

Abstract

The present study was aimed to explore the anger expression in university students. The single phase study was carried out for this purpose in which data was collected from the university students of graduation and masters from Lahore. Three focus groups were conducted for the purpose of data collection. Group A contain girls, group B contain boys and the last group C consisted of referred population with anger issue. All participants were briefed by the aim of study. Each group took 30-40 minutes of discussion. From all the focus groups discussion four basic domains of anger including, expression of anger, dealing with anger, situations trigger anger and psychosocial impacts of anger were emerged. Method of Interpretative Phenomenological Analysis was used for data analysis. Major and subthemes emerged with particular to each domain. Results were discussed in three separate groups of girls, boys and referred population. Results revealed that girls experience anger more emotionally like crying, detachment and negative feelings about particular person evoking anger as compared to boys who expressed their anger physically in terms of fights and physical aggression. In referred population, mostly participants identified that anger was expressed abruptly in forms of arguing, shouting and snubbing instead of keeping it inside. Moreover results showed that overall participants most frequently used the avoidance and separation strategy to control and handling the anger.

Keywords: anger, expression of anger, interpretative phenomenological analysis university students, psychosocial impacts of anger.