

An Investigation into the State-Trait Anger Expression Level of Taekwondo Students Attending High School

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ABSTRACT The purpose of this study was to investigate the state-trait anger expression level of taekwondo players attending high school. Two hundred and sixty (260) taekwondo students and two hundred and eighty-five (285) non-sporting students, five hundred and forty-five (545) male students in total, volunteered to take part in the study. The results of the study showed that the mean scores of taekwondo students for trait anger, anger-in and anger-out were lower compared with those of non-sporting students while the mean scores for anger control were higher than those of non-sporting-students. Though there was no significant difference amongst them with respect to trait anger, anger-in and anger-out scores, the difference in the scores of anger control was statistically significant. Results of the study concluded that sports factors should be considered as an important tool in the processes of anger control, prevention and problem solving.