

# Relation Between Degree of Anger and Gender-A Case Study

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## ABSTRACT

Usually, anger is a normal, healthy human emotion. Anger, impairs one's ability to process information and to exert cognitive control over their behavior. The response was taken from 2743 students (male:1589) and female (1154) Government schools of Guntur, Andhra Pradesh, India. The students were asked to respond for a question "Are you getting anger frequently/sometimes/ never. Statistical tools were used to analyze the data. Under high degree anger the recorded highest percentage was 38.83 for males (SJRR school) and 28.64 for females (SK school). In the case of low degree the percentages are 18.75 and 18.06. The study found that there is a significant difference between the degree of anger and gender, i.e., high percent of males had high degree, compared to female. As the anger has influence on health and career, parents shall arrange the counseling for their children to manage the anger.

**Keywords:** Anger, Effects, Coping Strategies, Gender Differences, High School Students.

## I. INTRODUCTION

The anger has destructive effects, when it gets out of control. Kabir (2018) stated that uncontrollable anger can lead to serious problems at work and in personal relationships, and may undermine the individual's overall quality of life. It involves a strong uncomfortable and hostile response to a perceived provocation, hurt or threat (Videbeck, 2006). Anger is used as a protective mechanism to cover up fear, hurt or sadness.

Anger suppression was hypothesized to be involved in the development of gendered identity for girls, specifically by rendering girls more likely to experience depression. The results supported the hypothesis that girls suppress anger at higher rates than boys but not the related hypothesis that this suppression results in higher levels of depression (Deborah, 2000). An angry person may lose his/her objectivity, empathy, prudence or thoughtfulness and may cause harm to themselves or others (Novaco, 2000; Mohr et al., 2007; Day et al., 2012). Anger causes a reduction in cognitive ability and the accurate processing of external stimuli. Angry people

are more likely to make risky decisions, and make less realistic risk assessments (<https://en.wikipedia.org>).

The study made by Biaggio (1989) showed that men reported more anger-arousing incidents and responded with more physical and verbal "antagonism" than did women.

The present study was carried out to observe the degree of anger between male and female students (8<sup>th</sup> to 10<sup>th</sup> classes), studying in Government high schools. The schools are distributed in and around Guntur Municipal Corporation, Andhra Pradesh, India.

## II. METHODOLOGY

A total of 2743 8<sup>th</sup> to 10<sup>th</sup> class Government school students was participated, out of them 1589 are male and 1156 are female (Tables 1 and 2). The selected students were assembled in a classroom of the respective schools and asked them to give their response to a question—"Do you get anger frequently

(High degree)/sometimes (Medium degree)/never (Low degree)?” The purpose of the study and the details regarding anger were explained in their mother tongue. Percent variation was observed and explained in the next section.

**TABLE 1. CLASS WISE STUDENT'S STRENGTH**

Classes →	8th			9th			10th		
Schools	Male	Female	Total	Male	Female	Total	Male	Female	Total
Ponnekallu	52	40	92	36	42	78	49	40	89
Takkellapadu	27	37	64	25	22	47	24	23	47
Venigalla	33	52	85	31	37	68	48	55	103
Koppuravuru	40	36	76	39	28	67	30	23	53
SK	104	75	179	106	54	160	118	70	188
SJRR	80	53	133	78	47	125	48	45	93
SKS	55	45	100	46	48	94	67	51	118
P	75	17	92	62	21	83	57	20	77
KSR	26	26	52	62	17	79	30	26	56
SCMP	54	39	93	40	36	76	47	29	76
<b>Total</b>	<b>546</b>	<b>420</b>	<b>966</b>	<b>525</b>	<b>352</b>	<b>877</b>	<b>518</b>	<b>382</b>	<b>900</b>

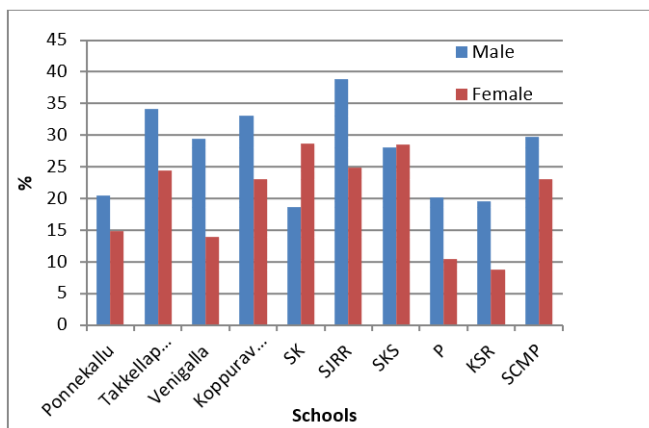
SK - Smt. Kasturiba; (SJRR) Sri Jalagam Rama Rao; SKS-Smt. KasuSayamma; P- Pattabhipuram ; KSR-Kaveti Sankar Rao ; SCMP - Smt. Chebrolu Mahalakshmi Pullaiah

**TABLE 2. GENDER WISE DEGREE OF ANGER**

Schools	High		Medium		Low	
	Male	Female	Male	Female	Male	Female
Ponnekallu	28	18	49	47	24	10
Takkellapadu	26	20	39	58	10	4
Venigalla	33	20	58	98	21	26
Koppuravuru	36	20	2	1	14	8
SK	61	57	1	0	28	20
SJRR	80	36	41	24	21	11
SKS	47	41	34	34	10	4
P	39	6	149	47	6	5
KSR	23	6	0	0	12	8
SCMP	42	24	77	71	19	9
<b>Total</b>	<b>415</b>	<b>248</b>	<b>450</b>	<b>380</b>	<b>165</b>	<b>105</b>

### III. RESULTS AND DISCUSSION

Comparison of Anger among 8<sup>th</sup> to 10<sup>th</sup> class male and female students was shown in table 3 and figure 1. Among the male students, high percent of SJRR students (38.83%) had a high degree of anger, followed by Takkellapadu (34.21%) and Koppuravuru (33.03%) school students. The lowest percent was observed with SK students (18.60%).



**Fig 1. High Degree of Anger and Gender**

#### Female

In the case of female students, high percent of SK students (28.64) had a high degree of anger (Table 3 and Figure 1), followed by SJRR (24.83%), Takkellapadu (24.39%). The lowest percent was observed with KSR school students (8.70%).

**TABLE 3 DEGREE OF ANGER AND GENDER (%)**

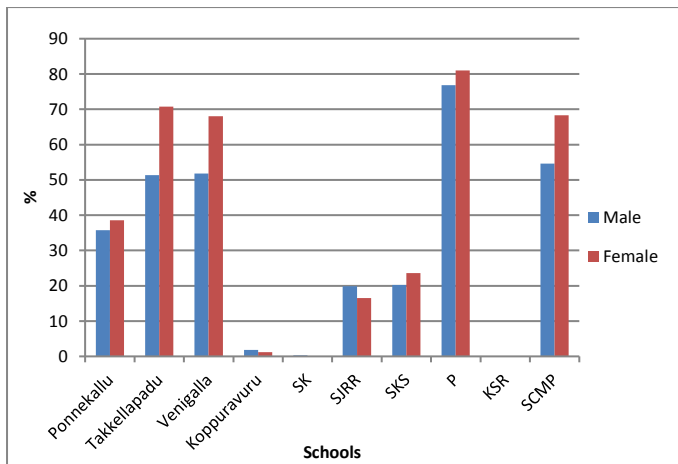
Schools	High		Medium		Low	
	Male	Female	Male	Female	Male	Female
Ponnekallu	20.44	14.75	35.77	38.52	17.52	8.20
Takkellapadu	34.21	24.39	51.32	70.73	13.16	4.88
Venigalla	29.46	13.89	51.79	68.06	18.75	18.06
Koppuravuru	33.03	22.99	1.83	1.15	12.84	9.20
SK	18.60	28.64	0.30	0.00	8.54	10.05
SJRR	38.83	24.83	19.90	16.55	10.19	7.59
SKS	27.98	28.47	20.24	23.61	5.95	2.78
P	20.10	10.34	76.80	81.03	3.09	8.62
KSR	19.49	8.70	0.00	0.00	10.17	11.59
SCMP	29.79	23.08	54.61	68.27	13.48	8.65

#### Medium Degree of Anger

##### Male

Among the male students, high percent of P students (76.80%) had a medium degree of anger, followed by SCMP (54.61%) and Venigalla (51.79%) school

students. No student was opted the medium anger in KSR students (Figure 2).



**Fig 2. Medium Degree of Anger and Gender**

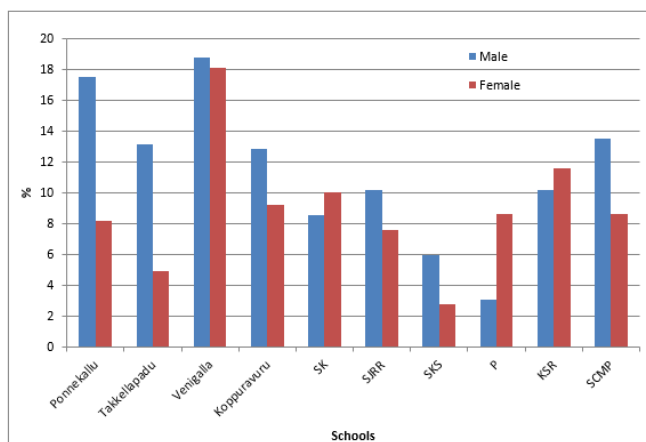
### Female

High percent of P students (81.03) had a medium degree of anger (Table 3 and Figure 2), followed by Takkellapadu (70.73%), SCMP (68.27%). No student was marked the medium anger in SK and KSR school students.

### Low Degree of anger

#### Male

High percent of Venigalla students (18.75%) had a low degree of anger (Figure 3), followed by Ponnekallu (17.52%) and SCMP (13.48%) school students. The lowest percent was noticed with P school students (3.09%).



**Fig3. Low Degree of Anger and Gender**

### Female

High percent of Venigalla students (18.06) had a low degree of anger (Table 3 and Figure 3), followed by KSR (11.59%), SK (10.05%). The lowest percent was noticed with SKS school students (2.78%).

Out of the total responded male (N= 1589) 415 students pointed high degree of anger (26.11%) 450 students medium (28.32%) and 165 low degree (10.38%). Out of 1156 female students 258 students (21.45%) marked high, 380 were medium (32.87%) and 105 (9.05%) low degree. The study supported that significant variation was present in high and medium degrees between male and female students.

Peter et al., (2009) investigated how people's gender-role identities (self-identified masculinity and femininity) affect their perceptions of the emotional role of the humiliated victim in conflicts, and how these perceptions affect the negativity and aggressiveness of their responses and the degree to which they ruminate over conflict and remain hostile over time. They found that the males with high-masculine gender-role identities are more likely to perceive the social norms surrounding a humiliating conflictual encounter as privileging aggression, and to report intentions to act accordingly, than males with high-feminine gender-role identities. Sharkin (1993) examined theoretical perspectives on female and male anger.

Gender differences in the reported intensity of anger and fear toward hypothetical males and females were explored in three age groups (6-12 year olds, 14-16 year olds, and adults over 30) located in two different geographic areas (Brody et al., 1995). Across all three age groups, situations that were frightening, anger-provoking, or that depicted stereotypic male-negative behavior elicited the most consistent subject gender and character gender differences in reported fear and anger. Relative to males, females of all ages reported

more fear in frightening, anger-producing, and male-negative stereotypic situations. Males were reported to be more frightening and anger-producing than were females in those same situations.

Study of Wong et al., (2018) explored potential sex and age differences in anger experience, expressions, and control among Grades 8–12 adolescents in Western Canada. Results revealed that Grade 12 students experienced more anger than Grade 8 students. Furthermore, Grades 10–12 students engaged in greater levels of anger-expressive suppression compared with those in Grade 8; Grade 12 students also suppressed their anger more than Grade 9 students. Lastly, girls were less likely to control their outward anger as compared with boys.

The study made by He et al., (2018) indicated gender-incongruent effects in early and later stages of body expression processing, which fits well with the evolutionary theory that females mainly play a role in care of offspring while males mainly play a role in family guarding and protection. Furthermore, it is found that in both angry and fearful conditions male observers exhibited a larger number for male than female bodies, and female observers showed a larger number for female than male bodies.

From the study, it is concluded that high percent of males have high degree of anger (26.11%) compared to females (21.45%).

### **Coping Strategies**

Research suggested different methods for coping with anger.

Anger management is about understanding your anger and why it happens. It is about learning and practicing better ways of expressing anger, and knowing how to prevent it from occurring in the first place (Kabir, 2018). Modern psychologists point out

that suppression of anger may have harmful effects. The suppressed anger may find another outlet, such as a physical symptom, or become more extreme (Simon, 1994; Anger, 2001). Suppressed or repressed anger is found to cause irritable bowel syndrome, eating disorders and depression among women (Judith, 2002); Hannah and Abigail (2016).

When you're angry, you might feel anywhere between a slight irritation to rage. When you start feeling angry, try deep breathing, positive self-talk, or stopping your angry thoughts. Breathe deeply from your diaphragm. Slowly repeat a calm word or phrase such as "relax" or "take it easy". Repeat it to yourself while breathing deeply until the anger subsides (Kabir, 2018).

According to Novaco (1975), there are a multitude of steps that were researched in attempting to deal with this emotion. The situations leading to anger should be explored by the person. The person is then trying to be imaged-based relieved of his or her recent angry experiences (Simon, 1995 and Novaco, 1975).

Conventional therapies for anger involve restructuring thoughts and beliefs to bring about a reduction in anger. These therapies often come within the schools of CBT (or Cognitive Behavioural Therapies) like modern systems such as REBT (Rational Emotive Behavior Therapy). It has been shown that with therapy by a trained professional, individuals can bring their anger to more manageable levels (Beck and Fernandez, 1998).

A new integrative approach to anger treatment has been formulated by Fernandez (2010) (Toward an Integrative Psychotherapy for Maladaptive Anger). Termed CBAT, for cognitive behavioral affective therapy, this treatment goes beyond conventional relaxation and reappraisal by adding cognitive and behavioral techniques and supplementing them with effective techniques to deal

with the feeling of anger. The techniques are sequenced contingently in three phases of treatment: prevention, intervention, and postvention.

Research has established the influence of serum cholesterol and anger management style as cardiovascular risk factors. Doster et al., (2009) mixed and sometimes contradictory results have created uncertainty with respect to contributions of anger. Doster et al., (2009) examined both gender and anger management style in relation to cardiovascular risk. Anger held inward and anger control were significant for men but not women, contrary to earlier gender-specific findings.

#### IV. CONCLUSION

The present study was concentrated on studying the relation between the degree of anger and gender differences. Out of 1589 8<sup>th</sup> to 10<sup>th</sup> male students, 415 (26.11%) students, pointed high degree of anger and 165 (10.38%) students marked low degree of anger. In the case of female students out of 1156, 248 (21.45%) marked high degree and 105 (9.08%) low degree. The study concluded that male students had a high degree of anger compared to females. However, no significant gender differences were noticed in relation to low degree of anger.

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