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**Mental Health, Anger Expression and Coping among Male and Female Kashmiri Adolescents**

**Background:** Constant exposure to conflict situation proves to be taxing on children and adolescents, adversely affecting their mental health and handicapping their coping skills. The present research investigated the relationship between adolescent's exposure to violence, psychopathological symptoms, anger expression and coping strategies in middle and high school students of Kashmir. **Method:** A 2x2 group study was done. The sample was purposive and consisted of 120 adolescents i.e. adolescents directly and indirectly exposed to violence (60 in each group). The sample was further divided on the basis of gender (30 in each group). The adolescents age range was between 13 to 17 years. The criteria for being included under the violence exposed group, was that at least one death must have occurred in the first degree relation, due to ongoing violence in Kashmir. Adolescents' mental health, anger expression and coping were assessed using Youth Self Report, Anger Expression Questionnaire and Adolescent Coping Orientation Problem Experiences. Obtained data was analysed using SPSS (version 17.0) using 2x2 ANOVA, t- test and Pearson's product moment method of coefficient of correlation.

**Results:** Adolescents exposed to direct violence exhibited more mental health problems in terms of being more depressed, withdrawing from others, showing more somatic symptoms, having problems socializing and being unable to concentrate or pay attention. Male adolescents were having more thought problems, indulging in rule breaking behaviour both at school and at home. The coping patterns employed by adolescents who were exposed to direct violence were avoiding the problem and ventilating feelings in an aggressive manner. On the other hand adolescents who were exposed to indirect violence adopted divergent coping patterns like indulging in a hobby or an activity that caused relaxation. The inter-correlation results highlighted that keeping anger in had a significant effect on various mental health problems like anxiousness, depression, somatic complaints, and behavioural problems like withdrawing from people, having social problems and difficulties in paying attention. Anger-out also had a significant relation with all the mentioned mental health problems and aggressive behaviour. Anger-in expression had a negative impact on being humorous. Adolescents using coping patterns of avoiding problems and ventilating feelings exhibited more anger-out. Coping patterns of ventilating feelings, developing self-reliance, developing social support, avoiding problems and seeking spiritual support had a negative impact on overall mental health. **Conclusion:** Adolescents directly affected by violence exhibited more mental health problems than adolescents who were indirectly affected by violence. Being a witness of direct violence is reliably associated with symptoms of psychological trauma.

**Key Words:** Violence, Adolescents, Mental Health, Anger, Coping, Kashmir.