

### Abstract

This study aimed to develop a valid and reliable anger expression scale for adolescents and to examine the relationship among anger expression, parent-adolescent relationship and self-esteem among adolescents. A final list of 43 items (Anger Expression Scale for Adolescents, AESA) was given to 479 adolescents with the age range of 10-18 years ( $M 13.87$ ,  $SD 1.53$ ) along with a demographic performa, Parent Child Relationship Scale (PCRS, Mahmood, Ijaz & Saleem, 2011) and Self Esteem Scale for Children (SESC, Saleem & Mahmood 2011). Principal Component Factor Analysis revealed a three factor solution namely Passive Anger Expression, Verbal Anger Expression and Active Anger Expression. The Scale found to have acceptable psychometric properties. The results indicated that anger expression is the positive predictor of unsatisfactory parent-adolescent relationship ( $p < 0.001$ ) and positive predictor of low self-esteem among adolescents ( $p < 0.001$ ). Further the study revealed relationship among anger expression, parent-adolescent relationship and self-esteem with key demographic variables.