

RAGE ROOMS

Rage, by definition, is intense uncontrolled anger, usually as a result of egregious injury or injustice.

Such human feelings of intensity now have an active place in the recreational world known as “Rage Rooms,” “Breakrooms,” “Scream Rooms,” “Smash Rooms,” “Anger Rooms,” or “Recreation Centers.” Where mental health and anger coping management centers exist for positive cognitive behavioral therapy, understanding of personal responses, counseling, and behavioral modification, the world has now introduced protected spaces for active violent aggression.

A rage room is often individually owned, operated, and rented for a hefty fee. The space of destructible items (furniture, electronic equipment, etc.) is made available for the aggressive smashing and destroying of the rage room contents. The purpose is to allow for the venting of rage—so they say. Originating in Japan, the rage room concept is now happening worldwide with a variation stated to meet the destructive and raging needs of overtly angry rage room customers.

Despite the lack of supportive research, rage rooms (etc.) claim by participants to:

- Provide a “Sense of empowerment”
- Allow for “Expression of healthy and acceptable emotions”
- Provide a safe place to “Freely express anger”
- Allow a great place to “Unwind and release tension”
- Be a place to “Let it all hang out and have fun”
- “Relieve stress”
- Allow for the “Scratching of the itch” stemming from unexpressed emotions
- Be a “Fantastic fun mental health experience”
- Provide as a potential “Great money-maker”

With this rage behavior comes the important decision as to responsible societal concerns! Mental health international professionals and researchers usually agree that Rage Rooms are **NOT** necessarily:

- Therapeutic—as it reinforces negative ways of coping
- Liked by people in the past who have refined their problem-solving skills
- Related to appropriate long-term behaviors
- “Healthy,” as it does not address or help underlying healthy ways of coping
- A beneficial resolution to anger

Our community challenge is to meet the greater challenge by helping community members learn and teach other community members to:

- Notice and express anger in appropriate ways—relaxation techniques, changing the course of thinking, and communication skills
- Accept responsibility for personal actions
- Use coping mechanisms for reacting to life's challenges and problems
- Practice healthy ways to manage emotions and stress
- Use effective communication skills that encourage control of life's unpredictable situations.

In California, there was a situation where students were given free access to one large wall for rage painting. They rage-painted to their hearts' content and loved it! The California police reported the outcome to be a substantial increase after this event in destructive juvenile rage behaviors.

Consideration: The universal general problem-solving and decision-making principles of leadership include responsible community consideration regarding Rage Rooms to be:

- Benefits and advantages versus damage, disadvantages, and risks
- Long-lasting mental health skills versus short-term fun
- Recognition of current trends versus historical mishaps and resulting problems
- Constructive behaviors versus destructive behaviors
- Informed information versus passive naivety
- Positive lifestyle outcomes versus fad behaviors
- Mental health versus active and encouraged rage in a community
- Mental Health counselors and programs versus potential spontaneous violent episodes of rage

The answer to overall community allowance and intermittent experimenting with Rage Room(s) can be challenging. Opinions will differ, and naivety by some community members is obvious. This potentially lucrative business and fascination with the concept of a Rage Room experience is just the beginning. The positive newness appears fascinating, and the negative outcomes seem to be concerning.

Expected intellectual astuteness and having careful consideration as responsible community members dismisses the acceptance of community naivety. Awareness of encouraging and maintaining healthy community choices is a necessary foundation of responsible leadership.

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