

Abstract

The present study was devoted to develop an indigenous scale of anger expression within Pakistani culture. For the purpose of development of measure, the study was carried out the series of steps. In the first step, item pool was generated by using the emerging themes of a culture based study of anger expression (Ijaz & Hashmi, 2015). After the detailed review of selection of item pool, a refined list of 27 items was formed. The newly developed scale of anger expression was administered on 917 university students for the purpose of establishment of its psychometric properties. State Trait Anger Expression Inventory Urdu version (Mushtaq, 2015) and Trait Well being Inventory (Fatima, 2004) were used for psychometric purpose. Exploratory factor analysis revealed the three factors within Pakistani culture. Factor I Anger Outward, factor II Anger Inward and factor III as Anger control. Chronbach Alpha revealed that scale was significantly consistent. Through test retest reliability it was found that anger expression scale was highly consistent with .98 correlation coefficient. The divergent and convergent validity were relatively significant. The results also found the significant difference across the gender in relation to the ways to express the anger.

Key words: Anger Expression, University Students, Gender difference,