

Anger and Locus of Control among Adolescents with and without Siblings

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ABSTRACT

The study investigated the relationships between the variables anger and locus of control among adolescents with and without siblings. The sample consisted of 166 students aged 16-19 years in two prominent groups i.e., adolescent with at least one sibling and adolescent as an only child. Online survey forms were circulated in different colleges in Bengaluru. The tools used for the study were Clinical Anger Scale by Snell and Internal External Locus of Control by Julian Rotter. The statistical analysis used in the study were independent sample t test, Pearson correlation and linear regression. The results revealed that anger and external locus of control was found to be more in adolescents with siblings and in female adolescents. There also exists a positive relationship between anger and locus of control, where if anger in an individual increases, the individual is more prone to have an external locus of control.

Keywords: Anger, Locus of control

Sibling relationships are the longest relationships one endures in life where siblings serve as role models, sources of support, counterparts, enemies, protectors in their childhood till adolescence. Their relationship begins early, lasting throughout life, which changes and develops as the children age and as their social setting develops (Newman, 1994, Noller, 2005).

Only child differs in many critical ways from the ones with siblings as they are not subjected to shared environmental experiences and they remain unique in experiencing situations. Unlike the ones with siblings where siblings are seen as role models where they influence them in many ways, only borns receive their parent's attention all to themselves during their entire lives.

Siblings who grow up together are subjected to develop strong emotional bonds between them and this bond is often influenced by many factors such as parent's attention, birth order and personal experiences in and outside of the family (Saloni, 2021). Adjustments in individuals with siblings is found to be greater as they are able to resolve conflicts and are able to take others perspectives who are similar to them which in turn promotes feelings of care and concern for other people than individuals without siblings as they are given

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undivided attention and are not subjected to resolve feelings which arise in siblings such as rivalry, jealousy, sharing, caring and concern.

Anger is an intense emotion which arise feelings of tension, hostility generally from situations of frustration which can either be imagined or real hurt or by perceived injustice to oneself. It can be seen in behaviors such as expressing emotion by swearing or by having an intention to remove the threatening object by some action. Anger experiences are further shaped by events of unfairness, blameworthiness, injustice, cognitive appraisals or intentionality (Kassinove & Sukhodolsky, 1995). Anger is referred to as a mediator in the sibling peer aggression relationship and this construct is considered to be a cause of aggression in many theories of aggression and crimes (Agnew, 1992). Recent research on anger and aggression among youth suggested that there are significant difference in aggression, anger, physical aggression and humility among male and female engineering students. (Ahmad & Faheem, 2017)

Growing up with a sibling often leads to quarrels among resources which develops feelings of anger towards each other as to reach to a desired result or consequence. They often have to fight among themselves so as to acquire specific resources such as parental attention. Sibling conflicts often leads to strain, frustration which in turn engages the individual in behaviors which are violent and aggressive with their other peers or in social relationships is a central idea in which anger is seen as a mediator (Walters & Espelage, 2020).

Adolescence is also a very vulnerable age as the individual has to deal with the changing environment in social, emotional as well as physical areas. Many reviews which were done on adolescent behavior therapy that have been done previously have pointed that the nature of changes, challenges which occur at the stage of adolescence require an effective development of coping strategies for their adaptive functioning. They engage in areas such as crime and delinquency more frequently compared to other age groups. The use of violent behaviors is readily accepted and aggression increases in individuals (Peterson & Hamburg, 1986). Thus, these behaviors are learned, adopted from many situations, strengthened and sustained throughout the individual's life in adulthood.

The long-term consequences of anger or outbursts include difficulties in academics, substance abuse, problems in conduct as well as aggressive behaviors (DiGiuseppe et al., 2017). Research suggests that anger and aggression among the male population is due to the high level of testosterone hormone (Datta & Firdoush, 2012). A study which highlighted the gender differences found that adolescents were found to have moderate levels of anger and this was associated with mother's education, family size, type and their anger levels. 41% of adolescents anger expression were shouting and fighting. They also found differences in gender, anger expression, frequency of anger in adolescents. (Anjanappa, Govindan & Munivenkatappa, 2019). Keeping in mind about the negative effects of anger in adolescents it is important to treat them before as prevention for future negative outcomes which may affect the individual's healthy development.

According to Social learning theory, locus of control is a generalized expectancy which belongs to the perception of relationships between experiences which reinforce and behaviors (Lefcourt, 2000). Locus of control is the individual's tendency to perceive responsibility for the situations or events which occur in daily our life and their consequences to external factors such as God, fate etc which is referred to as external locus

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of control or attributing it to internal factors such qualities of a person which is referred to as internal locus of control.

The order of siblings is an important factor which effects children and helps them to shape their choices in their lives. Different birth order position such as oldest/youngest children, are exposed to different expectations which are held by parents and each individual contributes in a unique way for the formation of other individual's perspective. Research also suggests that children who are living with their younger siblings are more beneficial for developing their personality traits in self-concept and locus of control and which also suggests that sibship size has an effect on development on personality traits in adolescence (Yucel, 2014). This is because they are in constant interaction between their siblings which affect their social and emotional development and how they perceive their environment.

The present study aims to explore the relationship between anger and locus of control of an adolescent. As there are many studies which suggests the relationship between the negative feelings of anger and its role in progression of health problems such as hypertension, heart diseases, diabetes etc it is important to treat any high levels of anger by preventing it in early stages of life where changes can be incorporated and benefited throughout the life of an individual.

METHODOLOGY

Sample and procedure

The aim of the study was to compare anger and locus of control among adolescents with and without siblings. Sample comprised of 166 adolescents (65 males and 101 females) aged 16-19years and data was collected from different colleges in Bengaluru, Karnataka. There were two prominent groups of adolescents, one consisted of only child and other consisted of adolescents with at least one sibling. The Inclusion criteria for the study required the adolescents who are in the age group of 16-19yrs, must be residing at least with one sibling (In case of siblings group) and are Indians while the exclusion criteria were individuals who are Illiterate or have adopted siblings. The results were analyzed using Independent sample t test, Pearson correlation and simple linear regression.

Hypotheses

The hypotheses which were formulated were-

H0- There is no significant difference in anger among adolescents with sibling and without sibling.

H0 (1) - There is no significant difference in locus of control among adolescent with sibling and without sibling.

H0(2) - There is no significant difference in anger between males and females.

H0(3) - There is no significant difference in locus of control between males and females.

H1 - There is a significant relationship between anger and locus of control.

H2- There is a significant influence of anger on locus of control.

Instruments

Two measures were used in this study,

1. The Clinical Anger Scale:

The scale was designed by Snell et al., 1995. This scale consists of 21 groups of statements (4 in each group) where participants select the one which describes them.

The items assess the cognitive, affective, physical, motor and behavioral symptoms of clinical anger. The items are scored on a 4-point likert scale where the statement

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“D” corresponds to high intense anger. A high score indicates high clinical anger (range 0-63). The internal consistency is found to have a reliability coefficient .95 while the test re-test reliability was .78.

- 2. Internal-External Locus of Control-** The scale was designed by Julian Rotter (1966). The scale assesses the individual’s sense of control to life events and general beliefs for outcomes. It includes 29 questions where participant selects one out of the two options for each question which best describes them. The Rotter I-E LOC has adequate test-retest reliability ($r = .82$) and good internal consistency (Cronbach $\alpha = .77$).

RESULTS AND DISCUSSION

Table No. 1 Independent sample t test for anger and locus of control with respect to only child and siblings

Variable	Category	N	Mean	SD	t	p
Anger	Only Child	63	9.508	9.14	-3.49	0.001
	Siblings	103	15.03	10.33		
Locus of Control	Only child	63	12.20	2.48	-1.89	0.06
	Siblings	103	13.05	3.27		

Table 1 indicates that the t value for Anger among adolescents with and without siblings was found to be -3.49 with the corresponding p value of 0.001 ($p < 0.05$) which indicates that there is a significant difference. The results do not support the hypothesis and therefore H_0 - There is no significant difference in anger among adolescent with sibling and without sibling is rejected. Anger experiences is found to be more in adolescents with siblings compared to adolescents who are an only child. It might be due to a reason that growing up with a sibling frequently causes arguments, conflicts and fights which breeds resentment against one another in order to get the intended outcome or effect. Siblings frequently have to compete with one another for certain resources, such parental attention. As they have been subjected to anger experiences in early life they might as well react to situations in a similar manner later. The results support a study which was conducted by Schiller (2005) on 67 adults only children and 69 adults with siblings where they revealed that minimal differences were found between adult only children and adults raised with siblings on a measure of anger when assessed with STAX-2.

The t value for Locus of Control among adolescents with and without siblings was found to be -1.89 with the corresponding p value of 0.06 ($p > 0.05$) which indicates that there is no significant difference. The results support the hypothesis and therefore $H_0(1)$ - There is no significant difference in locus of control among adolescent with sibling and without sibling is accepted. Some probable reasons would be as the order and number of siblings is an important factor which effects children and helps them to shape their choices in their lives. Only children may have differences in their development but they might experience the same situations and attain same skills in their later years of development from their peer groups in school environment, cousins and neighbors who they might form social relationships with. The results are in line with the conclusions presented by Harris (2006) which concluded that birth order is important in shaping behavior and attitudes, but its influence may diminish over time.

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Table No. 2 Independent sample t test for anger and locus of control with respect to gender

Variable	Category	N	Mean	SD	t	p
Anger	Males	65	11.56	9.33	-1.43	0.15
	Females	101	13.82	10.72		
Locus of Control	Males	65	12.12	2.31	-2.28	0.02
	Females	101	13.12	3.34		

Table 2 indicates that the t value for Anger among male and female adolescents was found to be -1.43 with the corresponding p value of 0.15 ($p > 0.05$) which indicates that there is a significant difference. The results do not support the hypothesis H0(2)- There is no significant difference in anger among male and female adolescents and therefore it is rejected. Anger is found to be more in female adolescents compared to males. It is important to note that females have been reported to be more compared to males. The probable reasons for the result might be that females are more likely than males to be subjected to violence in the family, sexual abuse, assault, negative circumstances and hence may experience anger frequently. Often men express their anger in an instrumental manner, aggression, violence or behaving in a particular manner while females are subjected to express anger in a verbal or expressive manner. The results are in line with the study conducted by Suter et al. (2002) where they concluded that high levels of anger were found within the female sample was noteworthy given the low number of violent female participants (12%) in contrast to violent males (54%) and that may indicate that female prisoners represent a more pathological population than male prisoners.

The t value for Locus of Control among male and female adolescents was found to be -2.28 with the corresponding p value of 0.02 ($p < 0.05$) which indicates that there is a significant difference. The results do not support the hypothesis H0(3)- There is no significant difference in locus of control among male and female adolescents and therefore it is rejected. Locus of control is found to be more (external) in female adolescents compared to males. It might be due to the upbringing of adolescents in our culture and society. Females don't have the same opportunities for independence that males have, which forces them to use parental influence to further their own interests. Hence, social power and influence difficulties are more significant for women than for men. As a result, males may acquire an individual orientation towards internality, whereas females get an external orientation. In a study which supported our hypothesis which was conducted by Nerguz et al. (2010) where they found that the majority of male students believe that their experiences are caused by their own activity (Internal locus of control), whereas the rest of the females believe that their experiences are caused by different variables other than their own actions.

Table No. 3 Descriptive statistics and correlation for relationship between anger and locus of control

Variable	N	Mean	SD	Anger	Locus of control
Anger	166	12.94	10.23	.	
Locus of control	166	12.73	3.01	0.15*	.

Note: * $p < 0.05$

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Table 3 suggests that a positive correlation exists between anger and locus of control for adolescents with a r value of 0.15 and p value of 0.04 ($p < 0.05$) which indicates that there is a significant relationship between anger and locus of control. The results support the hypothesis H1- There is a significant relationship between anger and locus of control and therefore it is accepted. Reasons for the relationship would be related to how the individual perceives a negative circumstance and overcomes it either by positive coping mechanisms such as actively finding a solution or by negative coping mechanisms such as by aggression. The results are in line with the study by Deming & Lochman (2008) conducted on children which suggested that anger and impulsivity were positively associated with aggression while impulsivity was seen to be a moderator between anger and aggressiveness, internal locus of control was adversely related with aggression.

Table No. 4 Linear regression for influence of anger on locus of control

Variable	Beta	SE	β	t	p
Locus of Control	0.53	0.26	0.15	2.05	0.04

Table 4 indicates that the t value was found to be 2.05 and significant value p was found to be 0.04 ($p < 0.05$) which indicates that there is a significant influence of anger on adolescent's locus of control and therefore H2- There is a significant influence of anger on locus of control is accepted. As level of anger increases, internal to external locus of control increases. One probable reason would be that when an individual experiences anger, he might tend to associate the negative circumstances and situations to the outside world around him by expressing anger in the form of verbal or physical aggression. Research has suggested that increase in our locus of control i.e Internal locus of control where an individual believes that situations happen due to his own skills and behavior leads to less anger experiences. A study which supports the influence of locus of control on anger was conducted by Abdolmanafi et al. (2011) on 127 MDD patients where they found that internal locus of control was accompanied by a decreased link between anger-eliciting events and depression, whereas regression analysis demonstrated that depression levels exhibit a clear, meaningful association with anger components and locus of control.

CONCLUSION

It can be concluded that anger in adolescents with siblings is greater when compared to adolescents without siblings as having sibling provides an opportunity for adolescents to frequently engage in arguments, conflicts and fights which breeds resentment against one another in order to get the intended outcome or effect. As they have been subjected to anger experiences in early life they might as well react to situations in a similar manner later in life. Anger differences have also been found in males and females where females are found to experience anger more frequently when compared to males. This could be due to our society where females are more likely to be subjected to violence in the family, sexual abuse, assault, negative circumstances and therefore may experience anger frequently. Also, there are no differences observed in locus of control of adolescents with and without siblings. This could be due to environment in which the adolescent grows. As different birth order positions are exposed to different expectations which are held by parents and each individual contributes in a unique way for the formation of other individual's perspective. Only children may have differences in their development but they might experience the same situations and attain same skills in their later years of development. Results also suggested that females have been subjected to have more external locus of control when compared to males. It might be due to the upbringing of adolescents in our culture and

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society as females don't have the same opportunities for independence that males have, which forces them to be dependent on others. Hence, social power and influence difficulties are more significant for women than for men.

Limitations

The sample size was small present some limitations to be considered about generalization, interpretations and etiological attributes of variables. If additional data had been gathered from a bigger sample, the study would have produced a more accurate and dependable result. Birth order differences were not observed. No additional extraneous factors could be controlled by the research. Moreover, there were more females compared to male responses.

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Conflict of Interest

The author declared no conflict of interests.

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