



## Status of Anger Level in Hostlers and Non-hostlers

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### Abstract

**Background:** Hostel life is a weird mixture of responsibility, enjoyment, and freedom. It makes us experience all the emotions whether happiness or sadness. On one hand, it gives us the license to follow our heart and be free as a bird therefore this study aimed to examine the impact of hostel life on person's emotional area.

**Methods:** For the study, there were 100 participants selected, out of 100 participants 50 (25 male and 25 female) were hostlers and 50 (25 male and 25 female) were non-hostlers those who were living with their parents. 21 items Clinical Anger Scale was administered to all the participants.

**Results:** Significant difference was found at the level of ( $p < 0.05$ ) in the participants who were day scholars female participants had more anger issues in comparison to male on the basis of Clinical Anger Scale. In the level of severity, a significant difference was found at the level of ( $P < 0.05$ ) in those participants who were living with their parents.

**Conclusion:** The level of Anger was found to be severe in the Non-hostlers participants with respect to their gender, female participants had more anger issues in comparison to male

**Keywords:** Anger Issues, Hostlers, Non-Hostlers, Age, Gender

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### Introduction

Angry situations for university students include being treated unfairly, not being taken seriously, and receiving criticism, according to (Bostanc & Oban & Tekin, and Zen's 2006) research. Also, it was discovered that women reacted more passive-aggressively and inwardly than men did when confronted with situations that made them angry.

(Annak, 2002) found that male students were more adept at controlling their anger than female students were in a related study. Significant variations between major and gender disparities in the intensity and expression of rage were discovered. Male students' levels of rage were found to be noticeably greater. Berk (1990) found no evidence of, a difference between the sexes in trait anger, dimensions of anger manifestation, or general happiness. Illiterate people were shown to have higher trait anger, lower internal anger, and higher trait anger. compared to university grads' cores. Female passive-aggressive anger ratings and male outward anger scores were both statistically considerably higher. Anger in general and anger directed specifically at mothers were found to predict mothers' life satisfaction (K, Chung, & Kim 2017). Additionally, they found that contentment had a positive relationship with anger control and a negative relationship with rage. Now the question arises where these anger issues exactly troubled the life of individuals, as We already discussed in many areas like at

the university level, at the school level, in workplaces, and somewhere in hostlers and Nonhostlers, for that It is very important to know about the what thus these words means like university students hostlers and nonhostlers. The first known use of a hostler was in the 14th-century hostel is a place where students live away from their parents and tried to adjust to other students and spent their life. After elementary school, questions about the child's residence—whether it be at home or in a hostel begin to surface. Some parents believe that their presence helps their kids develop stronger social skills and academic skills if they are day scholars. Nonetheless, some parents believe the opposite to be true. Children who live in hostels are more focused, and autonomous, and achieve better grades since there is less room for emotional and social distractions. According to a 2015 study conducted in Western cultures, expressing anger has long-term negative effects on heart health. According to (Kumari,1988) sports girls from Hostlers and Day Scholar neighborhoods had better emotional, social, and academic adjustment than non-sports girls. A substantial association between adjustment, aspiration, and achievement has been established by (Hazan 1979) among students in the higher secondary level, with the Hostlers group performing better in terms of emotional adjustment, health adjustment, and academic adjustment while the Day Scholar group performed better in terms of aesthetic adjustment

A day scholar is a pupil who attends a school but does not reside there. On the other hand, a hosteller resides in the dorms of the institution. Day scholars are those pupils who returned home each evening from school or college. They forbid residing in a hostel.

Due to additional costs, it. Food consumption is prohibited in the canteen. Many elements of health, including social growth, emotional well-being, interpersonal contributions to society, and social isolation, can be impacted by anger in both hostlers and non-hostlers if mental health issues are not handled

## Method

**Sample:** The sample comprised 100 participants aged between 18- 25 years, of both gender, participants were divided into two sections 50% of the participants who lived in hostels ie hostlers, and 50% of participants those who lived with their parents i.e. nonhostlers. The data was collected purposively for the hostler's participants from the various colleges of Punjab.

## Tool

Questionnaire Clinical Anger Scale (1980) constructed by Dr. Stephen F. Maisto and his Colleagues Clinical Anger Scale was developed to recognize the Common anger issues which interfere with the normal of an individual. The Clinical Anger Scale had 21 items in total. Items were kept brief, restricted to a single concept, and comprised of phrases that are easy to understand and untestable over a wide range of comprehension abilities. Statements that referenced their fury exploited personal feelings. Personal and individual pronouns were employed in the statements. The items were primarily developed through an in-depth examination of the subject matter and afterward through brainstorming sessions with a variety of specialists and members of a sample community. A group of 100 specialists in the fields of psychology and management were given the tool of items to score the items at 4 levels of zero (from minimal clinical anger to severe clinical anger).

The final scale with 21 items was administrated on a sample of 100 respondents i.e. 50 people between the ages of 18 and 25—50 men and 50 women

## Scoring

The Final version of 21 items scale on Clinical anger scale techniques has some negative questions but is presented in the form of a positive statement. The item responses are to be elicited on a Likert scale, with values between 0 and 4. Read each group of items, and then choose the one that most accurately expresses your feelings. In the aforementioned situation, you might select option A. If yes, mark the item number next to the letter (A) that corresponds to that collection of assertions. If you are unsure, still respond to the questions. Make sure to choose just one statement from each of the 21 statement clusters.

Where there are statements that have 4 options each and if a person chooses the A then we will give 0, if B then 1, if C then 2, and if D then 4.

## Procedure

This study was conducted on 100 participants of either sex. CAS was administered to 50 participants who live in a college hostel for the last 1 year and the rest were 50 participants chosen from diverse colonies in several in the Punjabi metropolis of District Jalandhar for the non hostler participants. A purposive sampling technique was applied for the data collection. The responses were collected by marking on any one of four options, ranging from Minimal, Mild, Moderate to Severe anger. The respondents were convinced about confidentiality and anonymity so that they could feel free during the administration of the study.

## Data Analysis

Data were analyzed using mean, SD and t-test, and chi-square test.

## RESULTS AND DISCUSSION

By calculating mean, standard deviation, and t-test, this study aimed to examine the level of anger between hostlers and non-hostlers.

**Table 1: Comparison of anger in hostlers and non-hostlers based on their gender**

Residential Setting	Gender	N	Mean	S.D.	t-value
Hostlers	Female	25	15.02	12.47	0.02
	Male	25	15.08	9.931	
Non-hostlers	Female	25	22.08	11.21	1.74*
	Male	25	16.88	09.77	

\* Significant at  $p < 0.05$  level

Table 1 shows that there was a significant difference in the mean scores ( $p < 0.05$ ) of male and female participants who live with their parents i.e. non hostler, it shows that "Non-hostlers" are more violent and aggressive than hosts because of the domestic situations with their parents. it has been shown that parental conflict and affective disturbances in parents are related to children's poor adjustment (Holahan et.al.1987)

These results imply that witnessing anger in others may be detrimental to a child's development. the detrimental effects on children of parental substance abuse issues, particularly those involving alcohol and illegal narcotics Reference Valizadeh, S. et al. (2012)

Age	N	Mean	S. D	t-value
18-21yrs	55	15	9.65	1.42
22-25yrs	45	18.08	12.03	Df=98

**Table2: Comparison of Anger in hostlers and non-hostlers based on age group**

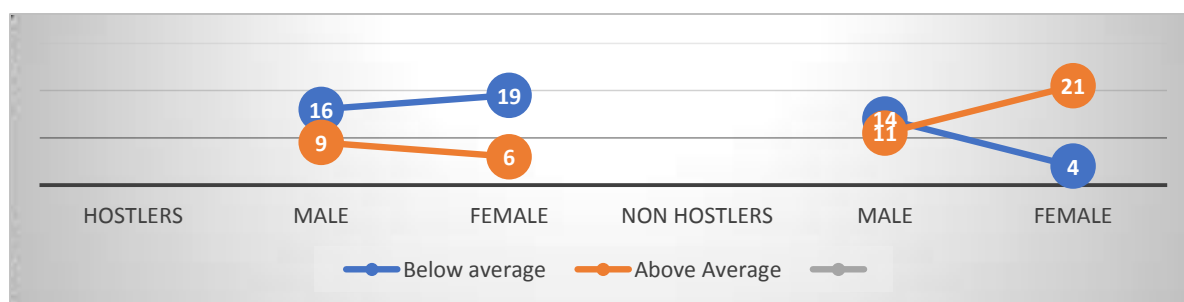
In Table 2: There was an insignificant difference between hostlers and Non-hostlers with respect to their age.

**Table 3: Comparison of the Severity of anger in hostlers and Non- hostlers based on their gender.**

Residential setting	Gender	Level of severity of anger		X2
		Below average	Above Average	
Hostlers	Male	16(64%)	9(36%)	0.85 N. S
	Female	19(76%)	6(24%)	
Non-Hostlers	Male	14(56%)	11(44%)	8.68* Df=2
	Female	4(16%)	21(84%)	

\*Significant at p<0.05level

**Figure 1: Level of anger in male and female participants those were hostlers and day scholars**



In Table No.3 There was a significant difference (P<0.05) in the participants living with their family i.e. Nonhostlers. Close examination of the table reveals that 84% of female participants had higher levels of anger compared to males due to differences in benevolence. The idea that domestic anger contributes to the emergence of psychological issues in children is supported by studies on divorce e.g., (Hetherington& Cox & Cox, 1985), For instance, when it comes to divorce, multiple lines of study back the idea that marital strife, rather than the dissolution of the family as a whole, accounts for the frequently observed negative impacts on children (Emery,1982, Rutter, 1979). Additionally, according to Cummings, (Zahn-Waxler, Radke-Yarrow 1981), children are impacted by anger and aggression directed

at them as well as the climate or milieu of anger in the background. Significant differences in anger intensity and expression patterns according to major and gender were discovered by Holahan et.al.1987. Male students' levels of rage were found to be noticeably greater. Howells, K. et al. (2005)

**Conclusion:** The level of Anger was found to be severe in the Nonhostlers participants with respect to their gender, female participants had more anger issues in comparison to males.

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