm the latest Budget, Economic Survey or census round. This sheet is for revision, not a substitute for the model answer.

<https://wrapexams.com/upsc/mains-answers/gs-4/2016/anger-is-a-harmful-negative-emotion-it-is-injurious-to-both-personal-life-and-work-life-a-discuss-how-it-leads-to-negative-emotions-and-undesirable-behaviors-b-how-can-it-be-managed-and-controlled/>

Emotional intelligence (Daniel Goleman)

A widely used frame of self-awareness, self-regulation, motivation, empathy and social skill; anger control sits in self-regulation.

Protection of Women from Domestic Violence Act, 2005

A civil-criminal protective statute that treats domestic violence, often anger-fuelled, as a public wrong.

Central Civil Services (Conduct) Rules, 1964

Courtesy and conduct unbecoming: a public rant or humiliation of a subordinate can be a service wrong.

Article 21, Constitution of India

Dignity of the person at the counter; an officer's rage can become a rights failure.

Cognitive reappraisal

A proven emotion-regulation method: reinterpret the trigger as a problem to solve rather than as an insult to avenge.