

Evaluation of Anxiety Levels and Anger Styles of University Students

PDF (Size: 131KB) PP. 737-741 DOI : 10.4236/psych.2012.39111

Author(s)

Leyla Tavacıođlu, Osman Kaan Kora, Emel Yılmaz, Evren Hergüner

ABSTRACT

Anger is an emotion, which is useful if it is short-lived and of medium intensity, and which may be detrimental when it is continuous or severe. The aim of this study is to statistically evaluate the attitudes of university students towards anger and anxiety, and consequently towards violence. 150 subjects were randomly selected from among university students. Their anxiety levels were measured and evaluated pursuant to state and trait anxiety scale; trait anger levels and anger styles were measured and evaluated pursuant to trait anger and anger attitude scale, socio-demographic nature was measured and evaluated pursuant to structured scale, and all the data were evaluated by using the statistics programs spss 18.0. 15 girls (10%) and 135 boys (90%) formed the sample group. When the responses to the questionnaire are reviewed, it is observed that 30.7% of the students expressed that they witnessed violence in their families and among relatives, 47.3% expressed that they have been punished by their families, and only 4 out of 105 students who were involved in fight to date have expressed that they received legal penalty. The data that have been gathered suggest that there is a positive correlation between outward anger scores and higher level of anxiety amongst the students. This finding indicates that expression of anger may cause interpersonal conflicts, negative self-perception, and decreased self-esteem. There also exists positive correlation among responses to the effect that those who were involved in fight in the past were witnessed more severe reactions than punishment. Violence severely influences an individual physically, emotionally and socially.

KEYWORDS

Trait Anxiety; State Anxiety; Anger Level; Anger Style

Cite this paper

Tavacıođlu, L. , Kora, O. , Yılmaz, E. & Hergüner, E. (2012). Evaluation of Anxiety Levels and Anger Styles of University Students. *Psychology*, 3, 737-741. doi: 10.4236/psych.2012.39111.

References

- [1] Akdeniz, M. (2007). Anger management skills, anger control training effect of high school students. Master' s Thesis, Cukurova University.
- [2] Cücelođlu, D. (1997). People and behavior: The basic concepts of psychology. Istanbul: Remzi Bookstore.
- [3] Güneri, F. Y. (1996). Violence against women in the family, in the house of terror, violence against women. ?stanbul: Mor ?at? Yay?nlar?.
- [4] ?kizler, C. (1993). Psychological factors affecting the success of the sport and psychological training. Doctoral Thesis, Marmara University.
- [5] Kurg, E. G. et al. (2002). World report on violence and health. Geneva: WHO.
- [6] Landers, D. M. (1999). The influence of exercise and mental health. In C. B. Corbin, & R. P. Pangrazi (Eds.), *Toward a better understanding of physical fitness and activity* (pp. 137-143). Scottsdale, AZ: Holcomb Hataway.

- [Open Special Issues](#)
- [Published Special Issues](#)
- [Special Issues Guideline](#)

[PSYCH Subscription](#)[Most popular papers in PSYCH](#)[About PSYCH News](#)[Frequently Asked Questions](#)[Recommend to Peers](#)[Recommend to Library](#)[Contact Us](#)

Downloads: 272,017

Visits: 600,488

[Sponsors, Associates, and Links >>](#)

- [7] Landers, D. M. & Arent, S. M. (2001). Physical activity and mental health. In R. Singer, H. Hausenblas, & C. Janelle (Eds.), *Handbook of sport psychology* (pp. 740-765). New York: Wiley.
- [8] Moreno, C. G., & Watts C. (2011). Violence against women: An urgent public health priority, *Bulletin of the World Health Organization*, 89, 1-2. HUdoi:10.2471/BLT.10.085217U
- [9] ?zer, A. K. (1994). Preliminary study of trait anger and anger expression scales. *Turkish Journal of Psychology*, 9, 26-35.
- [10] ?ztürk, M. (2008). Anxiety disorders in children. *Another Psychiatry and Thought Journal*, 1, 103-108.
- [11] Sava??r, I. (1977). *Cognitive—Behavioral therapy assessment, scales are frequently used*. Ankara: Printing Ozyurt, Turkish Psychological Association Publications..
- [12] Sertba?, G. (1998). *GPregnant women with prenatal and post-natal period examination of state-trait anxiety levels*. Unpublished Ph.D. Thesis, ?zmir: Ege University.
- [13] Spilberger, C. D. (1966). Theory and research on anxiety. In C. D. Spilberger (Ed.), *Anxiety and behaviour* (p. 17). New York: Academic Press.
- [14] Stephens, D. E. (1988). Predictors of aggressive tendencies in girls basketball: An examination of