

Abstract

Anger in the context of motherhood is still an insufficiently discussed and underresearched topic. The theoretical part of this thesis summarizes knowledge from the domains of anger, and in particular its sudden ego-dystonic attacks, stress, and psychosocial needs, or more precisely motivational goals and schemata, which lead to their satisfaction or prevent their frustration, and in the context of motherhood seeks potential causes of anger and highlights its consequences.

The empirical part of this thesis is based on quantitative research design, namely an online administered cross-sectional study, for which four inventories – Anger Attacks Questionnaire (AAQ), Rage Attacks Questionnaire (RAQ-R), Inventory of Approach and Avoidance Motivation (FAMOS), and Incongruence Questionnaire (INK) – were localized into the Czech setting. Perceived Stress Scale (PSS) was the last instrument used in this study. The research sample consisted of 257 adult women with an only child of up to 36 months of age and the study looked into the differences in subjective experience of mothers with anger attacks (N = 138) and without anger attacks (N = 119) with regard to the last three months.

In the domain of psychosocial needs, the greatest intraindividual deficits for mothers with anger attacks emerged in the following scales: Variety, Self-Reward, Affiliation / Sociability, Education / Knowledge, Status, Recognition / Respect, Autonomy, and Control. At the same time, these mothers experienced excess Vulnerability / Loss of Control, Hostility / Tension, Helplessness, and Failure. Mothers with anger attacks experienced rage significantly more often and also higher levels of stress than mothers without anger attacks. Significant differences between both groups of mothers were discovered in almost all approach goals as well as avoidance motives scales. Statistically most significant differences were found in the Hostility / Tension, Failure, and Control scales, but also the differences of other scales (except for Altruism) turned out significant. Mothers with anger attacks did demonstrate slightly higher preference for avoidance motives than mothers without anger attacks, however their absolute preference was for approach goals, which may be considered a result of a healthy motivational approach.

Keywords

Anger, stress, psychosocial needs, motivational schemata, motherhood