Chapter-5

RESULTS AND DISCUSSION

The present study was conducted with the objective to study the gender differences in anger expression and on measures of well-being amongst male and female college students. Moreover, it was also intended to examine the relationship between measures of well-being (viz. Psychological distress & self-esteem) and anger expression (i.e. Ax/Ex, Ax/in, Ax/out & Ax/con). The obtained data were analyzed by employing various statistical technique. Mean & S.D., t test for group differences and Pearson's coefficient of correlation was also applied to study the relationship between measures of well-being and anger expression. The results are shown in tables no. 5.1 to 5.4 and a graphical representation is given in fig. 5.1.

Five hypothesis were formulated for this purpose. It is now proposed to take each hypothesis one by one and see whether or not it was supported in terms of the results obtained and also to the extent to which the results lend support to the findings of the earlier researches in the area of well-being & anger expression.

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The first hypothesis of the study was that there is a possibility of obtaining differences in anger expression in male and female college students.

Table 5.1

**Showing Means and S.D.'s**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Males (100)</th>
<th></th>
<th>Females (100)</th>
<th></th>
<th>Total (200)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
<td>S.D.</td>
<td>Mean</td>
<td>S.D.</td>
</tr>
<tr>
<td>Ax/Ex</td>
<td>20.71</td>
<td>7.87</td>
<td>20.54</td>
<td>5.99</td>
<td>20.63</td>
<td>7.01</td>
</tr>
<tr>
<td>Ax/in</td>
<td>13.43</td>
<td>3.03</td>
<td>14.58</td>
<td>3.71</td>
<td>14.05</td>
<td>3.46</td>
</tr>
<tr>
<td>Ax/out</td>
<td>14.72</td>
<td>3.40</td>
<td>13.73</td>
<td>2.66</td>
<td>14.23</td>
<td>3.09</td>
</tr>
<tr>
<td>Ax/Con</td>
<td>23.24</td>
<td>4.41</td>
<td>23.35</td>
<td>4.01</td>
<td>23.30</td>
<td>4.22</td>
</tr>
<tr>
<td>P.D.</td>
<td>16.89</td>
<td>7.34</td>
<td>16.66</td>
<td>8.33</td>
<td>16.78</td>
<td>7.89</td>
</tr>
<tr>
<td>SE</td>
<td>71.04</td>
<td>9.09</td>
<td>69.29</td>
<td>9.27</td>
<td>70.14</td>
<td>9.31</td>
</tr>
</tbody>
</table>

**Index:**

Ax/Ex : Anger Expression

Ax/In : Anger expressed inward

Ax/Out : Anger expressed outward

Ax/Con : Anger Control

P.D. : Psychological distress

S.E. : Self-esteem
Table 5.1 presents the Mean's & S.D.'s of Male and Female college students as well as for the total sample (N=200) on measures of anger expression and well-being. The total anger expression (Ax/Ex) of males (i.e. Group-I) scored a mean of 20.71 with an SD of 7.87 whereas, female (i.e. Group-II) score 20.54 as mean & 5.99 as S.D. on total anger expression (Ax/Ex) scale. The Mean & S.D. of total sample (Male, Female combined) are 20.53 & 7.01 respectively on Ax/Ex scale.

The Mean value of Ax/in of the males was 13.43 and S.D. was 3.03, whereas the mean of Ax/in of females was 14.58 and 3.71. The mean value of Ax/in of the total score was 14.05 and S.D. of the total score on Ax/in was 3.46.

Males scored the mean value 14.72 and S.D. was 3.40 on Ax/out and the females scored the mean value as 13.73 and S.D. as 2.66 on Ax/out. The total sample mean value was 14.23 and S.D. was 3.09 on Ax/out.

The mean value of males on Ax/con was 23.24 and S.D. was 4.41 and the mean value of females on Ax/con was 23.35 and S.D. was 4.01. The mean of total sample score on Ax/con was 23.30 and S.D. was 4.22.

The mean of males on psychological distress was 16.89 and S.D. was 7.34 and the mean of psychological distress of
females was 16.66 and S.D. of 8.33. the mean of total was 16.78 and S.D. was 7.89 on psychological distress.

The mean of self-esteem of males was 71.04 and S.D. was 9.09 whereas female scored mean of 69.29 and S.D. of the females was 9.27. the mean of total on self esteem score was 71.04 and S.D. was 9.31.

t-test was applied for testing the significance of Mean differences. Results are given table 5.2. From the table 5.2 it is evident that males and females significantly differ only on two scales i.e. Ax/In and Ax/Out. Females outscored males on Ax/In scale. The t-value is 2.40 with df 198 which is significant at .05 level of significance. This shows that the inward suppression of anger (AX/in) was significantly more in females than in males. The graphical representation of mean scores on Ax/in scale is presented in figure 5.1 which shows that females have higher scores than males of Ax/in scale. This reveals infact that females suppress their anger inwardly more as compared to the males.
Figure 5.1: Graphical representation of Mean Scores on anger expressed inward (i.e. Axl/In) and anger expressed outward (i.e. Axl/Out)
Table- 5.2

Showing ‘t’ values for significance of mean differences in males and Females on measures of anger expression and well-being

<table>
<thead>
<tr>
<th>Variables</th>
<th>Df</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ax/Ex</td>
<td>198</td>
<td>0.17</td>
<td>NS</td>
</tr>
<tr>
<td>Ax/In</td>
<td>198</td>
<td>2.40</td>
<td>0.05</td>
</tr>
<tr>
<td>Ax/out</td>
<td>198</td>
<td>2.30</td>
<td>0.05</td>
</tr>
<tr>
<td>Ax/Con</td>
<td>198</td>
<td>0.18</td>
<td>NS</td>
</tr>
<tr>
<td>PD</td>
<td>198</td>
<td>0.21</td>
<td>NS</td>
</tr>
<tr>
<td>SE</td>
<td>198</td>
<td>1.35</td>
<td>NS</td>
</tr>
</tbody>
</table>

**Index:**

Ax/Ex : Anger Expression  
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The outward expression of anger i.e. Ax/out was significantly more in males (X=14.42) than females (X=13.73).
The t-value is 2.30 with df 198 which is significant at 0.05 level of significance. The graphical representation of mean scores on Ax/out scale is presented in figure 5.1. This clearly indicates that males show anger outwardly more than the females.

Studies have shown that there were significant differences in the expression of anger between boys and girls. (Buntaine et. al.,1997). Boys reported significantly higher level of aggressive responses with regard to the expression of anger. Social standards to a large extent determine our reactions to different situations, females being conscious of social approval may follow the sex-role standards and behave very gently inhibiting her potentiality to be aggressive in view of her need for gender-role identity. So, the relatively low level of aggression often shown by females stems from this belief that such behaviour will be viewed as socially inappropriate by others. (Richardson, Bernstain and Taylor (1979).

Studies of Eggly (1987); Each & Steffen, (1986); Frodi, Macalnley & Thome, (1997); Hyde, (1986) indicate that men hold more positive attributes to aggression are more likely to be aggressive in public than in private, are more willing to use
physical as well as verbal forms of attack and experience less
guilt and anxiety about aggression than women.

Baben, (1966); Gilligan, (1982); Spence, (1985) associate
the social representation with aggression is due to the
differences in personality between man & woman which have
come to be known as communal/expressive and
agentic/instrumental traits.

The second hypothesis of the study was, "male and
female college students would differ on measure of self-
esteeem". The results of the study (Table-5.2) revealed that the
t-value of self-esteem is 1.35 with df of 198. This value is non-
significant. Male and female college students scored equally on
measure of self-esteem. Hence, our hypothesis is rejected.
The third hypothesis of the study was that there is a possibility
that females would score more on psychological distress than
male college students. The t-value of psychological distress was
0.21 and df was 198. This value comes out to be non-
significant. Male & female college students scored equally on
measure of psychological distress. Hence, our hypothesis is not
confirmed.
The t-value of Ax/Ex is 0.17 and the df value is 198. This value is non-significant. The t-value of Ax/con was 0.18 and df was 198, and again this value is non-significant.

The fourth hypothesis of the study was that there is a possibility that psychological distress would be differently related to three types of anger-expression (i.e. Ax/in, Ax/out & Ax/con).

Table - 5.3

Co-efficient of correlation between Psychological distress and anger expression

<table>
<thead>
<tr>
<th></th>
<th>PD-Ax/Ex</th>
<th>PD-Ax/In</th>
<th>PD-Ax/Out</th>
<th>PD-Ax/Con</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male N=100</td>
<td>0.03</td>
<td>0.20*</td>
<td>0.25**</td>
<td>-0.32**</td>
</tr>
<tr>
<td>Female N=100</td>
<td>0.29**</td>
<td>0.29**</td>
<td>0.11</td>
<td>0.26**</td>
</tr>
<tr>
<td>Total N=200</td>
<td>0.31**</td>
<td>0.24**</td>
<td>0.12</td>
<td>-0.32**</td>
</tr>
</tbody>
</table>

* Significant at .05 level

** Significant at .01 level

Index:

Ax/Ex : Anger Expression
Ax/In : Anger expressed inward
Ax/Out : Anger expressed outward
Ax/Con : Anger Control
P.D. : Psychological distress
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From table 5.3 it is evident that the coefficient of correlation between psychological distress and anger expression (Ax/Ex) of female is 0.29 which is significant at .01 level of significance. This shows that the anger expressed by females is positively related to the psychological distress. The coefficient of correlation between psychological distress and anger expression (i.e. P.D.-Ax/Ex) of total sample scores is 0.31 which is significant at 0.01 level of significance. This total also shows the positive correlation which mean that more the anger is expressed, the more is feelings of psychological distress.

Jerry et. al. (1999) have found positive relation between anger expression (Ax/Ex) and depression & Anxiety. Haring, Stock and Okun (1984) in a study showed that men were slightly happier than women but the magnitude of this difference was very small. Carmody et. al., (1989), Engeberton et. al. (1989), Mook et. al. (1990); Sharnod et.al. (1996) have reported that anger, hostility and aggression have negative
impact on well being. Mears et. al. (1998) reported that anger significantly predicted distress.

The coefficient of correlation between psychological distress and anger suppressed (i.e. P.D.-Ax/in) in males is 0.20 which is significant at .05 level of significance. The coefficient of correlation between P.D. -Ax/in of females is 0.29 which is significant at 0.01 level of significance. The co-efficient of correlation between P.D.-Ax/in of the total sample is 0.24 which is also significant at .01 level of significance.

This shows that the co-efficient of correlation between P.D.-Ax/in of males, females & total sample scores is significant and positive. is positively correlated. This indicates that the more the anger is inwardly suppressed, the more is the psychological distress experienced.

According to Eaton, Kesstor (1981), depression is more prevalent in women than men and reports of unpleasant affect are higher among women. One possible explanation is that women experience, on average, both positive and negative emotions more strongly and frequently than men (Wood et. al.,1989). Culbertson et. al.,(1996) reveals that Ax/in scores were more strongly and positively related to depression than Ax/out scores. Females showed poorer psychological well-being
than males. Reviews have documented reduced psychological well-being among people who suppressed their anger.

The persons who suppressed their anger tended to make characteristical attributions for negative events and had poor mental health. The internal attributional style to negative events increase depressive symptoms and diminished self-esteem (Seligman, 1978). Negative conditions have been observed in both clinical & empirical investigations to play an important role in depression and anxiety (Beck, 1967, Beck & Emery, 1985).

The coefficient of correlation between psychological distress and anger expressed outward (i.e. P.D.-Ax/out) of males is 0.25 which is significant at .01 level of significance. This shows that males shows outward expression of anger which indicate that increase in Ax/out is positively related to psychological distress in males. Whereas, the co-efficient of correlation between P.D.-Ax/out of females is 0.11 and of the total is 0.12 and are non-significant.

The co-efficient of correlation between psychological distress and anger control (i.e. P.D.-Ax/con) of males is 0.32 which is significant at 0.01 level of significance but is negatively correlated. The co-efficient of correlation between
P.D.-Ax/con of females is 0.26 which is significant at .01 level. This is positively correlated i.e. if the control of anger expression of female is high, it is associated with psychological distress. The co-efficient of correlation between P.D.-Ax/con of the total sample is -0.32 which is significant at .01 level and is negatively correlated. This shows that if the anger is controlled, the psychological distress will be less and there will be good subjective well-being. Culbertson et. al (1996) reveals that anger control scores were inversely related to depression. The finding of the present study support this. It is clear that anger controlled is negatively related to psychological distress is in consonance with studies in the past.

The fifth hypothesis is that there is a possibility that self-esteem would be differently related to three types of anger expression (i.e. Ax/in, Ax/out & Ax/con).
Table - 5.4

Co-efficient of correlation between
Self-esteem (S.E.) and anger expression

<table>
<thead>
<tr>
<th></th>
<th>SE - Ax/Ex</th>
<th>SE - Ax/In</th>
<th>SE - Ax/Out</th>
<th>SE - Ax/Con</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>-0.19*</td>
<td>-0.18</td>
<td>-0.01</td>
<td>0.18</td>
</tr>
<tr>
<td>N=100</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>-0.08</td>
<td>-0.17</td>
<td>0.16</td>
<td>0.23*</td>
</tr>
<tr>
<td>N=100</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>-0.15*</td>
<td>-0.16*</td>
<td>0.14*</td>
<td>0.21**</td>
</tr>
<tr>
<td>N=200</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Significant at .05 level
** Significant at .01 level

Index:

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Table 5.4 shows that the coefficient of correlation between self-esteem and anger expression (i.e. S.E. – Ax/Ex) in males is -0.19 which is significant at .05 level and is negatively correlated. This shows that if the anger expression is high than self-esteem is low. The coefficient of correlation between S.E. – Ax/Ex in female is -0.08. Though the direction is again negative yet it is not significant. The co-efficient of correlation between S.E.- Ax/Ex of the total sample is -0.15 which is significant at .05 level and is negatively correlated. This shows that if anger expression is high then self-esteem is low.

The co-efficient of correlation between self-esteem - Ax/in of the males is -0.18 and in the female it is -0.17 which is non-significant. The coefficient of correlation between S.E. – Ax/in of the total sample is-0.16 which is significant at 0.05 level of significance and is negatively correlated. This shows that if self-esteem is high then the anger suppressed inward is low or vice-versa.

The co-efficient of correlation between self esteem Ax/out of males is -0.01 which is negligible. The coefficient of correlation between self-esteem. – Ax/out of females is 0.16, which is non-significant. The coefficient of correlation between self-esteem of self-esteem Ax/out of the total sample scores is
0.14 which is positive and significant at .01 level which shows that high self-esteem is associated with outward expression of anger.

The co-efficient of correlation between self-esteem-Ax/con of males is 0.18 which is insignificant at .05 level. The co-efficient of correlation between self-esteem - Ax/con of females is 0.23 which is significant at .05 level of significance. This is positively correlated & hence shows that if the self-esteem is high among females then their anger control is also high. The co-efficient of correlation between S.E. - Ax/con of total sample scores is 0.21 which is significant at .01 level of significance and it is positively correlated & hence shows that if the self-esteem is high then anger control is also high.

Thus it is evident from the findings that self-esteem is negatively related with total anger expression (Ax/Ex) this indicates that overall anger expression (Ax/Ex) is associated with decrease in self-esteem scores. However, anger expressed outward (AX/Out) and control of anger (Ax/Con) is associated with increase in self-esteem scores. Self-esteem increases with anger control and anger expressed outwardly.
According to Papps, (1998), the individuals with high self-esteem would report high tendencies to experience and express anger. Finding of the present study do not support this.

Abramson and Alloy (1981) contended that angry individuals suffer from a breakdown in their motivation to maintain self-esteem. Feather (1983 b) has pointed out that the more depressed subjects tended to have lower self-esteem. A significant correlations has been found between low self-esteem and depression (Feather, 1982 b; Feather & Davenport, 1981; Harley, 1980). In fact, evidence suggests that the attributional style seen among depressed subjects is also prevalent among subjects with low self-esteem. Findings of the present study are in agreement with these and thus the fifth hypothesis of the study is also confirmed.

**Conclusion:**

Findings of the present study add to the cross cultural generalization of the results of the earlier studies relating to gender differences in psychological distress and anger expression. The suppression of outward anger expression (AX/in) is found to be significantly more in females whereas
outward expression of anger (Ax/Out) is significantly more in male college students.

Male and female college students scored equally on measures of psychological distress (P.D.) and self-esteem (S.E.).

Total anger expression (Ax/Ex) scores are positively correlated psychological distress (P.D.). Psychological distress is found to be significantly and positively correlated with total anger expression (for female and total sample) and anger in. Anger expressed outward (Ax/Out) is significantly and positively correlated with psychological distress only in case of males. Control of anger (Ax/Con) expressed outward is found to be negatively related with psychological distress (in males students and total sample) and positively related in case of females.

Self-esteem (S.E.) found to be inversely related with total anger expression (Ax/Ex), anger suppression (Ax/in) and anger expressed outward (only in males). Anger control is found to be positively related with self-esteem.

It is concluded that female college students are suppressing their outward anger-expression more often than male college students. Males students express their anger outward more often than female college students. Rise in self-
esteem scores is associated with increase in the control of outward anger expression. Psychological distress is inversely related with control of anger expressed outward. The study has implications for students as well as for parents also with respect to anger-expression.