



Survey Of Anger, Psychological Well-Being, Resilience And Social Capitals Of Adolescents And Youth, Adults And Middle- Aged 15 To 60 (Comparative Study)

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ABSTRACT

Background: Studies show that there are many factors that contribute to anger, and many psychological components can lead to increased anger management mechanisms. There are also differences in the amount of this component based on demographic indicators in different age groups. Therefore, considering the importance of this issue in this study, the differences between these components in different age groups and based on demographic indicators were investigated. **Purpose:** Given the importance of demographic indicators in the occurrence of anger indicators, psychological well-being, resilience and social capital in this study, the purpose of this study was to compare the anger, psychological well-being, resilience and social capital in adolescents and youth, adults and middle-aged 15-60 years, as well as compare these variables based on gender, marital status and levels of education. **Method:** This study is a causal-comparative study and multivariate analysis of variance (Manova) with respect to the assumptions will be used to analyze the data. The statistical population included adolescents and youth aged 15 to 20, adults 21 to 40, and middle-aged 41 to 60 years. In this study, 400 individuals were selected by random sampling. The ages of participants ranged from 15 to 60 years. There were equivalent numbers of men (n=84) and women (n=189). More participants (n=109) were unmarried than were married (n=94), %39.9 (unmarried), %34.4 (married) and %25.7 It has been unanswered. Also, 34.4% of the participants were adolescents and youth people, 34.4% were adults people and 31.1% were middle-aged people. Also, 20.9% of the sample had undergraduate education, 22% had a diploma degree, 24.9% had a bachelor's degree, 12.1% had a master's degree or higher, and 20.2% had no answer. **Findings:** the results showed that the difference between the three age groups in the psychological well-being component is confirmed. based on the adjusted averages, it can be said that with 95% confidence, the middle-

aged group had the highest average in the psychological well-being component. It was also revealed that there is no difference between any of the variables of Anger variables, psychological well-being, resilience, and social capital in the two groups of men and women. Also, there was a difference between single and married groups is confirmed in the components of Anger variables, Trait anger, State Anger, and psychological well-being. Also, based on the adjusted averages, it can be said that with 95% confidence, the single group had a higher average in anger components than the married group and had lower psychological well-being. Also, the results show that the difference between different educations in the anger component is confirmed. based on the adjusted averages, it can be said that with 95% confidence, the diploma and sub-diploma education groups have a higher average in the component of anger than the masters and doctoral degrees. Conclusion: Aggression and aggressive behavior in children are seen in both boys and girls, although in girls the aggression is less physical than in boys and is associated with less physical harm. Also, married people seem to experience less negative emotions due to the experience of intimacy, and therefore experience a lower level of anger and higher psychological well-being. People with higher education also seem to have better skills in regulating nothingness and controlling anger due to more training.

Keywords: anger, psychological well-being, resilience, social capitals, demographic indicators.

INTRODUCTION

Psychologists anger as the cause of much of the violence in the community and violence in society is increasing day by day (Jentery,2006). Emotional, psychological structure that has affected all aspects of our lives and it affected (Sarp& Tosun, 2011). Of these, anger is one of the types of emotions that play an important role in our psychological life. Despite the prevalence of anger in interpersonal relationships and society, there is a lack of systematic and accurate scientific research in this area (Denson,2012). Though emotional anger is natural and sometimes useful, it also has dangers, when anger is out of control and destructive, can lead to problems in work, interpersonal relationships, and the livelihood of life (American Psychiatric Association (APA),2014).

Anger is a completely natural, human, and usually healthy feeling, but if it is not possible to control, it will be destructive and can create problems in the workplace and social interactions (Lepes & Aden, 1999). Lachman (2002); Carver & Hamon (2009) considers anger inhibition as a kind of reduction in emotional feelings and physiological stimuli that anger has caused it. They also believe that the object of anger inhibition is to reduce emotional feelings, restraint, anger management and turning it into constructive behavior. According to study Wilkowski and Robinson (2008) and Alyakline et al. (2009), anger is not an inappropriate and inaccurate sense, but if it is not controlled, it can turn into an outbreak and lead to aggression.

One of the variables that influence on anger management is resilience. Resilience is achieving positive results in spite of challenging conditions and threats (Zolkowski & Bullock, 2012). Not only it refers to the ability of a person to cope with unfavorable events of life in order to maintain normal

psychosocial function, but also includes the ability to continue the growth and express the capacities, knowledge, insights, and virtues derived by meeting the desires and challenges of the individual world (nakashima & Kanda,2005). Resilience is defined as positive mental capacity to return to the first place, namely return to before hardship, uncertainty, conflict and failure or even positive change, progression and increased responsibility (Siu & wong, 2000). Regarding aspects of growth, resilience may vary in different situations, times and individuals (Horuani, Bender Weimer, Peeler, Lane, Lerson, 2012).

Resilience is the ability of a person to establish a bio psychological balance against risky conditions and a person with high resilience has optimism and intellectual flexibility in transforming problems to opportunity for learning and growth, such a person has perseverance and self-esteem, a healthy social network, the ability to increase emotional capabilities, and on the other hand, the ability to solve problems and conflicts (rustam oghli, talebi joybari & porzor, 2016). However, the resilience is partly dependent on personal characteristics and peripheral experience of individuals. (Noone, Hastings, 2009).

Many studies have examined the relationship between resilience and anger, for example in a study entitled The Mediating Role of Resilience in the Relationship Between Perceived Parenting Styles and Anger Management Results demonstrate Resilience was a positive predictor of anger management and played a mediator role between authoritative and authoritarian parenting styles and anger management (Azarnioshan, Naderi, Shojaei & Asghariganji,2019). In another study entitled Effectiveness of Anger Management Training in Reducing Aggressive Behavior and Improving Resilience among Children with Hearing Disability at Amman The results indicate the high efficiency of the anger management training program in reducing aggressive behavior and improving resilience among children with hearing disabilities (Almakanin & Alkhawaldeh,2019).

Another of the variables discussed in this research is social capital. Essentially, humans in interacting with others to meet their needs and do things. The effects of these actions and conflicts and their role is to such an extent that its removal makes life impossible. Many social scientists have used the concept of social capital since the 1990s to understand social interactions (Coleman,1988, Bourdieu,1984, Fukuyama, 1982, Putnam, 1995). Pantum believes that the main idea of social capital is that the family, friends, and colleagues constitute very important assets that one person can use in critical situations (tavasoli & mosavi, 2006).

Brian Turner believes that social capital supports people against acute depression and stress so decrease of it will make people vulnerable to negative psychological states. Accordingly, it can be assumed that social capital can act as a shield and protective against stress, depression, anxiety, aggression and different violence (saadati, 2011).

In study entitled Social Capital and Adolescent Violent Behavior Where the Correlation between Fighting and Weapon Use among Secondary School Students is examined Results demonstrate the importance of social capital factors across domains as significant resources moderating violence outcomes, especially parent-child relationships and school affiliation (Wright, Fitzpatrick,2006). In another study with entitled Coercion, Social Support, and Crime, Results demonstrate coercion causes crime and social support prevents crime (Colvin, , Cullen, & Vander ven, 2006).

On the other hand, anger also has psychological consequences for individuals, including the reduction of psychological well-being. Psychological well-being is the ability to reach the latent talents of people at a young age that is the basis of formation and development of talent (narimani, yousefi & lazemi,2015). In recent years, a group of mental health researchers have chosen a different theoretical and research approach to explain this concept. They considered mental health as a positive psychological function and conceptualized it in the form of the term (psychological well-being). With anger management you can have a positive influence on psychological well-being (orang, 2019).

In a study entitled Investigation of the Effect of Intolerance of Uncertainty and the effect of Anger Control on the Relationship between Forgiveness and Psychological Well-Being through Structural Equation Modelling Was shown Increase of tendency to forgiveness also increases anger control level and it was found that this mediates the effect of tendency to forgiveness on Psychological well-being (KOÇ, Iskender, Çolak& Düşünceli,2016).

Several studies have examined the differences in people's anger and psychological well-being with demographic indicators, for example, in a study entitled Age, anger regulation and well-being Was shown age improvements in quality of life were explained by variance in anger regulation indicating that improved management of emotions with age is an important factor in maintaining well-being in old age (Philips, Henry, Hosie & Milne,2007).

Also in another study entitled The relationship between adult health and childhood maltreatment, as moderated by anger and ethnic background Was shown from a series of multiple regressions indicated anger and total childhood maltreatment were robust predictors of poorer health (Rapoza, Kimberly, Wilson, Denise,2014).

On the other hand, the variables of age, gender and education are also related to anger. In a study entitled Age and Gender Differences in Adults' Descriptions of Emotional Reactions to Interpersonal Problems Results demonstrate Adolescents and young adults were more likely than older adults to describe anger. Adolescents and young adults also reported more intense aversive responses than older adults. Women rated their distress as more intense than men. With the exception of middle-aged and oldest-old adults, women reported that they experienced distress for a longer duration than men (Birditt, Fingerman,2003).

Also one study, by scientists at Southwest Missouri State University, who surveyed around 200 men and women, suggested that women were as angry and acted on their anger as frequently as men. The main difference they identified was that men felt less effective when forced to contain their anger, while women seemed better able to control immediate impulsive responses to anger (Devlin, 2019).Also in research entitled Functional Limitations and Psychological Distress that Marital Status was as Moderator The effect of marital status on anger has been investigated and it has been determined that marriage weakens the relationship between functional limitations and depression .This research shows that marriage may benefit mental health by preventing the deleterious effects of chronic stressors(Bierman,2012).

Also Gupta (2008) in book Anger Management Noted that in a study based on marital status (married and unmarried), there are differences in the indicators of anger trait, anger mood, anger

response and cognitive anger. And in general, the findings showed that women who did not receive support had higher anger scores.

Given the importance of demographic indicators in the occurrence of anger indicators, psychological well-being, resilience and social capital in this study, the purpose of this study was to compare the anger, psychological well-being, resilience and social capital in adolescents and youth, adults and middle aged 15-60 years, as well as compare these variables based on gender, marital status and levels of education.

Hypothesis:

- There is significant difference between Anger variables, psychological well-being, resilience and social capitals in adolescents, youth, adults and middle aged 15-60 years.
- There is significant difference between Anger variables, psychological well-being, resilience and social capitals among men and women aged 15-60 years.
- There is significant difference between Anger variables, psychological well-being, resilience and social capital among singles and married people.
- There is significant difference between Anger variables, psychological well-being, resilience and social capitals among people with different educational backgrounds.

METHOD

This study is a causal- comparative study and a multivariate analysis of variance (Manova) with respect to the assumptions will be used to analyze the data. Data were also analyzed using SPSS24 software.

Statistical population, sample and sampling method

The statistical population included adolescents and youth aged 15 to 20, adults 21 to 40 and middle-aged 41 to 60 years. In this study, 400 individuals were selected by random sampling method including 3 groups of adolescents and youth, adults and middle-aged people. Among the distributed questionnaires, after removing the incomplete questionnaires, 273 questionnaires were collected and analyzed. Ages of participants ranged from 15 to 60 years. There were equivalent numbers of men (n=84) and women (n=189). More participants (n=109) were unmarried than were married (n=94), %39.9 (unmarried), %34.4 (married) and %25.7 It has been unanswered. Also, 34.4% of the participants were adolescents and youth people, 34.4% were adults people and 31.1% were middle-aged people. Also, 20.9% of the sample had undergraduate education, 22% had a diploma degree, 24.9% had a bachelor's degree, 12.1% had a master's degree or higher, and 20.2% had no answer.

Measuring instrument

The instruments are including The Spielberger State -Trait Anger Inventory, Ryff scale psychological well-being (RSPWB), Rafiei social capital inventory (2007) and Conner-Davidson resilience scale. Ryff scale psychological well-being has 18 options and 6 subtests. The subject is asked to judge himself on one of the options 1 to 6, completely opposed, partly opposed, slightly opposed, slightly agreeable, partly agreeable and fully agreeable. Higher score is a sign of better psychological well-being. The numbers 3-5-9-10-13-16-17 is scored reversely. The psychometric features of this questionnaire show that the reliability and validity of psychological well-being scales have been reported in several studies. The internal consistency coefficient of the sub-scales of short form of

psychological well-being scales, as well as the internal consistency coefficient of the whole test is reported to be about 50%. In order to standardization of well-being scales, Riff has reported this questionnaire as follows: Autonomy 76% - Environmental control 90% - Individual growth 87% - Positive relationship with others 91% - Purposeful life 90% - Self acceptance 93%- Evidence of the convergence validity of the test suggests that six factors of psychological well-being are positively associated with satisfaction of life, self-esteem and creativity and with depression, chance and external control source has negative relationship.

The Spielberger State -Trait Anger Inventory-2: This scale was prepared by Spielberger (1983) in 57 materials. The questionnaire consists of six scales and five subscales. Alpha coefficients have reported anger rate scale, anger-state, anger- trait, anger mood and anger reaction subscales 0.90-0.82 -0.89 -0.70, respectively. Khodayari Fard, Lavasani, Akbari zardkhaneh and Layaghat (2007) have assessed the reliability and validity of this questionnaire using a sample of 1272 students from Tehran University. Based on this research, the validity of the tool was varied by Cronbach's alpha method in multiple subscales between 0.60 for internal anger expressing and 0.93 for anger-state. The coefficient of validity of bisection technique is reported to be 0.57 for the internal anger expressing subscale and 0.89 for the state of anger subscale. Also the coefficient of validity with a re-test method was 0.58 for an internal anger expressing and 0.93 for the anger-state subscales (khodayari fard and parand, 2013).

The Social Capital Questionnaire was developed by Rafiee, et al in (2007), The questionnaire has 20 items that measure this structure in two forms of the inter-group and intra- group. The factor structure of this tool consists of three factors related to inter-group social capital (empathy and belonging, trust, cooperation and participation) and two factors associated with intra-group social capital (having relationships with people with different interests and life- styles), Which generally explain 58% of social capital changes. This tool has high reliability ($\alpha = 0.825$) and its Cronbach's alpha coefficient is 0.825.

Conner-Davidson resilience scale: The questionnaire has 25 items in a 5-point scale. In this questionnaire, the maximum score is 100 and the minimum is zero, the score for each subject is equal to the sum of scores for each of the questions. Connor and Davidson (2003) have reported test-retest reliability of this questionnaire on 24 patients with GAD and PTSD (0.87).

The convergence validity of this questionnaire was done by using the Kobasa Hardiness Questionnaire on 30 psychiatric patients and the results showed that resilience questionnaire has correlation with kobasa hardiness questionnaire (0.83) and perceived stress (0.76), also suggest that high levels of stress relate to low stress (Conner, Davidson, 2003). In general, the results show the reliability and validity of the resilience questionnaire. In Iran, resilience questionnaire was standardized by Mohammadi (2006) and the results showed that this questionnaire has a Cronbach's alpha of 0.89. Regarding its validity, using factor analysis method, the calculation of each score with the total score showed that except for the three questions, the coefficients of other questions were between 0.14 and 0.64. In the present study, Cronbach's alpha was obtained 0.89 for the whole scale.

Entry criteria

The criteria for entering the research are included the degree of education (at least diploma), age, satisfaction for responding and the ability to understand inventory and questions. Exit criteria are refusal to cooperation, inability to understand questions and communicate with researchers. Ethically, researchers need to get people's consent for cooperation and provide them with information about the purpose of research. People's name will not be asked and the researchers will note that the questionnaires will be used only for the intended research.

FINDINGS

Descriptive Findings of Research Variables

In this section, we examine descriptive statistics in three groups: adolescents and youth, adults, middle-aged people, and the whole sample.

Table 1: Descriptive Statistics of research variables in three age groups and total sample

Group		Mean	Standard deviation	Skewness	Kurtosis
Adolescents and Youth	State Anger	22.41	8.95	2.05	2.47
	Trait anger	19.38	6.35	0.58	0.10
	Anger Expressing	34.75	7.76	0.11	-0.08
	Anger control	42.15	12.25	0.05	-0.64
	Resilience	81.91	21.40	-0.67	0.52
	Psychological well-being	70.75	8.97	0.33	-0.01
	Social capital	89.26	19.35	0.38	-0.18
	State Anger	19.66	7.51	2.73	2.48
Adults	Trait anger	19.86	5.34	0.42	-0.07
	Anger Expressing	35.03	5.66	-0.10	-0.44
	Anger control	44.53	9.99	0.15	-0.86
	Resilience	87.60	17.77	-0.07	-0.65
	Psychological well-being	74.94	9.67	-0.16	-0.65
	Social capital	90.99	15.67	0.23	-0.27
	State Anger	19.33	5.71	1.82	2.78
Middle-aged	Trait anger	18.27	5.18	1.17	2.12
	Anger Expressing	33.74	6.72	1.00	1.48
	Anger control	45.58	10.51	-0.17	-0.81
	Resilience	90.21	18.78	-0.31	-0.58
	Psychological well-being	75.76	10.86	-0.25	-0.37
Total	Social capital	88.92	16.98	0.35	-0.09
	State Anger	20.51	7.66	2.36	2.15
	Trait anger	19.20	5.68	0.68	0.43
	Anger Expressing	34.53	6.76	0.32	0.31
	Anger control	44.04	11.03	-0.05	-0.67
	Resilience	86.45	19.63	-0.47	0.21
	Psychological well-being	73.75	10.04	0.01	-0.52
	Social capital	89.75	17.37	0.31	-0.15

The results of the table 1 show that in the component of psychological well-being, the lowest average is related to the adolescent group.

Statistical analysis of research hypotheses

In this study, the Anger variables, psychological well-being, resilience and social capital in three groups of adolescents and youth, adults and middle-aged and other demographic variables were examined. And the hypotheses are designed according to the research topic, which is used to measure multivariate analysis of variance, and SPSS24 statistical software is used in all stages of the research.

In using parametric statistical methods, the test assumptions must first be verified; Therefore, first, the assumptions of analysis of variance "Data independence, the normality of the dependent variable, homogeneity of variances" are examined.

ASSUMPTIONS OF VARIANCE ANALYSIS

Independence of Data

Being independent means that the score of each individual in the accompanying and dependent variable is independent of the scores of all other subjects. This condition was met because the subjects' answers to the questions were not influenced by the other subjects.

Test the normality of data distribution

It recommends a general criterion for the normality of a single variable. If the Skewness and Kurtosis are not in the range (3, -3), the data will not have a normal distribution. Based on the data in Table 1, it is clear that the index of curvature and elongation of any of the markers is not outside the range (3, -3) and therefore they can be considered normal or normal approximation.

Homogeneity of variance

To investigate this assumption, Levine test was used, the results of which are listed in Table 2.

Table 2: Levine F test to check the homogeneity of variances in three age groups

Statistics of variables	Df1	Df2	F	Sig
State Anger	270	2	2.022	0.134
Trait anger	270	2	1.969	0.142
Anger Expressing	270	2	1.969	0.142
Anger control	270	2	2.054	0.13
Resilience	270	2	0.511	0.601
Psychological well-being	270	2	0.428	0.652
Social capital	270	2	0.428	0.652

According to Table 2, the homogeneity of variances assumption is valid for all variables ($p > 0.05$).

Homogeneity of covariance matrix

The standard method for evaluating the equivalence of covariance matrices is the M box test, in which a significance of less than 0.05 is considered a Heterogeneity or inequality index.

Table 3: Box's Test of Equality of Covariance Matrices

Index	Box's Test of Equality of Covariance Matrices
Box's M	11.75
F	0.82
df 1	56
df 2	204711.458
Sig	0.61

According to the table3, it is assumed that the covariance matrices are equal ($p > 0.05$).

According to the sum of the proposed defaults, it can be seen that the data of this research have the ability to enter the analysis of variance and multivariate analysis of variance and the group differences can be examined in the dependent variables.

Hypothesis 1: There is a significant difference between Anger variables, psychological well-being, resilience and social capital in adolescents, young people and middle-aged 15 to 60 years old.

Multivariate analysis of variance was used to test this hypothesis.

Table 4: Multivariate Tests

Statistical effect index	Test	Value	F	Hypothesis df	Error df	sig	Eta coefficient
Group	Pillai's Trace	0.12	2.38	14	530	0.003	0.06
	Wilks' Lambda	0.88	2.39	14	528	0.003	0.06
	Hotelling's Trace	0.13	2.40	14	526	0.003	0.06
	Roy's Largest Root	0.10	3.69	7	265	0.001	0.09

The results of Table 4 show that with the multivariate variance analysis method, there is a significant effect for the "age groups" factor. This effect shows that there is a difference between at least one of the Anger variables, psychological well-being, resilience and social capital in the three groups of youth, adolescents and middle-aged people (Wilks' Lambda = 0.88, $p < 0.05$).

Table 5: Tests of Between-Subjects Effects

Dependent Variable	Source	SS	Df	MS	F	Sig.	Partial Eta Squared
State Anger	group	526.15	2.00	263.07	4.60	0.011	0.03
Trait anger	group	117.54	2.00	58.77	1.83	0.16	0.01
Anger Expressing	group	81.60	2.00	40.80	0.89	0.41	0.01
Anger control	group	558.65	2.00	279.32	2.32	0.10	0.02
Resilience	Group	3268.87	2.00	1634.44	4.34	0.014	0.03
Psychological well-being	Group	1321.86	2.00	660.93	6.84	0.001	0.05
State Anger	Group	226.18	2.00	113.09	0.37	0.69	0.00

The results of Table 5 show that the difference between the three age groups in the psychological well-being component is confirmed.

As can be seen from the results of Table 5, the significance level obtained for the psychological well-being component is smaller compared to the significance level of 0.007 obtained from the Benfroni correction (dividing the significance level by 0.05 over 7 dependent variables). Also, based on the adjusted averages, it can be said that with 95% confidence, the middle-aged group had the highest average in the psychological well-being component.

Hypothesis 2: There is a significant difference between Anger variables, psychological well-being, resilience and social capital among men and women aged 15 to 60 years.

Multivariate analysis of variance was used to test this hypothesis.

Table 6: Multivariate Tests

Statistical effect index	Test	Value	F	Hypothesis df	Error df	sig	Eta coefficient
Group	Pillai's Trace	0.03	1.11	7	265	0.358	0.03
	Wilks' Lambda	0.97	1.11	7	265	0.358	0.03
	Hotelling's Trace	0.03	1.11	7	265	0.358	0.03
	Roy's Largest Root	0.03	1.11	7	265	0.358	0.03

The results of Table 6 show that with multivariate analysis of variance, there is no significant effect for the "gender" group factor. This result shows that there is no difference between any of the variables of Anger variables, psychological well-being, resilience and social capital in the two groups of men and women (Lambda Wilkes = 0.97, $p > 0.05$).

Hypothesis 3: There is a significant difference between Anger variables, psychological well-being, resilience and social capital among singles and married people.

Multivariate analysis of variance was used to test this hypothesis.

Table 7: Multivariate Tests

Statistical effect index	Test	Value	F	Hypothesis df	Error df	sig	Eta coefficient
Group	Pillai's Trace	0.17	2.57	14	392	0.001	0.08
	Wilks' Lambda	0.84	2.63	14	390	0.001	0.09
	Hotelling's Trace	0.19	2.69	14	388	0.001	0.09
	Roy's Largest Root	0.17	4.85	7	196	0.001	0.15

The results of Table 7 show that with the multivariate variance analysis method, there is a significant effect for the "marital status" group factor. This effect shows that there is a difference between at least one of the variables of Anger variables, psychological well-being, resilience and social capital in the two groups of single and married people (Lambda Wilkes = 0.84, $p < 0.05$).

Table 8: Tests of Between-Subjects

Dependent Variable	Source	SS	Df	MS	F	Sig.	Partial Eta Squared
State Anger	Group	562.34	1.00	562.34	8.55	0.004	0.04
Trait anger	Group	255.53	1.00	255.53	7.97	0.005	0.04
Anger Expressing	Group	413.00	1.00	413.00	11.75	0.001	0.06
Anger control	Group	368.70	1.00	368.70	3.51	0.062	0.02
Resilience	Group	1031.09	1.00	1031.09	3.34	0.069	0.02
Psychological well-being	Group	1080.24	1.00	1080.24	11.56	0.001	0.05
State Anger	Group	0.87	1.00	0.87	0.00	0.956	0.00

The results of Table 8 show that the difference between single and married groups is confirmed in the components of Anger variables, Trait anger, State Anger and psychological well-being. As can be seen from the results of Table 8, the significance level obtained for the components of the components of anger mode, Trait anger, State Anger and psychological well-being compared to the significance level of 0.007 was obtained from Benfroni correction. (Divide the significance level by 0.05 on 7 dependent variables) It is smaller. Also, based on the adjusted averages, it can be said that with 95% confidence, the single group had a higher average in anger components than the married group and had a lower psychological well-being.

Hypothesis 4: There is a significant difference between Anger variables, psychological well-being, resilience and social capital among people with different education. Multivariate analysis of variance was used to test this hypothesis.

Table 9. Multivariate Tests

Statistical effect index	Test	Value	F	Hypothesis df	Error df	sig	Eta coefficient
Group	Pillai's Trace	0.17	1.80	21.00	624.00	0.02	0.06
	Wilks' Lambda	0.84	1.81	21.00	592.07	0.02	0.06
	Hotelling's Trace	0.19	1.82	21.00	614.00	0.01	0.06
	Roy's Largest Root	0.11	3.36	7.00	208.00	0.00	0.10

The results of Table 9 show that with the multivariate analysis of variance, there is a significant effect for the "education" group factor. This effect shows that there is a difference between at least one of the variables of Anger variables, psychological well-being, resilience and social capital in people with different education (Lambda Wilkes = 0.84, $p < 0.05$).

Table 9: Tests of Between-Subjects Effects

Dependent Variable	Source	SS	Df	MS	F	Sig.	Partial Eta Squared
State Anger	group	717.79	3.00	239.26	4.39	0.005	0.06
Trait anger	group	104.67	3.00	34.89	1.06	0.366	0.02
Anger Expressing	group	233.04	3.00	77.68	1.81	0.147	0.03
Anger control	group	234.22	3.00	78.07	0.64	0.592	0.01
Resilience	group	2366.48	3.00	788.83	2.24	0.085	0.03
Psychological well-being	group	1097.96	3.00	365.99	3.91	0.01	0.05
State Anger	group	3108.07	3.00	1036.02	3.54	0.016	0.05

The results of Table 9 show that the difference between different educations in the anger component is confirmed. As can be seen from the results of Table 14, the significance level obtained for the anger state component is smaller compared to the significance level of 0.008 obtained from the Benfroni correction (dividing the significance level by 0.05 to 6 dependent variables). Also, based on the adjusted averages, it can be said that with 95% confidence, the diploma and sub-diploma education groups have a higher average in the component of anger than the master's and doctoral degrees.

DISCUSSION

According to the results of this study, it was found that the elderly has higher psychological well-being than other age groups. The results were obtained by research (Philips, Henry, Hosie & Milne, 2007, Rapoza, Kimberly, Wilson, Denise, 2014, Louise, Julie, Judith, AB Milne, 2006) are aligned.

It was also found that there was no gender difference in the levels of anger, psychological well-being, resilience and social capital in men and women. The results are consistent with the results of research (Devlin, 2019, Birditt, Fingerman, 2003, Milovchevicha, Howellsb, Drewc Dayb, 2001). In addition, it was found that marital status can be effective in the occurrence of all components of anger, i.e. the state of anger, the trait of anger and the expression of anger. Thus, single people scored higher than married people in these indicators.

This result is consistent with the research of Bierman (2012) and Gupta (2008). It was also found that married people have a higher psychological well-being than single people. These results are in line with Philips, Henry, Hosie and Milne (2007) research. Also, in the last part of the research, it was found that people with lower education than diploma and diploma are significantly different from people with higher education in the component of anger mode, which is consistent with the research (Birditt, Finger man, 2003, Boylan & Ryff, 2014).

In general, it can be said that older people experience less anger due to better emotion management, and this has a positive effect on their psychological well-being.

Also, men and women do not seem to differ from each other in experiencing negative emotions, but there is a difference in expressing anger based on research.

Both biological and environmental factors are involved in explaining gender differences in aggression. In this regard, biological factors are related to heredity and hormones, while environmental factors include cultural expectations, adult and peer patterns, and aggression rewards.

Aggression and aggressive behavior in children, which can even lead to harm to homosexuals, is seen in both boys and girls, although in girls the aggression is less physical than in boys and is associated with less physical harm.

Also, married people seem to experience less negative emotions due to the experience of intimacy, and therefore experience a lower level of anger and higher psychological well-being. People with higher education also seem to have better skills in regulating nothingness and controlling anger due to more training, and people with lower education seem to have less control over their anger due to their weakness in emotional regulation skills.

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