

Anger as a Trait and State, Anger Management Methods, and People's Tendency towards Collective Aggression

Fariborz Nikdel *

Assistant Professor, Department of Psychology, Yasouj University, Iran

Ali Akbar Pirasteh Motlagh

M.A. in Psychology

**Corresponding author, e-mail:fnikdel@yu.ac.ir*

Introduction

Ethnic disputes and collective aggressions are observable in each period of history and are more evident in traditional and nomadic communities. This issue has had many life and property damages in the past and present times and it has also prevented social development to flourish. Based on the damages of collective aggression, the researchers attempt to study the fundamental causes of this problem. It is assumed that state-trait anger and anger control methods are effective variables on people's tendency toward collective aggression. Therefore, determining the effective factors on collective aggression is of great importance from social, family and individual aspects. The theoretical framework of the present study is the combination of psychological and social- psychological theories regarding collective aggression. According to the theories regarding collective aggression and relevant researches, collective aggression stems from different factors and reasons as a multi-dimensional social phenomenon. In a general classification, these factors are divided into individual and social factors. Based on various researches regarding social reasons of tendency to collective aggression, only the individual and psychological causes have been investigated. Indeed, this study evaluated state-trait anger and anger control method variables as individual and psychological factors related to tendency to collective aggression.

Materials & Methods

The study method is non-experimental and it is a survey in terms of type and cross section in terms of time. The study population is all citizens of the Kohgiluyeh and Boyer-Ahmad province whose age is between 14 and 50 years old. Based on the latest census, they include 325204 individuals. The sample size is 400 based on Cochran's formula. The sampling method is stratified random. Two questionnaires were used to measure the variables; a) Tendency to collective aggression survey is designed by Mirfardi et al. (2010) with 13 items evaluating behavioral and cognitive aspects, b) Spielberger's. State-Trait Anger Expression, which is composed of 57 questions- 6 scales and 5 subscales and divided into 3 sections: state anger, trait anger and anger control methods.

Discussion of Results and Conclusions

The present study aimed to evaluate the role of state-trait anger and anger control methods in people tendency to collective aggression. The results showed that there is a positive and significant relationship between state anger, tendency to collective aggression and trait anger variables with tendency to collective aggression. The relationship between subscales of state anger, trait anger with tendency to collective aggression and cognitive tendency subscales to aggression and behavioral tendency to aggression showed that there is a

positive and significant relationship between anger feeling subscales, verbal and physical expression of anger, angry mood and angry reaction with the variable of tendency to collective aggression and its subscales, cognitive tendency to aggression and behavioral tendency to aggression. Indeed, the results of the hypotheses showed that the people with high trait and state anger (feeling angry), show more angry moods, tendency to physical and verbal expression of anger and angry reactions. So they have a high tendency to collective aggression; cognitive and behavioral. Uncontrolled anger not only jeopardizes adaptability and health of the people, but also various examples of interpersonal and social issues including collective aggression are affected by this emotion and violence and aggressiveness are the most predictable outcomes in this regard. Therefore, violence and aggressiveness are effective components on collective aggression. On the other hand, violence in retaliation leads to group or family conflicts. In addition, the results showed that there is a negative and significant relationship between anger-out control with tendency to collective aggression. Also, there is a negative and significant relationship between anger-in control and tendency to collective aggression. Indeed, the more people control anger-in and anger-out, the less the tendency to collective aggression. Also, the results showed that 3 variables of

state anger, anger-in control and trait anger, are the best predictors of tendency to collective aggression, respectively. In addition, the results of path analysis showed that there is a direct and significant relationship between state anger, trait anger and anger-in control and independent variables and tendency to collective aggression and dependent variable. The relationship between anger-out control and none of the dependent variables was significant so it was excluded from the model.

Therefore, based on the results of the study, state-trait anger variable and anger control and personality specifications can be turning points of many collective aggressions in the Kohgiluyeh and Boyer-Ahmad province. Therefore, it is recommended to the authorities that states anger factors should be controlled and reduced. It is also recommended to train good anger control methods which help people who are under critical condition. By improving these psychological variables among people and families we can be hopeful to reduce tendency of people towards collective aggression.

Keywords: Anger as a Trait and State, Anger Management Methods, and People's Tendency towards Collective Aggression

References

- Abou Mehri, M. Tahmassian, K. Khosh Konesh, A. (2010) "The Impact of Anger Management Training on Anger Self-Regulation Skills and Parent- Adolescent Conflicts in Female Adolescents of Junior High (Guidance) Schools in Tehran." *Journal of Family Research*, No. 6(3), p 393-404.
- Ahmadi, H. (2006) *Sociology of Deviance*. First Edition. Tehran: SAMT Publications.
- Asghari Moghaddam, M. Hakimi Rod, E. Rezazadeh, T. (2008) "Preliminary Validation of Trait – State Questionnaire Revised Version of Anger Expression in the Student Population." *Daneshvar (Raftar) Shahed University*, No. 15(28), p 21-35.
- Baghaie Lakeh, M. Khalatbari, J. (2010) "Efficacy of anger Management Teaching on Anger Self-Regulation and Impulsivity in Mothers of Elementary School Boy Students in Rasht." *Journal of Nursing and Midwifery Faculty of Guilan Province*, No. 20(63), p 1-9.
- Bukharaie, A. (2012) *Sociology of Social Deviance*. Second Edition. Tehran: Payam Noor University Publications.
- Calamari, E. & Pini, M. (2003) "Dissociative Experiences and Anger Proneness in Late Adolescent Females with Different Attachment Styles." *Journal of Adolescence*, No. 38, p 287- 288.
- Dahlen, E.R. Deffenbacher, J.L. (2001) *Anger management: Empirically supported cognitive therapies; Current status and future promise*. New York: Springer P.C.
- Kalantari, M. Ghezelbash, S. Jabari, K. (2010) "The Spatial Analysis of Urban Delinquency Using Cornell Density Estimation Model, Case Study: Wickedness Offenses, Strife and Conflict in the Zanjan City." *Journal Order and Social Security*, No. 2(3), p 73-100.
- Khodayarifard, M. (2007) *The Study of Psychometric Properties and Normalization of Spielberger's State-Trait Anger Expression Inventory-2 (STAXI-2) Among of Students*. Faculty of Psychology and Education, University of Tehran.
- Lau, B.V.K. (2001) "Anger in Our Age of Anxiety: What Clinicians Can Do." *The Hong Kong Practitioner*, No. 23, p 258-264.
- Mirfardi, A. Ahmadi, S. Sadeghnia, A. (2010) *The Rate of Tendency to Collective Conflict among 15-65 Years Old Men of Boyer-Ahmad Cotry and Social and Cultural Factors Influencing it*. M.Sc. Thesis in Sociology. Department of Social Sciences. Yasuj University.
- Momtaz, F. (2002) *Social deviance: perspectives and theories*. First Edition. Tehran: Publishing Joint Stock.
- Naveedy, A. (2006) *the Efficacy of Anger Management Training on Adjustment Skills of High School Male Students in Tehran*. Ph.D thesis, Faculty of Psychology and Educational Sciences, Allameh Tabatabaie University in Tehran.
- Naveedy, A. Borjali, A. (2007) "The Impacts of Implementation of a Anger Management Training Program on Anger Self-Regulation Skills High School Boys." *Psychological Research*, No. 10(3&4), p 81-85.
- Nazari, J. (2007) *Sociological Explanation for the Rate of Tendency to Collective Conflict in Ilam province*. Social Deputy of Islamic Republic Police of Iran (NAJA): Ashenaie Publications.
- Poorafkari, N. (2004) *Local Collective Strife*. Proceedings of the First National Congress of Iranian Sociological Issues Pose, Tehran: Allameh Tabatabaie University Publications.
- Rabbani, R. Abbas, M. Theoretically, J. (2004) "Study on Social- Cultural Effective Factors on Tendency to Collective Aggression (Case Study in Selected Districts of Ilam Province)." *Societal Security Studies*, No. 1(3), p 103-126.
- Railly, P.M. Shopshire, M.S.S. Durazzo, T.C. Campbell, T.A. (2002) *Anger management*

- for substance abuse and mental health clients: Participant work book.* Rockville: SAMSHSA.
- Rezaie Klvary, N. Bahraini, M. (2010) "The Study of Sociocultural Factors Relationship with Collective Disputes, Ethnic and Tribal in the Lordeghan City." *Social Security Studies*, No. 22, p 137-162.
- Salimi, A. Davari, M. (2007) *Sociology of deviant (Studies Set of Deviance and Social Control)*. Qom: Center for Universities and Seminaries.
- Shookohi Yekta, M. Beh Pazhovh, A. Ghobary Bonab, B. Zamani, N. Parand, A. (2008) "The Effect of Anger Management Skills Training on Controlling Anger in Mothers of Student with Intellectual Disability and Unapt." *Research on Exceptional Children*, No. 8(4), p 358-369.
- Sotoudeh, H. (2003) *Social Pathology*. Sixteenth Edition. Tehran: The Publications of Light Sound.

Archive of SID