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

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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.

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.

Fourteen (40.00%) respondents reported "Mostly True"
Three (8.57%) respondents reported "Completely True"
Thirteen (37.14%) respondents reported "Partially True/ Partially False"
Two (5.71%) respondents reported "Mostly False"
Eight (22.86%) respondents reported "Mostly False"

Independent Variable: Mood Table 2 shows a weighted average of 2.03, which means N=35 students responded to this question lie between 1 (Completely False) and 2 (Mostly False).

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.

<table>
<thead>
<tr>
<th>Mood</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Completely</td>
<td>13</td>
<td>37.14%</td>
</tr>
<tr>
<td>Mostly True</td>
<td>14</td>
<td>40.00%</td>
</tr>
<tr>
<td>Partially True</td>
<td>11</td>
<td>31.43%</td>
</tr>
<tr>
<td>Mostly False</td>
<td>8</td>
<td>22.86%</td>
</tr>
<tr>
<td>Completely False</td>
<td>2</td>
<td>5.71%</td>
</tr>
</tbody>
</table>

Eight (22.86%) respondents reported "Mostly True" I hypothesize that there is a relationship between anger and stress. When it comes to anger, people respond differently to a situation. To acquire more knowledge about anger and stress, a research experiment was conducted.

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 affect 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.

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 respond by saying they normally find ways to calm down, such as exercise, yoga or simply talking about the situation with someone they trust. Therefore, I must accept my null hypothesis. Limitations that arose include sample size and sample convenience. For this study, participants were chosen using both a random and convenient sample. A full random sample method along with a bigger 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

Acknowledgements
A special thank you to the following individuals:
Dr. Amedeo Marquez
Ms. Donna Wincheill
Ms. Lisa Wilson
Northern’s College Students
Without any of your support, my research may not have been conducted. Thank you!