THESIS/DISSERTATION ABSTRACT

Title: The Basis Elements of the Experience of Anger

Researcher: Juan A. Lanzas, Jr.
Adviser: Fr. Eulogio S. Callo, SJ, PHD
School: Ateneo de Manila University
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No. of Pages 86

Statement of the Problem

Main Problem: What are the basic elements that make a person experience anger rather than any other emotion?

Sub-Problem:

Procedure

The researcher undertook phenomenological analysis of his anger experiences and that of five other people to establish a hypothetical structure of the anger experience. This hypothetical structure was then subjected to an intersubjective validation process.

A total of eight subjects, who disclosed three anger experiences each for processing, were interviewed. Five subjects composed the first batch and three subjects were part of the second batch.

Treatment of Data

Each batch of cases was independently analyzed by the researcher and three other co-evaluators. The researcher collated the findings and compared them to establish common elements.

Common elements identified in the first batch of cases were compared with the common elements of the second batch. The common elements of the two batches matched, except for one new element recognized in the second batch. This element was subjected to another round of validation which established its intersubjective validity.
Findings

Except for two sin elements, all the basic elements of the hypothesized structure of the experience of anger were corroborated by the final results of the study.

The basic element of the experience of anger, established in the research, was compared with related literature. What was discovered about each of their nature was supported and elaborated by the related literature. The element of fear/anxiety was an exception. Anger and fear was known to be independent of each other but tended to occur contiguously in many instances. The pervasive presence of the element of fear in the cases studied could be attributed to the choice of subjects from among those who had anger experiences due to military atrocities.

Conclusions

The experience of anger has six basic elements on the basis of the intersubjective validation process. These elements are:

1. A reality is unexpected.
2. A desire or value is threatened or violated by that reality.
3. There is an absence of full control or powerlessness over that reality.
4. Reality is experienced as physically or psychologically unpleasant.
5. Fear or anxiety is present in the experience.
6. Reality is perceived as wrong and rejected.

Recommendations

The basic elements of the experience of anger established in this study can be the basis for further theoretical work. Some suggestions are:

1. A research on the actual interactions of the basic elements of the experience of anger;
2. The identified elements can be used to develop instruments that can ease the processing of anger experiences to facilitate self-awareness, behavior change, conflict management, goal-setting, training needs analysis, personal placement, and/or team building;
3. The study proposed that the maintenance of a certain amount of frustration is necessary to keep people committed to a cause for a prolonged period of time. This proposal can be translated into a workable hypothesis for further research;
4. A study can be made about the relationship between the basic elements that elicit feelings of anger and the factors that determine the choice of anger behavior.

The study can also be replicated with variations in procedure. Some possibilities are:

1. Let the subjects analyze/evaluate their own anger experiences;
2. Increase the pool of related literature necessary to further validate the elements established through phenomenological analysis by consulting novels that describe conditions that lead to anger experiences of its characters;
3. Subjects can be chosen from among normal, "everyday" people to test if fear is really basic to the experience of anger.