VARIABLES ASSOCIATED WITH HIGH ANGER CONTROL AMONG ADOLESCENT STUDENTS

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Abstract

Objective: To explore the variables associated with high anger control among adolescent students in Cartagena, Colombia. Method: A cross-sectional survey was carried out with the participation of adolescent students in sixth and seventh grades. Anger control was quantified with a seven-item scale (Cronbach’s alpha = 0.73). Associated variables were adjusted by using logistic regression models. Results: A total of 1,090 students between 10 and 18 years of age (M = 12.3, SD = 1.1); 565 (52.1%) of the adolescents were female. A group of 984 students (90.3%) reported positive self-esteem; 409 (37.5%) good family functioning; 860 (78.9%) absence of clinically significant anxiety symptoms; and 821 (75.3%) high anger control. High anger control was associated with good family functioning (OR = 1.68, 95%CI 1.23-2.31), positive self-esteem (OR = 2.18, 95%CI 1.43-3.34), and absence of clinically significant anxiety symptoms (OR = 1.67, 95%CI 1.21-2.30). Conclusions: High anger control is present in three out of four students. High anger control is associated with good family functioning, positive, self-esteem, and low anxiety. Further research related to adolescent anger control is needed.

Keywords: Anger, adolescent, students, Colombia, cross-sectional studies
References

