

The aim of the project is to test the effectiveness of different anger regulation strategies and the importance of people qualities in this efficiency. The effectiveness of the regulation of anger is to reduce unpleasant feelings because of anger experience and come back to mental balance which was before appearance of anger. The project will answer the question whether there are universal, in context of the effectiveness, strategies for dealing with anger or rather the effectiveness depends on the characteristics feature of people. Among the psychological characteristics that will be taken into account will be temperament, emotional intelligence and a tendency to feel angry for no specific reason. Research consist of conducting an experiment in which participants will play a game, during which they will feel anger. Then they will be asked to perform tasks that will allow them to use one of anger regulation strategy. The effectiveness of coping with anger will be measured on the basis of the difference in intensity of anger after playing the game and after complete the task. The intensity of emotions will be checked on the basis of changes in the human body, as well as information from participants.

Anger is one of the emotions that can be experienced in every area of human life. Anger often causes aggressive behavior. According to current knowledge about emotions aggression is only one of the forms of coping with anger. Moreover way of experiencing anger is very important issue for problems with anxiety, mood or trauma. Anger is also associated with physical diseases, especially cardiovascular disease. Research which regard background connected with using various strategies of coping with anger will allow revealing the specificity of feeling that emotion. In the future, we will also explore ways of learning of expressing anger, that will be more friendly to the social environment, and at the same time would correspond to the characteristics of each person. This will certainly raise the quality of the relationship between people and the life of every human being.