



ELSEVIER

Available online at www.sciencedirect.com

SCIENCE @ DIRECT®

Personality and Individual Differences 39 (2005) 1147–1157

PERSONALITY AND
INDIVIDUAL DIFFERENCES

www.elsevier.com/locate/paid

Anger rumination in Hong Kong and Great Britain: Validation of the scale and a cross-cultural comparison

Jonathan P. Maxwell^{a,*}, Denis G. Sukhodolsky^b,
Chris C.F. Chow^a, Cecilia F.C. Wong^a

^a *Institute of Human Performance, University of Hong Kong, Pokfulam, Hong Kong, China*

^b *Child Study Centre, Yale University School of Medicine, New Haven, CT 06520, USA*

Received 2 September 2004; accepted 31 March 2005

Available online 27 June 2005

Abstract

English and Chinese versions of the Anger Rumination Scale (ARS; Sukhodolsky, Golub, & Cromwell, 2001) were distributed to 495 British and 453 Hong Kong Chinese participants. Confirmatory factor analysis verified factorial equivalence between the English and Chinese versions replicating the previously reported four factor structure of Angry Memories, Thoughts of Revenge, Angry Afterthoughts and Understanding of Causes. Internal reliability of the Chinese ARS ranged from .68 to .85. Chinese participants scored higher than British on all subscales, suggesting higher levels of anger rumination. The pattern of scores on the four scales was similar with highest endorsement of Understanding of Causes items and lowest for Thoughts of Revenge. It was concluded that the Chinese version of the Anger Rumination Scale may be useful for cross-cultural research.

© 2005 Elsevier Ltd. All rights reserved.

Keywords: Anger Rumination Scale; Chinese; British; Confirmatory factor analysis; Structural equation modelling

* Corresponding author. Tel.: +852 2817 9576; fax: +852 2818 8042.

E-mail addresses: maxwellj@hku.hk (J.P. Maxwell), denis.sukhodolsky@yale.edu (D.G. Sukhodolsky).

1. Introduction

Emotions can be triggered by a multitude of events that may occur externally or internally (Deffenbacher, 1999). Verbal abuse from a partner (an external trigger) may instigate feelings of depression, anger or fear (or even a mishmash of all three) and, subsequently, memories of the event (internal) may rouse the same emotions. The tendency to think over past events repetitively has been labelled rumination and is more often associated with negative thoughts (Lyubomirsky & Nolen-Hoeksema, 1995; Nolen-Hoeksema, 1991; Watkins, 2004). Previous research has tended to focus on the interaction between rumination and sadness, depression or stress (Conway, Csank, Holm, & Blake, 2000; Martin & Tesser, 1996; Nolen-Hoeksema, 1991; Roger & Najarian, 1998). Rumination has been linked to depression exacerbation, onset, remission, chronicity and maintenance (e.g. Just & Alloy, 1997; Kuehner & Weber, 1999; Nolen-Hoeksema, 2000; Nolen-Hoeksema, Parker, & Larson, 1994; Watkins, 2004).

Recently, there has been increasing interest concerning the relationship between rumination and high-activation moods, such as anger, which may not respond to rumination in the same way as low-activation moods such as depression (Rusting & Nolen-Hoeksema, 1998). Anger is defined as a subjective, negative emotion associated with threat, negative appraisal, activating physiological responses and engaging behavioural tendencies (Kassinove & Sukhodolsky, 1995). Anger is likely to involve beliefs of self-justification or blaming of others (Averill, 1982; Baumeister, Stillwell, & Wotman, 1990; Frijda, 1986; Rusting & Nolen-Hoeksema, 1998). Anger ranges in intensity from mild annoyance through to extreme rage depending on the situation and can be inflamed by a variety of provocations including memories of past anger. Anger rumination, therefore, is the tendency to think over and over anger inducing past events and may be employed in a conscious attempt to resolve negative feelings or may intrude despite the intentions of the individual to avoid such thoughts (Langlois, Freeston, & Ladouceur, 2000a, 2000b; Sukhodolsky, Golub, & Cromwell, 2001; Watkins, 2004; Wenzlaff & Wegner, 2000).

Evidence that anger rumination increases negative affect by 'feeding the flame' (Bushman, 2002; Bushman, Baumeister, & Philips, 2001), rather than cathartically releasing the negative emotion, has been provided by several researchers. For example, Rusting and Nolen-Hoeksema (1998) discovered that rumination following anger induction tended to increase experienced anger and that women were more likely to ruminate than were men. Distraction reportedly either had no effect or decreased angry feelings and was the preferred male strategy. In a similar study, Bushman (2002) had participants hit a punching bag after being angered by a negative appraisal. Participants were required to either ruminate about the person who had insulted them or think about getting fit (distraction). The rumination group were significantly angrier than the distraction group after the punch bag session and were more likely to respond aggressively when subsequently given the opportunity to punish the person who had angered them. Anger rumination, particularly thoughts of revenge, has also been associated with increased athlete aggression (Maxwell, 2004). Recent evidence suggests that anger rumination is also associated with suicidal ideation (Miros, 2000), ineffective coping (Stoeber, 2003), and elevated blood pressure (Hogan & Linden, 2004).

The content of ruminative thought is likely to affect subsequently displayed behavioural and physiological responses. For example, vengeful thoughts may increase cardiovascular activity or the probability of subsequent aggression. By contrast, attempts to understand the causes of

متن کامل مقاله

دریافت فوری ←

ISIArticles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات