SUMMARY

In the era of cut-throat competition, life for youth is no longer a bed of roses. His or her success in life seems to be a function of how well he/she can cope with the various stresses of life and still maintain well-being to achieve and fulfill the ever rising demands of our contemporary competitive society. Due to globalization, the trends in the society are changing and youth are the main victims of this change. This study intends to highlight the manner in which anger expression and the subjective well being are correlated so that the relationship of anger expression and the subjective well-being of the individuals could be studied in a scientific and pragmatic manner.

The first chapter is an attempt to give a comprehensive and coherent introduction to anger especially in relation to well-being pattern of development of this construct and concept related to well-being. The second chapter comprises of review of literature. The third chapter describes problem, objectives & hypotheses of the study. The present study—"ANGER EXPRESSION AND WELL-BEING: A STUDY AMONGST COLLEGE STUDENTS" was designed to fulfil the following objectives:
Objectives:

i). To study the gender differences in anger expression in the college students.

ii). To study the gender differences in psychological distress and self-esteem – the measures of psychological well-being.

iii). To study the relationship between psychological distress, self-esteem and anger expression (i.e. Ax/Ex, Ax/In, Ax/Con).

To fulfill the above objectives the following hypotheses were formulated:

I). There is a possibility of obtaining differences in anger expression in male and female college students.

II). Male and female college students would differ on measure of self-esteem.

III). There is a likelihood that females college students would score more on psychological distress than their male counterparts.

IV). 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).

V). Self-esteem would be differently related to three types of anger expression (i.e. Ax/in, Ax/out, Ax/con).
The fourth chapter on methodology deals with sampling techniques, research tools and experimental design.

For the objective, gender differences in anger expression and on measures of well-being, a two group design was used. For the objective of investigating the relationship between the types of anger expression and measures of well-being, a correlational study design was used.

**Sample:** The sample of the present study consisted of male and female (100 each) undergraduate students (N= 200) selected on the basis of the random purposive sampling procedure.

**Tools:** Anger expression was measured with Hindi version of self-analysis Questionnaire (Ax) Spielberger, (1988).

To measure psychological distress the subjects, the 12-item version of GHQ (Goldberg & Hillier, 1979) supplemented by 7-items of anxiety and depression scale each consist of 23 items (3-being common) was used.

SEI-self esteem measure by Backman, 1978; Thomas & Raj, 1984 was administered to asses the level of self-esteem of the subjects.

The fifth and the last chapter describes the statistical treatment of data and includes analysis and interpretation of obtained
Results in the light of findings from other researches.

After scoring, the obtained data were analyzed. The Mean's and S.D.'s of the variables were calculated by applying elementary statistics. For testing group differences t-test was used. To investigate the relationship between anger expression & measures of well-being Pearson's co-efficient of correlation was calculated.

**Main Findings:**

- The suppression of outward anger expression (Ax/in) is significantly more in female college students.

- Outward expression of anger (Ax/out) is more in male college students.

- Anger expression (Ax/Ex) and suppression of outward expression of anger (Ax/in) is positively related with psychological distress.

- Anger out (Ax/out) is significantly and positively related with psychological distress only in case of male students.

- Control of outward expression of anger is significantly and negatively related with psychology distress in male students and total sample whereas, in females it is positively related.

- Increase in self-esteem is inversely related with total anger expression (Ax/Ex) and anger-in (Ax/in).
- Increase in anger expressed outward score (Ax/out) is significantly and positively related with rise in self-esteem scores (significant only in case of total sample).
- Control of anger expressed outward (Ax/con) is significantly and positively related with increase in self-esteem (significant only in case of females and total sample).