

Perceptual Evaluation & Anticipation of Anger Affecting Academic & Social Factors in Adults In the State of Kuwait

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Introduction:

On the authority of Abu Hurairah, who said: a man said to the Prophet Muhammad (peace be up on him) said "Counsel me". He said: "Do not become angry". The man repeated [his request] several times, and the Prophet Muhammad (peace be up on him) said: "Do not become angry"(refer to Bukhari).

Anger is defined as a person's response to a threat or the perception of a threat against an individual or group (Lazarus, 1991).The types of threats that tend to trigger an anger response are broad in scope and include both physical threats and psychological threats, or threats to a person's pride. Anger emotion is a result from complex interplay of social, psychological, and physiological factors. No emotion can be reduced to its physiological or behavioral symptoms. New studies identified anger as a key factor in maintaining psychological and emotional problems (Jayasinghe, 2008) and can negatively influence the outcome of emotional and psychological treatment in sufferers. These findings highlight the importance of assessing anger in people exposed to traumatic events and suffering from traumatic stress reactions (Forbs et.al., 2014).

Anger also can be a substitute emotion. Individuals change their feelings of pain into anger because it feels better to be angry than it does to be in pain. This changing of pain into anger may be done consciously or unconsciously. Thus, anger temporarily protects the individuals from having to recognize and deal with their painful real feelings; and can help the individuals to hide the reality that they find a situation frightening or that they feel vulnerable (Mills, 2005).

According to Novaco (1985) anger is a strong emotional, reactionary response to some internal or external provocation. Anger is cognitive immature and resolved behaviorally based on one's perception of stimuli causing the provoking event. In addition, an individual's interpretation, attributions, and appraisal of self to resolve the anger experience will determine the actual response to the anger event.

Dodge and Coie, (1987) study suggests that, the process of anger involves deficits in cognitive processing of social events. Significant levels of anger have been correlated to biased information-processing of thoughts, images, and attributions that involve one feeling excessively violated, wronged, blamed, attacked or inferior. Specifically, individuals may demonstrate anger due to having difficulty assessing and utilizing social cues and, in turn, engaging in misattributions (Deffenbacher, 1999; Smith, 1999). Anger can occur when individuals don't feel well, or rejected, or feel threatened, or experience some loss. Anger is a complex emotion and occurs as a result of an interaction between one or more eliciting events, the individual's pre-anger state, appraisals of the eliciting events, and available coping resources (Deffenbacher, Filetti, Lynch, Dahlen, & Oetting, 2002). The overall effects of anger are enormous (Nay, 1996).

Thoughts that can trigger anger include personal assessments, assumptions, evaluations, or interpretations of situations that makes individuals think that someone else is attempting consciously or not to hurt them. Therefore, anger is a social emotion. Anger is a social emotion in the sense that it emerges in response to the actions of others or is directed toward others (Averill, 1982; Crawford, Kippax, Onyx, Gault, & Benton, 1992; Frijda, 1993). The way we express anger depends on the intensity with which we feel it (Domagalski & Steelman, 2005; Waldron & Krone, 1991). It can be argued that in terms of social outcomes anger is the most important of

all negative emotions in relation to the effects of anger expression on social relationships (Lazarus, 1996).

Anger involves not only the experience of high-arousal negative feelings, but also the attribution of blame to others. Even though individuals feel and observe anger situations many times in their daily lives, it can be said that the number of the studies on anger emotion is rather limited. Because anger never occurs in isolation but rather is necessarily preceded by pain feelings, it is often characterized as a 'secondhand' or secondary emotion (Mills, 2005). Anger can be elicited by specific events, behaviors of others, and one's own behavior, or a combination of external events and anger-related memories. Anger can also be elicited by thoughts and feelings that are associated with memories or anticipation of anger (Paulus, Fiedler, Leckband, & Quinlan, 2004).

Growing body of literature is documenting the role of anger in a wide range of social, academic, occupational, and health-related outcomes. Clear linkages have been established, for example, between chronically high levels of anger and problem behavior at school (Smith, Furlong, Bates, & Laughlin, 1998), poor academic performance (Heavy, Adelman, Nelson, & Smith, 1989; Hinshaw, 1992), peer rejection (Dodge, 1993), and psychosomatic complaints (Friedman, 1991). Additionally, anger is an associated feature of numerous externalizing and internalizing disorders in children including oppositional defiant disorder, conduct disorder, attention deficit/hyperactivity disorder, and depressive and anxiety-based disorders (Eckhardt & Deffenbacher, 1995). However, most of studies associate anger with aggression and other maladjustment disorders. Anger is one of the most frequently experienced negative emotions (Averill, 1983). It is a very important emotion and is different from aggression, although many confuse one with the other. Anger, with or without aggression, has been shown to have

devastating health consequences (Paulus, Fiedler, Leckband, &Quinlan, 2004).

Research shows that either unrestrained expressions of anger, or chronic suppression of anger, may be detrimental to an individual's physical health (Mittleman ,MacLure, Sherwood, Mulry, Tofler, &Jacobs ,1995; Siegman& Smith, 1994; Tice & Baumeister,1993). High levels of anger have also been frequently cited as contributing to school and occupational difficulties, marital strife including family violence, and poor interpersonal adjustment (Cantrell &Prinz, 1985; Smith, Adelman, Nelson, Taylor, & Phares, 1987; Smith & Christensen, 1992). Researchers have paid surprisingly little attention to age differences in the experience of anger.

In most anger studies, young adults, predominantly college students have been sampled, limiting generalizability of the findings to older populations. It is plausible that with age and experience, people have less intense anger or learn to manage it more constructively. Schieman (2010) discusses the basic social patterns and context of anger .His main findings include younger people experience more frequent anger than older adults. This is mainly due to the fact that younger people are more likely to feel time pressures, economic hardship, and interpersonal conflict in the workplace; feeling rushed for time is the strongest predictor of anger, especially the "low-grade" forms like feeling annoyed; having children in the household is associated with angry feelings and behavior (i.e., yelling), and these patterns as are stronger among females compared to males. Also, he stated that compared to people with fewer years of education, the well-educated are less likely to experience anger, and when they do, they are more likely to act proactively (e.g., talking it over); individuals who experience more financial strain tend to report higher levels of anger. This relationship is much stronger among females and younger adults (Scheiman, 2010).

Rotenberg (1983) showed that, children's anger became more constructive with age. Rotenberg findings, that older children were less likely to retaliate aggressively and more likely to say that the purpose of their anger was to make someone else see their viewpoint. Torestad, (1990a, 1990b) studies have revealed progress toward emotional maturity across the adolescent years. He found that, in most anger provoking situations with increasing age, adolescents developed the capacity to be angry insinuations in which other people were badly treated, rather than themselves. Older married couples participating in videotaped discussions of conflict expressed lower levels of anger, disgust, belligerence, and whining than did middle-aged couples (Carstensen, Gottman, & Levenson, 1995). Another study, involving participants from age 18 to 95 years, confirmed the decline in frequency of negative emotions with aging, but negative emotions did not decline in intensity (Carstensen, Pasupathi, & Mayr, cited in Carstensen, Isaacowitz, & Charles, 1999).

Tangney, Hill-Barlow, Wagner, Marshall, Bornstein, Sanftner, Mohr, and Gramzow (1996) assessed anger arousal, intentions, cognitive and behavioral responses, and long-term consequences across the lifespan, there was a clear increase in constructive intentions and adaptive behaviors (such as taking corrective action) and a decrease in malevolent intentions and aggressive behaviors. In a large study of women's anger significant age differences were found on seven of nine anger dimensions; as age increased, scores decreased on measures of anger ventilation (Anger-out) and irrational, obsessive angry thoughts (Cognitive Anger) (Thomas, 1995). Younger women reported more frequent and overt anger, whereas women ages 55 and older reported that they held their anger inside. There are some indications that older adults report lower levels of experienced anger in their everyday lives than their younger counterparts (McConatha, Leone, & Armstrong, 1997; Schieman, 1999). Gross, Carstensen, Pasupathi, Tsai,

Skorpen, and Hsu (1997) found age-related decreases in the experienced intensity of anger, but not other emotions.

In studies of gender and anger, anger is often described as the primary male emotion, with every other negative or painful emotion for example, jealousy, sadness, being transferred into anger over and over again. Thus, anger is considered to be a more masculine emotion because it appears aggressive and strong; other emotions are viewed as feminine and weak (Pasick, Gordon, & Meth, 1990). Anger for men may serve as a defense against or an expression of other feelings (Heppner & Gonzales, 1987). Much of the research in the literature proposes that anger differences exist between genders, with women exhibiting less anger than men (Biaggio, 1989; Brody & Hall, 2000; Eagly & Steffen, 1986; Maccoby & Jacklin, 1980).

In general, theories explaining the female experience of anger tend to share the following common theme, "females are emotionally expressive, with the exception of anger. That is, females are socialized to show their emotions more openly than are males, but females' open expressions of anger are viewed as unfeminine." (Sharkin, 1993, p. 386). In addition, females are taught to hide or suppress their anger and learn to become terrified of becoming angry. The female population inhibits direct expression of anger due to the social sanctions of society and the concomitant interpersonal fears about the destructiveness of their own anger that they experience (Lerner, 1988). Additionally, due to consistently focusing on the needs of others, women have difficulty expressing anger (Lemkau & Landau, 1986).

In studies that did not control for social context, females have been found to cry when angry (Averill, 1982; Crawford Kippax, Onyx, Gault, & Benton, 1992) and to use avoidance, calm discussion, and suppression (Crawford et al., 1992; Thomas, 1993, 1995). Conversely, males have been shown to associate the outward and aggressive display of anger with

feelings of power and control, and they exhibit a greater tendency to make external attributions of blame when angry (Kring, 2000; Thomas, 1995). These gender differences in anger expression are generally attributed to gender-specific socialization experiences (Brody, 1997, 2000; Brody & Hall, 2000), and to the cultural relativity of emotion norms (Thoits, 2004).

Thorne's (1993) and Eder's (1995) show that boys are given greater latitude than girls in expressing anger in playground and school contexts. Birnbaum (1983) study also shows that as early as preschool age, both genders believe that sadness and fear are closely associated with females, whereas anger is closely associated with males. Biaggio (1989) concluded that adult men may be "more likely to respond to irritations with anger, more likely to be subjected to such provocations, and/or have a lower recognition threshold for aggression" (p. 25). Higher levels of trait anger and anger-out have been also been detected for males (Fischer, Smith, Leonard, Fuqua, Campbell, & Masters, 1993), while females have been found to inhibit angry feelings when subjected to real-life provocations (Biaggio, 1989).

A study based on survey data from a national sample of adults by Ross and Van Willigen (1996) reveals that, in contrast to cultural beliefs, females reported that they experienced and expressed anger more frequently than males. However, Biaggio (1989) reported no significant anger differences between adult males and females when considering the effects that resulted from a controlled experimental situation; this possibly due to women understanding that anger was an expected or reasonable response when participating in a controlled situation that called for such a response.

In predicting mental health variables of college students, Kopper (1993) found no significant gender differences in the areas of anger-in, anger-out, and anger control. Fischer,

Smith, Leonard, Fuqua, Campbell, and Masters, (1993) also found no significant gender differences for anger control or anger-in when examining self-reports of male and female adults.

In a study of everyday experiences, Averill (1983) stated that “females reported becoming angry as often as males, as intensely, and for much the same reasons” (p. 1152). Also, when examining ratings provided by adults on a self-report scale, of both the intensity of anger and the disposition associated with anger expression, both gender have been found to provide similar responses (Stoner & Spencer, 1986). Finally, Bartz and Blume (1996) reported that, “males and females differ minimally in the experience, expression, and control of anger” (p. 243). In conclusion, adult studies conducted on anger have suggested that males experience and demonstrate more anger than females.

Since anger is a negative emotion, this study finding will provide some preliminary support about anger and gender differences in the general population of adults in the state of Kuwait. Furthermore, studies have found that mismanaged anger is associated with a consumptive lifestyle (greater consumption of food, alcohol, cigarettes, and drugs) and diseases such as hypertension, coronary heart disease, cancer, and depression (Knox, Sigmund, Weidner, Ellison, Adelman, & Paton, 1998; Scherwitz & Rugulies, 1992; Thomas, 1997a; Thomas, McCoy, & Martin, 2000).

This study assessed whether male and female differ on self-reports of everyday feelings and expressive behavior of anger in a nationally representative sample of adults in the state of Kuwait. An attempt was also made to examine whether gender and age had an impact on anger among varying situations, and continuity based on the preceding discussion.

The study questions were the following:

1. Are there significance differences between genders in anger provoking?
2. Are there significance differences between genders in anger provoking situations?
3. Are there significance differences between genders in continuity of anger?
4. Are there significance differences between age and anger provoking, anger provoking situations, and continuity of anger?
5. Are there significance differences between groups' marital status in anger measure three dimensions?
6. Are there significance differences between gender in anger three dimensions and educational levels?
7. Are there significance differences between groups' governantes\ districts (al-Asimah, Hawalli, Al Farwaniyah, Al Jahra, Mubarak Al-Kabeer & Al Ahmadi) and three dimensions?

Study Methodology:

A. Participants

A total of (366) participants living in the six governorates in the state of Kuwait randomly selected. Kuwait is divided into 6 governantes, which are subdivided in to districts (al-Asimah, al-Ahmadi, al-Farwaniyah, al-Jahra, Hawalli, and Mubarak al- kabir). Participants were (190)males, and (176)females from different nationalities, and ages 18 years old to older than 40 years old whom have different educational levels 35% from the sample have university degree. The respondents consisted of house wives, not working , students , employees of private sectors and government, business owners, and retired with different living arrangements(with both parents, with one parent, with grandparents, and have his/her own house). According to respondents' marital status there were (n=141) were singles, (n=201) were married, (n=19) were divorced and (n=5) were widowed. The respondents were asked of frequent smoking

their answers were, never ($n= 232$), sometimes ($n=35$), everyday ($n=99$).

Table 1 Participants' Demographic Characteristics

<i>n</i>	
<i>Education</i>	
University degree	128
<i>Marital Status</i>	
Single	141
Married	201
Divorced	19
Widowed	5

B. Study Assessments

Multidimensional Anger measure developed by Siegel (1992) translated from English to Arabic by Al-Spanaway and Aldamaty (1993). It consists of the following three dimensions: anger irritability provoking, anger provoking situations, continuity of anger. This measure is considered a pioneer in the Arab environment to measure anger. It has 28-items; these items were designed to represent each of three dimensions. Psychometric analyses of the measure showed that it possessed adequate test-retest reliability of ($r = 0.75$) and high internal consistency ($\alpha = 0.84$ and 0.89 for the two samples). The validity of the scale was supported by the expected pattern of relations with other inventories designed to assess anger.

Reliability of the Instrument

Internal consistency alpha Cronbach's of the anger measure used in this study was examined. The reliability coefficient of the measure is as follows:

For this study the measure showed a high internal consistency of $\alpha=0.88$ for the 28 items, and alpha Cronbach's for the subscales were as follows: subscale 1 anger provoking, $\alpha=0.87$; for subscale 2, anger provoking situations, $\alpha=0.82$; finally for continuity of anger subscale

$\alpha = 0.61$. Therefore this measure has a good reliability and validity.

C. Statistical Analyses

The researcher conducted the following methods of data analysis for this study. First, the reliability of the instruments was calculated, and then the Mean and Standard Deviation of the measure was calculated. Second, to answer research question 1, the researcher conducted an independent simple t-test to examine gender differences in each variable and to see what variables related to anger measure. Third, to answer research question 2, a one way ANOVAs was conducted to see the difference in age, marital status, educational levels, govern antes, and smoking variables, the Post hoc tests were performed using the Tukey honestly test significant difference (HSD) method.

Simple t-test was performed to examine gender differences.

Answers to Research Hypotheses:

To answer research questions 1- are there significance differences between gender(females-males)in anger subscales(provoking anger, Anger provoking situations, continuity of anger),an Independent Simple t-test was computed table 2 shows the means and standard deviation for gender.

Table 2 shows Mean and Standard deviation

Items gender	N	Mean	Std. Deviation
Anger overall measure males	190	68.45	17.35
Females	176	75.45	19.31
Anger provoke index males	190	33.03	11.67
Females	176	37.67	12.81
Anger provoking situations index Males	190	26.82	8.03
Females	176	29.02	7.67
Continuity of anger index males	190	14.97	4.46
Females	176	16.55	5.51

There was a significant difference in the scores for males in overall anger ($M=68.45$, $SD=17.35$) and females ($M=75.45$

,SD=19.31); $t(364) = -3.653$, $p = 0.000$. These results suggest that anger overall really does have an effect on females. Specifically, our results suggest that females are more angry than males. Moreover, anger Subscale analyses revealed that:

1. In provoking anger subscale, there were significant differences between females ($M=37.67$, $SD=12.81$) and males ($M=33.03$, $SD=11.67$); $t(364) = -3.629$, $p=0.000$ at .05 level of significant. This result suggests that females were more angry provoking than males.
2. Anger provoking situations subscale, There was significance differences between males ($M= 26.82$, $SD= 8.03$) and females ($M=29.02$, $SD= 7.67$); $t(364) = -2.675$, $p=0.008$ at .05 level of significant. This result suggests that females have been more angry provoking situations than males.
3. Continuity of anger subscale, There was significance differences between males ($M= 14.97$, $SD= 4.46$), and females ($M=16.55$, $SD=5.51$); $t(364) = -3.146$, $p=0.002$ at .05 level of significant. This result suggests that continuity of anger for females have been more than males.

To answer research question 2, a one way ANOVAs was conducted to see the differences between groups in variables such as age, marital status, educational levels, govern antes, and smoking, the Post hoc tests were performed using the Tukey honestly test significant difference (HSD) method. The Test of Homogeneity of Variances shows the there was a significance between groups ages and anger overall ($F=.377 > 0.05$), therefore, the assumption of homogeneity of variance is met.

Age and anger subscales:

ANOVA analysis was conducted between age groups and whether there were statistically significance differences between groups' means.

- There was a significance level between groups' ages in anger overall subscale at ($F = 3.680, p = .012 < 0.05$)
- There was a significance level between groups' ages in anger provoking subscale ($F = 5.512, p = .001 < 0.05$) .
- There was not a significance differences between groups ages in anger provoking situations subscale ($F = .524, p = .666 > 0.05$)
- There was a significance level in continuity of anger subscale between groups' ages at ($F = 6.368, p = .000 < 0.05$).

Further, *post-hoc* Tukey's tests were used for multiple comparisons between groups' age and to shows which age groups are angry:

- There was a significant difference in overall anger between the groups' ages 18-25 years old and group' ages 40 and older(mean differences =8.170, $p = 0.009$, at 0.05). There were not significance differences between other groups' ages.
- there was a significant difference in provoking anger subscale between the group' ages 18-25 years old and group' ages 40 and older (mean differences =6.556, $p = 0.001$ at 0.05). as well as between the groups' ages 18-25 years old and group' ages 34-40 years old ($F = 4.610$, $p = .042 < 0.05$).however, there were not significance differences between other groups ages .
- There was a there was a significant difference in continuity of anger subscale between the groups' ages 18-25 years old ,and group' ages 40 and older(mean differences =2.786, $p = 0.000$ at 0.05) . However there were not significance differences between other group ages.

Kuwait Govern antes and anger subscales

ANOVA analysis was conducted between groups' govern antes and anger subscales:

- There was a significance level between groups' governantes and anger overall measure at ($F = 4.081, p = .001 < 0.05$).

- There was a significance level between groups' governante sand anger provoking subscale ($F = 2.953, p = .013 < 0.05$).
- There was a significance differences between groups' governantes and anger provoking situations subscale ($F = 3.633, p = .003 < 0.05$)
- There was a significance level between groups' governantes and continuity of anger subscale ($F = 2.401, p = .037 < 0.05$) .
- Further, *post-hoc* Tukey's tests were used for multiple comparisons between groups' governantes and anger subscales:
- There was a there was a significant difference in overall anger between the groups governantes, groups living in al-Asimah and groups living in Mubarak al-Kabir (mean differences =15.235, $p = 0.001$ at 0.05). As well as between groups living in Mubarak al-Kabir and groups living in al Ahmadi ($F = 10.732, p = 0.030 < 0.05$). However there were not significance differences between other groups.
- There was a significant difference in anger provoking subscale between groups governantes, groups living in Mubarak al-kabir governante and groups living in alasimah governante (mean differences =8.457, $p = 0.013$, at 0.05) . There were not significance differences between other alasimah governante and other governantes.
- There was a significant difference in anger provoking situations subscale between the groups governantes, groups living in al-Asimah and groups living in Mubarak al-Kabir (mean differences =5.691, $p = 0.007$ at 0.05) . As well as between the groups' living in al Farwaniyah ($F = 4.860, p = 0.010 < 0.05$). As well as between groups 'living in al Jahra ($F = 5.183, p = 0.019 < 0.05$).
- There was a there was a significant difference in continuity of anger subscale between groups' governantes, groups living in al-Asimah and groups living in Mubarak al-Kabir (mean differences =2.903, $p = 0.049$ at 0.0) . As well as

between groups' living in Mubarak al-Kabir and groups living in al Ahmadi ($F = 2.804$, $p = 0.033 < 0.05$). However there were not significance differences between other groups.

Marital Status and Anger subscales

ANOVA analysis was conducted between groups 'marital status and anger subscales:

- There was a significance level between groups marital status and continuity of anger at ($F = 5.080$, $p = .002 < 0.05$). However there were not significance differences between marital status and provoking anger subscale ($F = 2.067$, $p = .104 > 0.05$), as well as anger provoking situations ($F = .657$, $p = .579 > 0.05$) and there wasn't any significant difference between marital status and overall anger ($F = 1.485$, $p = .218 > 0.05$).

Further, *post-hoc* Tukey's tests were used for multiple comparisons between groups' marital status and anger subscales:

There was a there was a significant difference between singles' groups and married groups in anger provoke subscale (mean differences = 3.254, $p = 0.08$ at 0.05). As well as between married groups and widowed groups in continuity of anger ($F = -5.980$, $p = 0.031 < 0.05$). However there were not significance differences between other groups.

Anger subscales and married with\without children

ANOVAs were conducted between groups' with children and anger subscales:

There were significance differences between the groups with children and anger provoking subscale at ($F = 2.190$, $p = .028 < 0.05$ significant level) . As well as groups with children and overall anger at ($F = 1.781$, $p = .079 < 0.05$). However there were not significance differences between groups' with children and anger provoking situations subscale ($F = 1.243$, $p = .273 > 0.05$), as well as groups with children and continuity of anger subscale ($F = 1.522$, $p = .148 > 0.05$).

Post-hoc Tukey's tests were used for multiple comparisons between groups' with children and anger subscales:

There was a significance difference between groups' with one child and groups with 5 children and anger provoke subscale ($F = 8.282, p = .046 < 0.05$). As well as between groups' with 8 children ($F = 10.370, p = .004 < 0.05$).

There was a significance differences between groups' with no children and groups' with 8 children in anger provoking situations at ($F = 9.518, p = .040 < 0.05$).

There was a significance differences between groups' with 8 children and groups' with 2 children in anger provoking situations at ($F = -9.581, p = .007 < 0.05$). As well as with groups' with 3 children ($F = -9.604, p = .009 < 0.05$ significant level), also between groups' with 4 children ($F = -1.490, p = .002 < 0.05$).

Anger subscales and educational levels

ANOVA analysis was conducted between groups 'educational levels and anger subscales:

There was a significance level between groups' educational levels and anger provoking subscale at ($F = 2.033, p = .050 < 0.05$). However there were not significant difference between groups' educational levels and anger provoking situations subscale ($F = .151, p = .994 > 0.05$), as well as continuity of anger ($F = .645, p = .718 > 0.05$). There wasn't any significant difference between groups' educational levels and overall anger ($F = 1.156, p = .328 > 0.05$).

-Post-hoc Tukey's tests were used for multiple comparisons between groups' educational levels and anger subscales:

-There was a there was a significant difference between groups' with intermediate diplomas and groups' with masters diplomas in anger provoke subscale (mean differences =13.250, $p = 0.033$ at 0.05). As well as groups' with high school diplomas and groups' with masters' diplomas (mean differences =12.262, $p = 0.040$ at 0.0).

Anger subscales and smoking:

ANOVA was conducted between groups' smoking habits and anger subscales there were not significance differences between the groups.

Study Discussion

The goal for this study was to understand anger dimensions' among gender in the state of Kuwait. This study assessed whether men and women differ on self-reports of everyday feelings and expressive behavior of anger in a nationally representative sample of adults in the state of Kuwait. An attempt was also made to examine whether demographics variables' such as gender ,age, marital status, educational levels, participants' living in each governantes, and participants' smoking habits had an impact on provoking anger ,anger provoking situations, and continuity of anger. The study finds that younger, married with children number of children (one child to eight children), and less-educated(intermediate diploma) individuals are more likely to experience anger provoking ,anger provoking situations, and continuity of Anger . This finding is consisted with Schieman's (2010) study findings.

Gender &anger dimensions

Several decades ago Gove (1972) argued that the higher rate of emotional disturbance among women is due to their roles in society, which are more stressful than men's. Findings for this study was in contrast to some studies which assume that anger is experienced and expressed more frequently by males than by females (for example, Sudah, Reddy, Reddy & Reddy, 2011), while anger is an acceptable emotion for males, it is an inappropriate emotion for females. Emotion researchers-particularly those who view emotions as socially constructed-assume that females are socialized to suppress rather than express anger (Campbell 1993).

Furthermore, findings of this study in contrast to prevailing cultural beliefs and researchers' assumptions about

women's anger, the study results suggested that anger overall really does have an effect on females. Specifically, this study results suggested that, females are angrier than males in all three dimensions' of anger measure (i.e., provoking anger, anger provoking situations, and continuity of anger. These results consisted with Simon study (2004). She posits that women's anger is more intense and of longer duration than men's. Also Averill (1982) indicated that females reported wanting to talk over an angering situation more than do males. Women report more intense and persistent anger than do men (Simon and Nath 2004) a finding that is also echoed in several psychological studies (Averill 1982; Brody et al. 1995).

Gender roles are a set of expectations that prescribe how females/males should think, act and feel. However, in some of Arab societies, where males are accorded higher status, women are often more restricted in their expressions of anger than men are. In many cases, the degree of appropriate anger is regarded not merely as a normative component of gender roles but also as a natural difference between males and females. For example, women were taught that references to anger as a basis for making demands was simply inappropriate. Since, in fact, women often did feel angry, great effort was urged to keep the emotion in check. Moreover, the study findings consisted with Ross and Van Willigen (1996) study, they reported that, women experience and express anger more frequently than men.

Since anger is an emotional response to inequality, women might be angrier than men because of their inequitable share of domestic and family responsibilities (Ross & Van Willigen 1996), and lower status and pay in the workplace (Mueller & Wallace 1996). Despite their disadvantage, women may tend to suppress anger into alternative feelings because gender roles prescribe that women refrain from displays of anger (Brody 1997; Cross & Madsen 1997). In addition, many women may not view unequal gender

arrangements as unfair because they subscribe to gender ideologies that give women the predominant responsibility for home and family, regardless of contemporary expectations that women also participate in paid work outside the home (Bumpass, 1990; Hochschild & Machung, 1989). The study findings provide some preliminary support for structural theories about emotion and about gender. This is an important issue for research since there is some psychological evidence that females express anger verbally, whereas males express anger behaviorally (Brody, 1993, 1997; Frost & Averill, 1982; Kring, 2000). If role-related responsibilities and strains are the primary catalysts of anger within relationships, we would expect women to be angry more often than men since typically they are responsible for more household labor; parents to be angry more often than those without children at home due to their childrearing responsibilities; because of the added hardships of meeting family and work responsibilities with fewer resources and greater barriers. However, this is not the case. Thus, further studies of women's perceptions of their anger experiences would be useful.

Alqudsi (2008) found that the Arabic culture obstructed the ability of women to affect their society because their participation was less meaningful than that of men. Alqudsi (2008) believed that like the women in other Arabic countries, Kuwaiti women were still affected by the traditional culture, which imposes restrictions on a woman's ability to communicate.

Anger and age

Age was a significant predictor of anger in the study results. In fact, individuals under age 26 are angrier than those of 40 years old and older. In addition, this finding indicated that younger adults reported more angry provoking situations, and continuity of anger than their older peers. Since most people have family and work roles, this may be one reason that varies little across social boundaries.

And, because these roles become more liberated in later life, age is inversely related to anger (Schieman 1999). This suggests that, anger occurs largely within roles associated with responsibility and obligations. It consisted with Schieman (1999) study findings that, younger adults reported more intense anger than older.

It is now believed that the personality becomes less rigid with maturity. With aging, a repressed style of reacting may change to a suppressed style; an unconscious process may become a conscious process (Vaillant, 1990). For example, a woman who has stifled her anger because of societal admonitions to be feminine may begin to own her anger in midlife and channel it into assertive requests for greater relationship reciprocity (Thomas, Smucker, & Droppleman, 1998).

Vaillant (1977) claimed that coping becomes more effective and realistic with age; older individuals are less prone to acting out or projecting blame and more prone to being altruistic. For example, a man who acted out anger with his fists when provoked as an adolescent may have greater capacity to understand the feelings and needs of the other person by the time he is in his 30s (Thomas, McCoy, & Martin, 2000). Thus, developmental theory would seem to support the notion of increased emotional competence with aging older individuals are more likely to occupy widowhood and retirement roles, live with fewer people, have less interpersonal estrangement, and have fewer life events; these characteristics explain their lower anger.

In addition, the study findings regarding reports of anger emotions may be important for understanding interpersonal tensions. Older individuals were less likely to describe anger than young adults. Older individual reported less anger provoking, anger provoking situations, and continuity of anger than younger individuals. Popular views of growing old portray the later years of life as a time of dependency and

relative physical, mental, social, and economic impoverishment (Rowe & Kahn, 1998). Therefore, individuals' experience of their later years may be better than they had expected, resulting in less frequent violations of expectations and consequently less frequent anger.

In addition, compared with younger individuals, older adults are more apt to actively attempt to avoid negative interpersonal experiences, and to cognitively put negative experiences into a more positive light. Thus, the inverse relationship between age and anger may be attributable to changes in the nature of age-graded roles, as Schieman (1999) proposes, but also to age-related differences in behavioral and cognitive responses, and relative gratification of expectations for old age.

Anger emotions and marital life

The study findings indicated that there were significance differences between married groups' with children and anger provoking, as well with continuity of anger, and married with no children, singles, divorced, widowed. The results also indicated that number of children (1-8) is an effective factor of feeling angry either provoking anger or continuity of anger. Therefore, having children in the home is also correlated with angry provoking and continuity of anger among the participants' especially women it consisted with these studies (Mirowsky & Ross, 1986; Ross & Van Willigen, 1996; Schieman, 2010). Recognizing what makes married individuals angry can help us find better ways to cope with this emotion. It's not whether we get angry, but what we do with it that matters. Expressing anger in a marriage can actually be helpful and draw couples closer together, but it can also backfire if couples don't use anger in a constructive manner.

Furthermore, Arabs are raised in large families with many siblings. Or in extended families, sometimes the some aunts, uncles, and cousins may even be living in the same house, and

if they do not share the same dwelling, they definitely feel welcome to stop by for a surprise visit any time. Living such a shared life like that, it is totally understandable how some women would feel angry because lack of privacy. Emotions are an important part of the Arab communication style such as shouting, exaggeration, metaphors, and animated physical gestures are all common aspects of Arab communication. Multiple adjectives may be used to modify one word and proverbs are used frequently (Almaney& Alwan, 1982).

Anger subscales and educational levels

The study findings indicated that individuals with higher degrees (i.e. masters) have low level of angry feelings than individuals with intermediate diplomas (lasting for 4 years before high school). These findings consisted with Schieman (2010) study. Moreover, the study findings found that, individuals with intermediate diplomas were angrier provoking than individuals with masters degrees. Most of individuals with intermediate and elementary diplomas they may not able to find a good job the more intensify the anger feelings. This could be developing an inner anger since they could not deal with life events. Compared to people with fewer years of education, the well-educated are less likely to experience anger, and when they do, they are more likely to act proactively (e.g., trying to change the situation or talking it over); also, Individuals with intermediate and elementary school diploma may experience more financial strain tend to report higher levels of anger. This relationship is much stronger among women and younger adults.

Kuwait Governantes and anger subscales

There were differences between the groups' living in the six Kuwaiti governantes; these governantes represent rural, suburban and urban areas. Al-Ahmadi is located in the countryside south of Kuwait City. Al-Jahra is located in the countryside west of Kuwait City. Al Jahra, the largest governorate. It is also regarded as an agricultural area.

Hawalli, which is one of the urban districts and is located in the middle of the state of Kuwait, Hawalli governorate is a densely populated governorate by various segments of the society. Many Arab communities reside in Hawalli such as (Egyptian Syrian, Lebanese, Palestinian, Iraqi, and Jordanian). Al-Asimah district, located in Al-Asimah, the capital of Kuwait, is another urban district. Al-Farwaniyah, a suburban district located in the southwest of Kuwait City. And Mubarak Al-Kabeer, which is a new suburban district located south of Kuwait City.

The study findings showed that, there were significance differences among individuals living in all of the six Kuwaiti governorates in anger measure dimensions (i.e. provoking anger, anger provoking situations, and continuity of anger). The differences between families living in the six Kuwaiti governorates might be because of different types of life styles and upbringing. Family life styles differ in numerous respects such as conservatism (Nydell, 1987), wealth and education level (Lamb, 1987). It is also critical to take into account personal life histories, unique circumstances, and the resources of the individual in each governorates. Moreover, assumptions about individuals “traditional,” yet actually are highly “Westernized” with respect to lifestyle behaviors’, attitudes, and gender roles. The study findings reflect how each governorates looks at gender issues and differentiates between the roles and behaviors associated with women and men it consisted with Al-Husaini (2004) study.

Conclusions:

Modern psychologists view anger as a natural emotion that is sometimes helpful although often detrimental .Why do some young women seem to experience more anger feelings than others? And what does this say about social inequality between gender and its impact in our everyday lives? Anger is much stronger among women and younger adults. Younger individuals experience more frequent anger than older adults.

This is mainly due to the fact that younger individuals are more likely to feel time pressures, economic hardship, and interpersonal conflict in the workplace that elevate anger levels. Individuals' emotions may be situation ally displaced, such as carrying anger home from work, or objectively displaced, such as repressed resentment toward the system or more powerful individuals directed toward weaker persons or groups (Swanson 1988). In addition, having children in the household is associated with angry feelings, and these patterns are stronger among women compared to men. Compared to individuals with fewer years of education, the well-educated are less likely to experience anger, and when they do, they are more try to change the situation. Individuals who experience more financial strain tend to report higher levels of anger. Finally, anger is an emotion related to one's psychological interpretation of having been offended, wronged or denied. Typical responses are withdrawal or antagonism .Anger occurs when people are prevented, frustrated or restrained from doing what they wish, whey they are insulted, interrupted, taken advantage of, or forced to act against their wishes and when they are in pain or prolonged distress.

Limitations &Future Directions

This article contributes to the growing literatures on emotion in general, and gender and emotion in the State of Kuwait in particular but there are some obvious limitations to the research. This study could be extended by including a broader sample of participants. A longitudinal studies and an assessment that includes more tools could provide varied results. Inclusion of more nationalities in the state of Kuwait for better cross-cultural perspective could provide varied results.

Emotion Researchers emphasize the importance of contextual factors for understanding children's, adolescents', and adults' emotional responses to situations (Smith-Lovin, 1995; Thoits, 1989).An emphasis on situational contexts is

also evident in much psychological work on emotion (Brody, 1997; Kelly & Hutson- Comeaux, 1999; Kring ,2000; Shields ,2002). While contextual factors undoubtedly play a role in the experience of a wide range of everyday feelings, they are likely to be especially valuable for understanding men's and women's anger. Future research should identify the targets and psychological consequences of anger and other emotions. Despite some data limitations—which future research should strive to overcome—the study challenges longstanding and widely held beliefs about men's and women's everyday subjective feelings and expressive behavior that are part of the emotion culture in the state of Kuwait. While this study sheds light on gender self-reports of feelings and expressive behavior in the state of Kuwait today, there is still much to be learned about the complex linkages between gender and emotion.

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