



**NORTHERN**

# An Exploratory Research of Northern New Mexico College Students Regarding Attitudes on Anger and How They Are Influenced by Stress

Alyssia R. Baca

**Northern New Mexico College**

Department of

## Abstract

The purpose of this research project was to find out if there was any relation between anger and stress. Anger often leads to stress and can lead to a decline in health. For instance, it can cause a stress overload. The overall goal was to reveal whether or not anger leads to stress. In order to collect more information about anger, I distributed a brief random sample survey to thirty five students in two classes on the Northern New Mexico College campus.

## Introduction

Our anger often forms the basis of our entire day. Stress has a major contribution to the way we deal with anger. When it comes to anger, people respond differently to a situation. To acquire more knowledge about anger and stress, a research experiment was conducted. The research experiment emphasized a better understanding as to why anger can lead to stress.

## Theory

For some, anger is hard to control. It gets out of control when a person doesn't know what they are doing in the moment and they do physical and mental damage to the people that are in their lives.

When anger is high or low, stress can have an effect. It can even effect the way a person views their outlook on life.

## Hypothesis

There are five hypothesis that are being examined:

X=Cause Y= Effect

- As anger increases, stress increases.
- As anger decreases, stress decreases.
- As anger increases, stress decreases.
- As anger decreases, stress decreases.
- There may be no relationship between the two variables.
- No Relation= Null hypothesis
- I hypothesize that there is a relationship between anger and stress. However, I will accept the null hypothesis if my theory is unsupported by my findings.

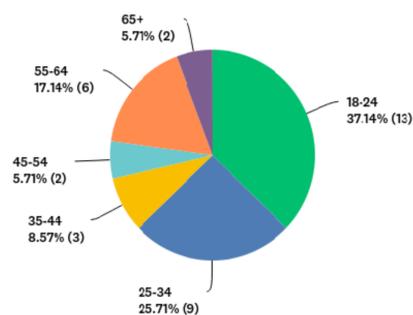
## Data Collection and Methods

To determine whether or not anger and stress have a connection, I decided to create a survey. I distributed a brief random sample survey to thirty five students in two classes selected using a random number table from the course schedule for Spring 2019 on the Northern New Mexico College campus. The research experiment emphasized a better understanding when it comes to anger and stress.

- In total, the sample size was N=35 students.
- Originally, classes were chosen at random. (simple random sampling) However, due to time constraint and class availability it was changed to a convenience sample.
- A portion of the survey was administered to a class of twenty-four students during the current semester. Two days from the first administered survey, I posted it publicly on social media and received six responses. About three weeks after the survey was submitted to social media, I then distributed another round of surveys to a class of eleven students.

Table 1 below shows the findings for

Q2 Table 1. Sample Age



- 37.14% (N=13) were between the ages of 18-24
- 25.71% (N=9) were between the ages of 25-34
- 8.57% (N=3) were between the ages of 35-44
- 5.71% (N=2) were between the ages of 45-54
- 17.14% (N=6) were between the ages of 55-64
- 5.71% (N=2) were 65+

The pie chart above shows that more than half (N=13) of those that were surveyed were between the ages of 18-24

## Data Analysis and Findings

### Univariate Analysis

#### Dependent Variable: Anger

To collect quantitative data and evaluate stress, a likert scale was included in my survey. The question "Something makes me angry almost every day" was measured. A total of N=35 students responded. Table 2 below shows a broken down response rate.

Table 2.

	COMPLETELY FALSE (1)	MOSTLY FALSE (2)	PARTLY FALSE/PARTLY TRUE (3)	MOSTLY TRUE (4)	COMPLETELY TRUE (5)	TOTAL-WEIG AVER
Something makes me angry almost every day.	48.57% 17	22.86% 8	14.29% 5	5.71% 2	8.57% 3	35

- Seventeen (48.57%) respondents reported "completely false"
- Eight (22.88%) respondents reported "Mostly False"
- Five (14.29%) respondents reported "Partially False/ Partially True"
- Two (5.71%) respondents reported "Mostly True"
- Three (8.57%) respondents reported "Completely True"

Table 2 shows a weighted average of 2.03, which means N=35 answers to this question lie between 1 (Completely False) and 2 (Mostly False).

#### Independent Variable: Stress

Table 3 shows a response rate of N=35 to the question "I am delayed"

Table 3.

	COMPLETELY FALSE (1)	MOSTLY FALSE (2)	PARTLY FALSE/PARTLY TRUE (3)	MOSTLY TRUE (4)	COMPLETELY TRUE (5)	TOTAL-WEIG AVER
I.	25.71% 9	8.57% 3	40.00% 14	20.00% 7	5.71% 2	35
						2.71

- Nine (25.71%) respondents reported "Completely False"
- Three (8.57%) respondents reported "Mostly False"
- Fourteen (40.00%) respondents reported "Partially False/ Partially True"
- Seven (20.00%) respondents reported "Mostly True"
- Two (5.71%) respondents reported "Completely True"

Table 3 shows a weighted average of 2.71, which means N=35 answers to this question lie between 1 (Completely False) and 4 (Mostly True)

## Discussion

The participants were informed upon the distribution of the surveys that their responses are confidential. Under no circumstances will identifiable information be shared.

## Conclusions

Findings suggest that there is little relation between anger and stress. When an individual is angry, they responded by saying they normally find ways to calm down, such as exercise, yoga or simply speaking about the situation with someone they trust. Therefore, I must accept my null hypothesis. Limitations that arose included sample size and sample selection. For this study, participants were chosen using both a random and convenient sample. A full random sample would have ensured non bias information. Moving forward, I wish to replicate this study to receive a bigger sample size to make sure my hypothesis is being fully supported.

## References

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