

This thesis focuses on anger coping strategies, with emphasis on experiencing and expressing anger by women. First part surveys theoretical resources, especially anger in cultural framework and connection between anger coping and health. Based on theoretical background, BARQ questionnaire (Linden et. al.) and Czech version of STAXI (Stuchlíková, Man, Spielberger 1994, 2003), we designed a pilot questionnaire ANDO. Our goal was to design a questionnaire with better ability to register unhealthy anger coping mechanisms and gender differences. Using factor and cluster analysis, we established 9 subscales of strategies for coping with anger (4 of them are measuring anger coping strategies considered unhealthy) and derived preliminary standards for the questionnaire (n=212).

By the means of ANDO questionnaire we measured differences and relationship between two generations of Czech women. Our sample consisted of pairs of mothers and daughters (nm=41, nd=41). We wanted to verify, whether the change of social climate in Czech Republic influenced female anger coping strategies. And also if there is a connection between mothers and daughters anger coping style. We found, that mothers incline to anger-avoiding strategy more than daughters ($p<0,01$). On the other hand daughters tend to use the support-seeking strategy more ($p<0,01$). In addition, anger-avoiding strategy was also found to correlate statistically significantly between the mothers and daughters ($r=0,31$; $p<0,05$). Our efforts in this area were further complemented with qualitative interviews concerning coping with anger in females (n=5) from clinical population, which shed more light on the typically female unhealthy anger coping strategies.