

Abstract

Currently, researchers are more likely to use mindfulness techniques. These practices have a beneficial effect on anger perception, experience, understanding, expression, and anger control. There has not yet been research on the influence of mindfulness on anger management in the Czech Republic. This thesis concerns the question, of whether it is possible to better manage and understand anger with the help of an 8week mindfulness course (MBSR). The literature-overview part summarizes current knowledge about mindfulness and anger, possible mechanisms of mindfulness on anger and methods of measuring anger. The research part includes the translation of the self-assessment inventory of anger STAXI-2 into the Czech language and the verification of its psychometric properties. It also covers the pilot use of STAXI-2 supplemented by FFMQ-15 in quantitatively focused research. The research design consists of a pretest–posttest control-group design plus a third measurement after one month. The experimental group participates in the eight-week mindfulness course, whereas the active control group participates in walks. The research is complemented by a qualitative analysis using semi-structured interviews. The main result of the research part is that completing an eight-week mindfulness course can lead to a significant reduction in the general index of anger ($N = 14$, $p < .05$). The qualitative part brought the findings that practice of mindfulness led to better coping and understanding of anger. Those were most affected by mechanisms of inner calming down, self-awareness, building distance to own emotionality, support of earlier awareness of coming emotions and increasing feelings of freewill and self-acceptance. This study can be beneficial for further research and study of measurement of anger, as well as support of MBSR courses as a suitable intervention for effective anger management.

Keywords

Mindfulness, Anger, STAXI-2, Anger Inventory, Anger Control, Mechanisms, MBSR, Coping.