

THE RELATIONSHIP BETWEEN FEMALE ADOLESCENTS' STRATEGY ON COMBATING WITH STRESS

Gökmen DAĞLI

Faculty of Education, Near East University, Nicosia.
gokmen.dagli@neu.edu.tr

Abstract: The aim of this research is to investigate on the relationship between female adolescents' strategy on combating with stress who have committed disciplinary crime and continuous anger-anger manner. Research population is based on students in TRNC attending vocational high schools. 102 students out of the ones who committed disciplinary crime are sampled by appropriate sampling method and included in the research. For data gathering tool, "Continuous Anger-Anger Manner Scale" by Özer (1994) and "Stress Management Strategies Scale" adopted by Sahin and Durak is used in the research. Continuous Anger-Anger Manner Scale in Turkish form is calculated separately for Cronbach Alpha values, dimensions for "Continuous Anger", "anger under control", "observed anger" are found .81, .83, .79, .72, respectively. "Stress Management Strategies Scale" Cronbach alpha trust coefficient is varying between 0.49 and 0.82. In the analysis of data SPSS (Statistical Package for the Social Science)13.0 package program is used. For data, Pearson moments multiplication, arithmetic average, single-sided variance analysis (ANOVA) and t-test is employed. Significance level is taken as 0.05 in the research. In conclusion of the research, for female adolescents' who committed disciplinary crime, it has been found that there are significant relationship between Stress Management Strategies Scale and Anger-Anger Manner Scale. Furthermore, it has been observed that Stress Management Strategies Scale and Anger-Anger Manner Scale Lower Scale are significantly varying depending on sociodemographic features.

Keywords: Adolescent, stress, anger, student, strategy.

Introduction

The adolescence period is a period where people's anger and hostile actions escalate. In many researches, it can be observed that the hostile actions and behavioral abnormalities rise during this period (Feindler, 1990; Yavuzer, 1992). Adolescence stage is a difficult period of the life for the developing child. After a period of quite long and well balanced behavior, child move to stage of unstable and erratic adolescence period. (Parman 1998; Yavuzer 1982).

According to the cognitive perspective, many negative feelings such as extreme anger, depression and stress against the real incidents that we met in our lives are based on non-functional knowledge such as untouchable expectations, corrupted perceptions, wrong thought patterns, illogical thoughts and inappropriate attributions. Cognitive interventions are aimed to correct this type of thoughts and feelings and ideas related to them. (Rose, 1998).

People who focus on their insufficiencies, fears, sense of avoidness have tendency to withdrawn and give less reaction to their world. At this point, it is accepted that children and adults that have social anxiety or shyness problem or children that have not taken serious by their equals are not only the quiet ones, they are also individuals that don't have necessary social skills to make effective interpersonal communication. (Leary ve Kowalski, 1997).

Children that have social anxiety or shyness don't have typical developmental learning experiences compared to their equals that have normal development because they have tendency to avoid from social interaction (Beidel ve Turner, 1998).

Clark ve Mcmanus (2002), investigate the relationship between social anxiety and cognitive processes and talk about the vicious circle that have social anxiety continued. According to this circle, the anxiety created by people who have a series of cognitive laterally before and after the social interactions, drop their social performance.

Anger is one of the significant emotional expressions of adolescents in every age group and the way of expressing anger is another important point. If anger cannot expose in an appropriate ways or not to express will cause a physical, psychological and social problems in adolescent. (Starner ve Peters 2004).

Anger arises in various ways in every individuals. These are; extrinsic anger, intrinsic anger and pulse into anger (Bostancı, Çoban, Tekin ve Özen 2006; Lerner 2007; Özer 1997; Starner ve Peters 2004; Sung, Puskar ve Sereika 2006; Tambağ ve Öz 2005).

Extrinsic anger is the way of expressing anger verbally or poured out of the transmission of behaviour and an adaptive response to cope with stress caused by anger. Intrinsic anger; is a anger which person hiding or keeping inside that have been using against the anger of an alternative compliance mechanism (Starner ve Peters 2004).

The aim of this research is to investigate the relationship between stress management strategies and continuous anger-anger manner of male adolescents who have committed disciplinary crime. With the discussion of the possible solutions in the light of the existing data, the research is considered to be providing contributions for educators who are dealing with the subject.

Purposes of the Study

1. Are the significant relationship between continuous anger-anger manner and stress management strategies lover scales in students who participated in the research?
2. Are they varying based on "gender of sibling before and sibling after" variable?
3. Are they varying based on "Career Plans after school" variable?

4. Are they varying based on “number of siblings” variable?
5. Are they varying based on “mother-father alive or dead” variable?
6. Are they varying based on “mother-father status” variable?
7. Are they varying based on “income” variable?
8. Are they varying based on “family manner perception” variable?

Method

Research Model

This research is realized in scanning model. Scanning models are research approaches aiming to describe past or present condition as it exists now. Researched state, incident, individual or object, is tried to be described under its own condition (Karasar, 2006).

Population and Sample

Students attending career high schools in TRNC are forming the population in our research. 102 female students who committed disciplinary crime are included in the sample using appropriate sampling method.

For research group, “Personal Information Form”, “Continuous Anger-Anger Manner Scale” and “Stress Management Strategies Scale” are employed.

Data Gathering

Application of “Continuous Anger-Anger Manner Scale” and “Stress Management Strategies Scale” in the research is undertaken between the dates of September 2011 – October 2011.

Statistical Data Analysis

In the analysis of data SPSS (Statistical Package for the Social Science)13.0 package program is used. Significance level is taken as 0.05 in the research.

Data Gathering Tools

Continuous Anger-Anger Manner Scale

The descriptions for the used concepts in this scale are given below:

1. Continuous Anger: ”It is concept expressing the frequency of having conditional anger in general (Özer, 1994a).
2. Internalized Anger: Internalized anger is concept expressing the tendency towards oppressing angry thoughts and feelings (Spielberger,1991).
3. Externalized Anger: Externalized anger is symbolization of the tendency of showing anger towards surrounding objects and individuals (Spielberger,1991).
4. Anger Control: Anger control is explaining the ability in preventing the expression and the feeling of anger (Özer, 1994b).

Stress Management Strategies Scale

Scale factors and the description of the factors are as follows (Gündüz, 2000):

1. Self-confident Approach: Evaluation of the importance of the problem and solution alternatives, being self-possessed and planned on solution, showing logical, active and conscious effort for changing the condition.
2. Approach without Self-Confidence: It is the way of directing the energy of one towards self-accusation, self-weakness, seeing himself as the source of the problem instead of spending that energy in solving the problem.
3. Optimistic Approach: It is the approach where one looks at problems indulgently and optimisticly and evaluates the problems calmly and realistically.
4. Yielding/Helpless Approach: Expressing the feeling of helpless and searching for the solution in supernatural powers by following a fatalist approach.
5. Searching Social Support Approach: It is expressed as the sharing of the problem with others and asking for others help in finding the solution.

Findings

In this section, the findings that has been gathered for testing research problems has been listed. First research problem is explained as “Is there a significant relationship between adolescent stress management strategies of adolescents participating in the research and continous anger-anger manner.

In order to find the relationship between stress management strategies and continous anger-anger manner sub-scales, pearson product moment correlation has been calculated. According to this, there is a negative significant relationship between self-confident approach and continous anger ($r=-,509$ $p<0,01$).

There is a positive significant relationship between self-confident approach and anger control ($r=,417$ $p<0,01$). There has been found negative significant relationship between self-confident approach and external anger ($r=-,411$ $p<0,01$). There has been found negative significant relationship between self-confident approach and internal anger ($r=-,611$ $p<0,01$).

There is a positive significant relationship between approach without self-confidence and continous anger ($r=,656$ $p<0,01$). There is a negative significant relationship between approach without self-confidence and anger control ($r=-,409$ $p<0,01$). There is a positive significant relationship between approach without self-confidence and external anger ($r=,612$ $p<0,01$). There is a strong positive significant relationship between approach without self-confidence and internal anger ($r=,704$ $p<0,01$).

There is a negative significant relationship between optimistic approach and continous anger ($r=-,518$ $p<0,01$). There is a positive significant relationship between anger control and optimistic approach ($r=,459$ $p<0,01$). There is a negative significant relationship between optimistic approach and external anger ($r=-,568$ $p<0,01$). There is a negative significant relationship between internal anger and optimistic approach ($r=-,387$ $p<0,01$).

There is a positive significant relationship between yielding/helpless approach and continuous anger ($r=-,544$ $p<0,01$). There is not a significant relationship between yielding/helpless approach and anger control ($r=-,238$ $p>0,05$). There is a positive significant relationship between yielding/helpless approach and external anger ($r=,466$ $p<0,01$). There is a positive significant relationship between yielding/helpless approach and internal anger ($r=,567$ $p<0,01$).

There is a negative significant relationship between searching social support approach and continuous anger ($r=-,646$ $p<0,01$). There is a positive significant relationship between searching social support approach and anger control ($r=,386$ $p<0,01$). There is a negative significant relationship between searching social support approach and external anger ($r=-,422$ $p<0,01$). There is a negative significant relationship between searching social support approach and internal anger ($r=-,613$ $p<0,01$).

Table 1. Relationship between Stress Management Strategies Lower Scales and Continuous Anger-Anger Manner

Lower Scales	Self-confident	NoSelf-confidence	Optimistic Approach	Yielding Approach	Social Support
Continous.Anger	-,509**	,656**	-,518**	,544**	-,646**
Anger Control	,417**	-,409**	,459**	-,238	,386**
Ext. Anger	-,411**	,612**	-,568**	,466**	-,422**
<u>Inter. Anger.</u>	-,611**	,704**	-,387**	,567**	-,613**

$n=102$ $p<0,05^*$ $p<0,01^{**}$

Second research problem is explained as “Is there difference on participating students’ stress management strategies and continuous anger-anger style sub-scales based on social demographic characteristics.

In order to find whether stress management style of sample participating in the research and continuous anger-anger style sub-scales’ changes or not changes on point averages based on social demographic variables, t-test results has been given in table-2 and “One-Way ANOVA” test results has been given in table-3.

Table 2. Stress Management Strategies Lower Scales and Continuous Anger-Anger Manner Lower Scales t-test Results Based on Sociodemographic Features

Scale	Independent Variable	N	\bar{x}	SD	df	t	p
Cont. Anger	Previous Sibling Gender	Female	55	7,460	7,654	4,415	,000*
		Male	35	26,733			
Ext. Anger	Previous Sibling Gender	Female	55	14,200	3,366	2,428	,025*
		Male	35	18,133			

Ext. Anger	Following Sibling Gender	Female	22	16,166	4,344	23	2,102	,047*
		Male	34	20,076	4,906			
Int. Anger	Previous Sibling Gender	Female	55	13,680	5,535	38	2,895	,006*
		Male	35	18,666	4,790			
Cont. Anger	Career Plan	Present		21,687	8,463	50	2,108	,040*
		None		30,750	3,862			
Int. Anger	Career Plan	Present	1	16,020	5,575	50	2,196	,033*
		None	1	22,250	2,872			
Cont. Anger	Father	Alive	1	21,478	8,355	50	2,199	,033*
		Dead		29,333	7,004			
Int. Anger	Father	Alive	1	15,413	4,887	50	4,510	,000*
		Dead	1	24,833	4,070			
Cont. Anger	Mother-Father	Together	93	20,561	8,360	50	3,240	,002*
		Seperate	09	29,181	5,231			
Ext. Anger	Mother-Father	Together	91	15,634	4,683	50	3,058	,004**
		Separate	1	20,636	5,315			
Self-conf. App.	Previous Sibling Gender	Female	5	24,480	4,583	38	2,253	,030*
		Male	5	20,933	5,202			
No Self-conf. App.	Previous Sibling Gender	Female	5	15,000	6,726	38	3,644	,001**
		Male	5	22,600	5,754			
Yielding App.	Previous Sibling Gender	Female	5	10,520	5,156	38	2,967	,005**
		Male	5	15,333	4,623			

Social Support	Career Plan	Present	6	11,738	3,819	50	2,148	,038*
		None	46	19,900	3,446			
No Self-conf. App.	Mother - Father	Alive	56	18,130	7,301	50	2,131	,048*
		Dead	46	24,666	4,412			
Self-confident App.	Mother-Father	Together	56	23,365	4,542	50	2,413	,020*
		Separate	46	19,636	4,588			

According to results in Table-2;

Continuous anger mean value has found to be more significant for the ones whose older sibling is male (\bar{x} =7,460 ss=7,654) compared to the ones whose older sibling is female (\bar{x} =17,360 ss=7,654).

External anger mean value has found to be more significant for the ones whose older sibling is male (\bar{x} =14,200 ss=3,366) compared to the ones whose older sibling is female (\bar{x} =17,360 ss=3,366).

External anger mean value has found to be more significant for the ones whose younger sibling is male ($\bar{x}=16,166$ ss=4,344) compared to the ones whose younger sibling is female ($\bar{x}=16,166$ ss=4,344).

Internal anger mean value has found to be more significant for the ones whose younger sibling is male ($\bar{x}=13,680$ ss=5,535) compared to the ones whose younger sibling is female ($\bar{x}=13,680$ ss=5,535)

Continuous anger mean value has found to be more significant for the ones who have no career plans ($\bar{x}=21,687$ ss=3,862) compared to the ones who have career plans ($\bar{x}=21,687$ ss=8,463).

Internal anger mean value has found to be more significant for the ones who have no career plans ($\bar{x}=22,250$ ss=2,862) compared to the ones who have career plans ($\bar{x}=16,020$ ss=5,575).

Internal anger mean value has found to be more significant for the ones whose father is not alive ($\bar{x}=24,833$ ss=4,070) compared to the ones whose father is alive ($\bar{x}=15,413$ ss=4,887).

Continuous anger mean value has found to be more significant for the ones whose parents are separate ($\bar{x}=29,181$ ss=5,231) compared to the ones whose parents are together ($\bar{x}=20,561$ ss=8,360).

External anger mean value has found to be more significant for the ones whose parents are separate ($\bar{x}=20,636$ ss=5,315) compared to the ones whose parents are together ($\bar{x}=15,634$ ss=4,683).

Self-confident approach mean value has found to be more significant for the ones whose older sibling is female ($\bar{x}=24,480$ ss=4,583) compared to the ones whose older sibling is male ($\bar{x}=20,933$ ss=5,202).

No self-confidence approach mean value has found to be more significant for the ones whose older sibling is male ($\bar{x}=22,600$ ss=6,726) compared to the ones whose older sibling is female ($\bar{x}=22,600$ ss=5,754).

Yielding approach mean value has found to be more significant for the ones whose older sibling is male ($\bar{x}=15,333$ ss=4,623) compared to the ones whose older sibling is female ($\bar{x}=10,520$ ss=5,156).

Social support approach mean value has found to be more significant for the ones whose older sibling is female ($\bar{x}=12,960$ ss=3,769) compared to the ones whose older sibling is male ($\bar{x}=9,400$ ss=3,660).

Optimistic approach mean value has found to be more significant for the ones who have career plans (\bar{x} =15,404 ss=2,723), compared to the ones who have no career plans (\bar{x} =12,000 ss= 4,546).

Social support approach mean value has found to be more significant for the ones who have career plans (\bar{x} =11,738 ss=3,819), compared to the ones who have no career plans (\bar{x} =8,900 ss= 3,446).

No self-confidence approach mean value has found to be more significant for the ones whose father and mother are not alive (\bar{x} =24,666 ss=4,412) compared to the ones whose mother-father are alive (\bar{x} =18,130 ss=7,301).

Self-confident approach mean value has found to be more significant for the ones whose parents are together (\bar{x} =23,365 ss=4,542) compared to the ones whose parents are separate (\bar{x} =19,636 ss=4,588).

Table 3. Stress Management Strategies Lower Scales and Continuous Anger-Anger Manner Lower Scales ANOVA Results Based on Sociodemographic Features

Scale	Independent Variable	n	\bar{x}	SD	df	F	p	Difference	
No Self-conf. App.	Income	Good	52	14,001	6,817	2 49 51	10,006	,000**	(Good-Low)
		Ave.	32	22,277	5,889				
		Low	18	22,202	5,304				
		Top	102	18,884	7,307				
Yielding App.	Income	Good	52	10,134	5,221	2 49 51	5,846	,000**	(Good-Low)
		Ave.	32	14,055	3,764				
		Low	18	15,162	4,284				
		Top	102	12,576	5,011				
Scale	Independent Variable	n	\bar{x}	SD	df	F	p	Difference	
Social Support	Income	Good	52	13,234	3,622	2 49 51	7,344	,000**	(Good-Low)
		Ave.	32	9,555	2,894				
		Low	18	9,645	3,878				
		Top	102	11,192	3,885				
Cont. Anger	Income	Good	52	17,333	8,543	2 49 51	10,398	,000**	(Good-Low)
		Ave.	32	24,833	6,555				
		Low	18	28,354	6,441				
		Top	102	2,384	8,534				
Ext. Anger	Income	Good	52	14,663	4,321	2 49 51	4,662	,015*	(Good-Low)
		Ave.	32	16,888	5,290				
		Low	18	20,181	5,367				
		Top	102	16,692	5,196				
Int. Anger	Income	Good	52	13,664	6,222	2 49 51	6,441	,003**	(Good-Low)
		Ave.	32	18,222	4,808				
		Low	18	19,236	2,789				
		Top	102	16,500	5,651				
Social	Family	Strict	6	8,500	3,535	2	6,144	,000**	(Love-Not)

Support		Love	79	12,344	3,486	49 51			concerned)
		Not con.	17	8,436	4,765				
		Top	102	,192	3,885				
Cont. Anger	Family	Strict	6	,000	1,313	2 49 51	3,681	,043*	(Love- Not concerned)
		Love	79	20,766	8,768				
		Not con.	17	27,675	6,223				
		Top	102	22,384	8,534				

Table 3 - Continue

Ext. Anger	Family	Strict	6	,000	1,414	2 49 51	4,711	,014*	(Love- Not concerned)
		Love	79	,543	4,652				
		Not con.	17	,267	5,677				
		Top	102	,692	5,196				
Int. Anger	Family	Strict	6	,000	,656	2 49 51	4,581	,016*	(Love- Not concerned)
		Love	79	,667	,618				
		Not con.	17	20,699	4,761				
		Top	102	16,500	5,651				

p<0.05* p<0.01**

Based on “Scheffe” test;

It has been found that the *no self-confidence* lower scale is varying between the mean values of the ones whose income level is “good” (\bar{x} =14,001 ss=6,817) and for the ones whose income level is “low” (\bar{x} =22,202 ss=5,304) and this variance is significant for good income level ($F_{(no\ self-confidence)}=10,006$ p< 0,01 p=0,001).

It has been found that the *yielding approach* lower scale is varying between the mean values of the ones whose income level is “good” (\bar{x} =10,134 ss=5,221) and for the ones whose income level is “low” (\bar{x} =15,162 ss=4,284) and this variance is significant for good income level ($F_{(yielding\ approach)}=5,846$ p< 0,01 p=0,030).

It has been found that the *social support search approach* lower scale is varying between the mean values of the ones whose income level is “good” (\bar{x} =13,234 ss=3,622) and for the ones whose income level is “low” (\bar{x} =9,645 ss=3,878) and this variance is significant for good income level ($F_{(social\ support)}=7,344$ p< 0,01 p=0,005).

It has been found that the *continuous anger* lower scale is varying between the mean values of the ones whose income level is “good” (\bar{x} =17,333 ss=6,543) and for the ones whose income level is “low” (\bar{x} =28,354 ss=6,441) and this variance is significant for good income level ($F_{(continuous\ anger)}=10,398$ p< 0,01 p=0,000).

It has been found that the *external anger* lower scale is varying between the mean values of the ones whose income level is “good” ($\bar{x}=14,663$ ss=4,321) and for the ones whose income level is “low” ($\bar{x}=20,181$ ss=5,367) and this variance is significant for good income level ($F_{(\text{external anger})}= 4,662$ $p < 0,05$ $p=0,004$).

It has been found that the *internal anger* lower scale is varying between the mean values of the ones whose income level is “good” ($\bar{x}=13,664$ ss=6,222) and for the ones whose income level is “low” ($\bar{x}=19,236$ ss=2,789) and this variance is significant for good income level ($F_{(\text{internal anger})}= 6,441$ $p < 0,01$ $p=0,011$).

It has been found that the *social support* lower scale is varying between the mean values of the ones whose family is “loving and indulgent” ($\bar{x}=12,344$ ss=3,486) and for the ones whose family is “not concerned” ($\bar{x}=8,436$ ss=4,765) and this variance is significant for of the ones whose family is “loving and indulgent” ($F_{(\text{social support})}= 6,144$ $p < 0,01$ $p=0,007$).

It has been found that the *continuous anger* lower scale is varying between the mean values of the ones whose family is “loving and indulgent” ($\bar{x}=20,766$ ss=8,768) and for the ones whose family is “not concerned” ($\bar{x}=27,675$ ss=6,223) and this variance is significant for of the ones whose family is “loving and indulgent” ($F_{(\text{continuous anger})}= 3,681$ $p < 0,05$ $p=0,018$).

It has been found that the *external anger* lower scale is varying between the mean values of the ones whose family is “loving and indulgent” ($\bar{x}=15,543$ ss=4,652) and for the ones whose family is “not concerned” ($\bar{x}=19,267$ ss=5,677) and this variance is significant for of the ones whose family is “loving and indulgent” ($F_{(\text{external anger})}= 4,711$ $p < 0,05$ $p=0,037$).

It has been found that the *internal anger* lower scale is varying between the mean values of the ones whose family is “loving and indulgent” ($\bar{x}=15,667$ ss=5,618) and for the ones whose family is “not concerned” ($\bar{x}=20,699$ ss=4,761) and this variance is significant for of the ones whose family is “loving and indulgent” ($F_{(\text{internal anger})}= 4,581$ $p < 0,05$ $p=0,009$).

Conclusion, Discussions and Suggestions

When the Self- confident approach, optimist approach and a behavior of searching social support increase, and when the lack of confident, obedient approach decrease, the level of continuous anger decrease and in the exact opposite of these behaviours, the level of continuous anger increase.

When Self-confident approach, optimist approach, and searching social support increase, the reduce of continuous anger can be seen. with the increasing of lack of confident approach this anger increase too. By the increasing of Self- confident approach, optimist approach and searching social

support, the level of inner and outer anger decrease and when the lack of confident and obedient approach increase, inner and outer anger level increase too. There is a noteworthy relation between lack of confident approach and the inner anger. In the studies show that, parents of teens who commit a crime do not show enough social support to them (Johnson and Pandina 1991). Although the teens have high behaviours of defiance over against of stress cases that they have faced with, they have lower ability to cope with stress. (Bartek 1993 Steiner and Feldman 1995). With the courses that will be announced by the Ministry of Education, by the teaching improvement of confident behavior, improvement of solving problems, their anger level can be reduced by the help of student advisors.

The ones who had the older brothers have heigher level of continuous anger and inner- outer anger rather than the ones who have older sisters. This is beacuse of Older sisters or brothers have more superiority over their younger sisters or brothers. Parents can be reduced brother and sister conflict with the positive behaviours.

Ones whose fathers are not living, have heigher continuous anger and inner anger level rather the ones whose father's alive. The students whose parents are divorced, have heigher lack of confident behaviours and they have heigher outer anger level. Their optimist approach level and confident approach are lower than the others.

In Greenberger and McLaughlin's relational study about the connection with parents and to cope with stress in late adolescent period (1998), searching support, ability of solving problems play a big role in creation of connecting more confidently. School's psychologic advisor's positive guidance to the student advisors and families can be effective in solving problems of anger.

The ones who has heigh income have lower lack of self confident approach, continuous anger and inner anger level they have heigher searching of social support rather than who has lower income. Kısac, (1996) in his report on children who has low socio- economic level mentioned that some children are more angry and aggressive about their basic needs. With considering the income levels of the families, the government support can be provided in education expense.

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