

Anger, Anger expression and Perceived Stress among Nursing Undergraduates at the University of Peradeniya: A Descriptive Cross-Sectional Study

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Perceived stress is an important issue that can have a significant impact on nursing undergraduate's overall well-being. These issues cause to promote anger. When anger is under-expressed, it leads to negative consequences such as aggression, and physical violence. Therefore, this study aimed to investigate the relationship between anger, anger expression, and perceived stress. A descriptive cross-sectional study was conducted with the participation of 182 nursing undergraduates from the University of Peradeniya. A pre- tested self-administered questionnaire including demographic data, Perceived Stress Scale, Anger Scale, and Anger Expression Scale were used to collect data. Statistical analysis was conducted using SPSS version 27 and the significance level was set as $p \leq 0.05$. The Pearson correlation coefficient was used to examine the relationships between variables. The results showed a weak positive correlation ($r = 0.121$, $p = 0.128$) between moderate stress and moderate anger. A moderate positive statistically significant correlation ($r = 0.310$, $p < 0.001$) was found between stress and anger expression among the participants. Moreover, a moderate positive statistically significant correlation ($r = 0.346$, $p < 0.001$) was revealed between anger and anger expression. The findings showed when students reported feeling angry, they also tended to express that anger in their behaviors. These findings highlight the importance of supporting students in managing stress and handling their emotions in healthier ways. Offering them strategies to deal with stress and anger could make a real difference in their studies and future careers in nursing. It is crucial to give them tools to handle the pressure they face and find positive ways to express their emotions. This way, we can better support their well-being and their journey in to becoming successful nurses.

Keywords: Anger, anger expression, nursing undergraduates, perceived stress