Anger factors impacting on life satisfaction of mothers with young children in Korea: Does mother's age matter?

Kai-Sook Chung, Mina Kim

Abstract

The relationship between adult anger and parent anger factors and maternal life satisfaction of mothers with young children and the moderating effect of maternal age on the relationship were examined. The participants were 325 mothers of young children and aged from 25 to 47 residing in metropolitan areas of Korea. Likert questionnaires requiring self-reporting by mothers, were used to examine mothers' experience of adult anger and parent anger as well as life satisfaction. The results of the study were as follows. First, both adult anger and parent anger predicted 10% of the variability of maternal life satisfaction and parent anger in the association with age improved the predictability to 22%. Second, adult anger management was positively associated with maternal life satisfaction while adult anger suppression was negatively associated with maternal life satisfaction. Third, the higher parent situational anger the mothers experienced, the lower life satisfaction they had and that was significant for young mothers only. The higher parent anger management difficulty mothers had, the lower life satisfaction they had and that was true for both young and old mothers.

1. Introduction

Recently, a term 'anger management disorder' frequently appears in the media. Through several social incidents relevant serious aggressive behavior aiming person and/or objective generated in a variety of situations, anger management difficulty seems to be recognized as a cause associated with the antisocial events. Anger expression and suppression are classified as a dysfunctional while anger management with awareness of the anger state and various tactics to regulate the anger are classified as a functional anger factor (Spielberger, Krasner, & Soloman, 1988). Anger expression or suppression seems to be the central figure of undermining not only a particular individual but also social community. In the same vein, management of anger by parents might be a key factor in forming a healthy home environment as well as parents' wellbeing (see Hong & Giannakopoulos, 1994). Anger seems to be produced if there is discrepancy between desire state and actual state in an individual and the individual has different acceptable range or standard for each of circumstances or objects (see Chon, 1996; Higgins, 1987). Thus, a mother has two different ranges of acceptance toward others as an adult and as a parent and if there is a discrepancy between adult standard and parent standard regarding acceptance toward others, she may experience anger.

Mothers are assumed to experience different types and amount of anger in coping with stressful life events including childrearing and anger experience of mothers should be viewed differently from those of adults. Anger relevant experience in a limited context of parenting courses is distinct from anger experienced and expressed by an adult in many aspects of one's life. A mother in early motherhood is in the process of establishment of her own identity and raising the parenting value so that she experiences a lot of confusion and anger from the mix of tasks in personal development as an adult and in developmental process as a mother (Demick, 2012; Leon, 2008). Especially, mothers with young children experience relatively high parenting adaptation stress due to the developmental characteristics of children and the most dependency for care (Bardnard & Solchany, 2012). Parenting stress in the mother of an infant is associated with state anger and anger expression of the mother (Lam, 1999) and the mother appeals the difficulties of self-control and emotion regulation in the process of childrearing (Chung & Kim, 2014). Parental anger was found to be related to more negative accounts of the child as well as the parent (Parfitt & Ayers, 2012). Mothers are currently facing with various difficulties relevant parenting including financial burden, deprivation of liberty for childrearing, discipline problems, and rapidly changing social values. This pressure increases more difficulties for the mothers as parents in general (Hamner & Turner, 2001) and it might hinder for individuals to pursue subjective happiness of their lives.

Despite the distinct characteristics of parent anger, studies in anger among mothers with young children have not distinguished parent anger from adult anger. Moreover, since these studies have mostly...
used the scale of adult anger to measure anger experience and expres-
sion of the mother (e.g., Spielberger et al., 1988), it has seldom properly
measured the anger appearing in special situations which adults were
caregivers. Although practitioners and researchers recognize the roles
of adult anger and parent anger in various daily situations for mothers,
a simultaneous assessment of parent anger and adult anger has been
notably lacking in the field.

The effects of maternal age on individual and family outcomes are of
increasing interest because of the demographic shifts toward older ma-
ternal age at first birth. The trend to delay motherhood to the age of 30
and beyond is common in most advanced countries but relatively little
is known about potential effects of maternal age on maternal well-
being. Some studies looking for explanations or underlying reasons for
the relationship between age and life satisfaction suggest that life cir-
cumstances are changing to be less demanding thus less stressful as
well as spirituality is increasing in association with age (Kongarchapatara,
Moschis, & Ong, 2014). Older mothers (i.e., women who had first child at an advanced age) are more satisfied with life than their counterparts since childbirth is a well-planned life event con-
"considering career, financial condition, and parenthood when women are
mature (Aasheim, Waldenstrom, Rasmussen, Espehaun, & Schytt,
2014). Others, however, ascertained that life satisfaction among older
mothers is lower than younger mother due to the difficulties relevant
to pregnancy and childbirth risk factors (e.g., artificial conception, surgi-
cal delivery, or other health) (see Campbell et al., 2012). These contro-
versial findings bring up an interesting question that whether a mother having a child at relatively late age would benefit from a more
stable life situation as an adult (e.g., less stress from financial hardship,
more support from spouse, more stable career) or would make up for
the small but increased risk of psychological outcomes as a mother (e.g. anger from parenting) in early motherhood.

In addition, since anger is an affect constructed by society and socialized
through cultural paradigm (Averill, 1982), anger that parents ex-
perience might reflect different aspect of anger depending on cultures
they belong to. Parents in the Western individualistic culture see the
child as an independent individual whereas parents in collectivistic
familism culture have been molding a unique relationship between par-
ents and children (Yaman, Mesman, Ijzendoom, Bakermans-Kranenburg,
& Linting, 2010). Recognizing child-centered familialism and value in some cultures, parents might experience anger about chil-
dren who do not fit in their expectations or needs rather than under-
stand and accept the needs of children. Nevertheless, many existing
studies examining anger factors in relationship with life satisfaction
have limited the subjects of the studies to Western cultures (see
Bornstein, 2006; Diener, Diener, & Diener, 1995). This study, therefore,
aimed to investigate if parent anger and adult anger factors impact on
satisfaction with life of early motherhood in a sample of Korean mothers
and if the relationship between anger factors and maternal life satisfac-
tion differs depending on mother’s age. Furthermore, it is explored
whether parent anger and adult anger predict maternal life satisfaction
uniquely.

2. Methods

2.1. Procedures and participants

Participants were 325 mothers with early childhood children resid-
ing in metropolitan areas of Korea. The questionnaires were distributed
to two daycare centers and three kindergartens in the areas. The authors
provided enough explanations about the purposes and contents of the
study and an informed consent was obtained from each participant
upon recruitment through teachers. Participants were aged from 25 to
47 years old and 50% of mothers were late 30s, 25% of mothers were
early 30s, and 20% of mothers were early 40s, 4% of mothers were late
20s, and 1% of mothers were late 40s. Regarding the number of children,
67% of mothers had two children, 18% had one child, 14% had three
children, and 1% had four children. Maternal age distribution by the
number of children was fairly even ranging from 25 to 47 for one-
child mothers, 25 to 44 for two-children mothers, 26 to 43 years old
for three-children mothers, and 33 to 43 years old for four-children
mothers. With respect to mothers’ education, 74% of the participants
were graduates of universities and above. Furthermore, 49% of mothers
had jobs. For monthly family income, 43% of families earned 2–4K USD,
38% of families earned 4–6K USD, 9% of families earned 6–8K USD, 7% of
families earned above 8K USD, and 4% of families earned below 2K USD.
The participating mothers belong to the middle class in regard to their
demographic standings.

2.2. Measurements

2.2.1. Adult anger

Mothers’ adult anger was assessed using the Korean adaptation of
the Anger Expression Scale (AX-K), which was originally developed by
Spielberger (AX, Anger Expression Scale, Spielberger, 1999) and
adapted in Korean culture (Chon, Kim, & Yi, 2000). The AX-K consists
of a total of 24 items that are grouped into three sub-scales: anger sup-
pression (8 items; e.g., “when I am angry with someone, I criticize
the person in my head”), anger expression (8 items; e.g., “when I am
angry, I argue with people”), and anger management (8 items; e.g.,
“When I am angry, I can restrain and remain calm”). Mothers rated them-
selves on the four-point Likert scale (1 – 4). Higher score in each sub-scale reflects that a moth-
er suppresses her anger more, a mother has long-lasting feelings of
anger inside, and a mother manages anger better. The alphas in original
study were 0.75 for anger suppression, 0.74 for anger expression, and
0.88 for anger control (Chon, 1996) and the alphas in the present
study were 0.79, 0.73, and 0.83 for anger suppression, anger expression
and anger control, respectively, suggesting fairly good reliability of AX-K
in this study.

2.2.2. Parent anger

Mothers’ parent anger was assessed using the Korean adaptation of
the Parent Anger Scale (PAS-K, Chung, Son, Ryu, & Cha, 2016), which is
redeveloped on the basis of the Parent Anger Scale (Gavita, David,
DiGiuseppe, & DelVecchio, 2011; Notti, 2010). The score of the
redeveloped 6-point Likert scale ranges from 30 to 180 points. The
total explanatory power of the scale increased after the original fre-
cuency item was changed to the same item Likert scale. The PAS-K re-
vised by Chung et al. (2016) has some modifications to the items of
PAS with consideration of parenting situations and experiences in
Korea for the mothers of early motherhood. In Korean culture, mothers
tend to feel burden to respond to some questions since they feel guilt or
shame to express anger. In addition, PAS-K has been redeveloped as a
possible tool to measure parent anger for parents of early childhood
and school-age children, compared to PAS targeting parents of early
childhood children through adolescents (see Gavita et al., 2011; Notti,
2010). The PASK consists of a total of 18 items grouped into three
areas: situational anger experience (10 items; e.g., “when I get angry
with my child, I feel like screaming and yelling at my child”), impulsive
behavior (5 items; e.g., “when I am angry with my child, I destroy his/
her belongings or throw them away”), and anger management difficulty
(3 items; e.g., “when I am angry with my child, I am not able to control
myself”). The internal consistency of PAS-K in this study was fairly good
having Cronbach’s alphas for situational anger experience, impulsive
behavior, anger management difficulty, and overall as 0.88, 0.81, 0.75,
and 0.91, respectively.

2.2.3. Life satisfaction

Satisfaction with life was measured using the three-item version of
life satisfaction, which was developed as subscales of Concise Measure
of Subjective Well-Being by Suh and Koo (2011). Satisfaction with life
is measured in three separate domains of life - personal, relational,
دریافت فوری
متن کامل مقاله
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