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AN EXPLORATION OF CULTURAL PERSPECTIVES RELATED TO GENDER AND ANGER EXPRESSION

Our project has focused on exploring cultural perspectives related to anger and gender. For our research, we are utilizing thematic analysis to reflect on, interpret, and present our findings. We had participants complete a Google Form with our qualitative questions. Among our eight participants, we had four who identified as South Asian (Punjabi, Pakistani, Bangladeshi), and four who identified as Caucasian. We have found that there are notable cultural influences on perspectives of anger, as well as shared gender effects. Our results indicated recurring themes of “act like a lady,” facing fear and risk, key supports, cultural stereotypes, personal reflections, and self and other. Our analysis is consistent with the literature on the challenges women face when managing and expressing anger.

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