

# The Moderating Role of Employment in the Relationship between Restraining Anger and Mental Health of Working Women and Housewives

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## Abstract

**Background and Objective:** Studies on advanced positive human resources indicate that anger and hostility affect mental health and can be so harmful and destructive to mental health that its impact goes as far as mental disorders. Islam has referred to the term "anger management" inviting people to swallow and manage their anger; therefore, the present study was conducted with the aim of examining the moderating role of employment on the relationship between anger and mental health in employed women and housewives.

**Methods:** The present study is descriptive correlational. The sample population included working women and housewives of Tehran and Karaj in the 2015-2016 academic year; 384 families were selected by convenience sampling method based on Krejcie and Morgan's table. The research instruments included a researcher-made questionnaire and the Goldenberg Mental Health Questionnaire. Pearson correlation test and hierarchical regression analysis were used. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

**Results:** The results showed that there was a positive and significant relationship between anger and mental health ( $P < 0.01$ ). Also, occupation has a moderating effect on the relationship between anger and mental health.

**Conclusion:** The results of this study indicate the importance of the variables of employment and anger on the mental health of working women and housewives.

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## Summary

### Background and Objective

Today, mental health as a variable that can provide the basis for turning potential talents into actual ones is of special importance. Mental health is considered as one of the main pillars of health and necessary for a dynamic, useful and productive life for people in any society, because any society needs healthy people for its

development and growth (1-2). Women's mental health guarantees family health and, consequently, health of the society. A review of the studies reveals two perspectives on the effect of women's participation in the workforce on their mental health: The first perspective emphasizes the benefits of employment and believes that employment has a positive effect on women's mental health, but another view suggests that although women's employment increases their self-reliance, it exposes them to more

psychological pressures (3). On the other hand, advanced studies of the positive human resources show that anger and hostility affect mental health and can be so harmful and destructive to mental health that its impact goes as far as the borderline of mental disorders. In this regard, Islam uses the term “*Kazm-e Gaiẓ*” [anger management] for proper control of anger and invites people to suppress and manage it; Therefore, it can be stated that one of the religious behaviors that contributes to mental health is anger management.

Since attention to employment, anger management, and mental health of women are essential, the present study was conducted to examine the mediating role of employment in the relationship between anger management and mental health of employed women and housewives.

## Methods

**Compliance with ethical guidelines:** In this study, all the related ethical principles were observed, including the confidentiality of the questionnaires information, obtaining the informed consent of the participants in the study, and leaving the participants free to leave the study.

This is a descriptive correlational study. The statistical population included two groups of families with employed and non-employed women (housewives) in Tehran and Karaj in 2016-2017. According to Krejcie and Morgan’s table, 384 families were selected by convenience sampling (192 people in each group) (the maximum number of samples according to Morgan’s table reduces the error rate and increases the validity of the study). The group was matched in terms of age, marital status and geographical location. The research instruments included a researcher-made questionnaire of *Kazm-e Gheiz* [Anger Management] and the Mental Health Questionnaire (Goldenberg). Pearson correlation test and hierarchical regression analysis were used for data analysis.

## Results

The results showed that in the study population, 121 people were less than 25 years old (31.5%), 142 people were 25-34 years old (36.9%), 78 people were 35-44 years old (20.3%), 38 people were 35-54 years old (9.9%) and 5 people were over 55 years old (1.3%). Also, 33 people had an educational degree lower than diploma (8.6%), 97 people had a diploma (25.3%), 208 people had a bachelor of art (54.1%), and 46 had a master’s degree (12%). The mean and standard deviation of

anger management was  $3.441 \pm 23.411$  in the group of employed women and  $3.277 \pm 23.385$  in the group of unemployed women and the mean and standard deviation of mental health was  $14.339 \pm 120.640$  in the group of employed women, and  $13.520 \pm 121.270$  in the group of unemployed women. Therefore, based on an analysis of descriptive statistics and comparing them with other findings in this study, it can be stated that out of 100% of the working women participating in this study, approximately 28% are in a critical condition and on the verge of illness, while out of 100% of the housewives, approximately 25% were in critical conditions and on the verge of illness. The results also showed that there was a positive and significant relationship between anger management and mental health ( $P < 0.01$ ). Also, employment had a moderating effect on the relationship between anger management and mental health.

## Conclusion

The results of this study showed that occupation has a moderating effect on the relationship between anger management and mental health, meaning that housewives with high degree of anger management enjoy a higher degree of mental health than working women. This result is consistent with the findings of Nemati et Al. and Sadeghi et Al. (4, 5) and inconsistent with the findings of Amini et al and Fallahzadeh et al. (6, 7). In explanation for this hypothesis, it can be stated that most foreign studies show that employment has a positive effect on women’s health and well-being. This seems to be influenced by the culture, society and civilization in which women live. In a society where a woman lives on the basis of a materialistic ideology and attitude and defines employment for herself accordingly, one cannot expect her to be negatively affected by the occupation because everything she loses through employment is not in the realm of her view and priorities to experience anxiety or stress by losing them. From another point of view, it can be stated that there are many negative effects of employment that, in the first place, do not influence the women themselves, and only influence their surroundings, including children, house order, spouse satisfaction, etc., which definitely have a direct or indirect effect on the health cycle in the individual, the family and the community. Therefore, it can be stated that under difficult life conditions, even if a person wants to show anger management, it will be difficult, and thus in the case of women,

employment in a special sense can be one of those harmful cases.

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### Ethical considerations

The authors declared this article is a research project approved by the Research Council of Women's Studies Research Center in Alzahra University.

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The authors declared Alzahra University Research Department was the sponsor of this research.

### Conflict of interest

The authors declared no conflict of interest.

### Authors' contribution

Initial idea and design, text revision and general supervision over the implementation of the design: first author; Method, and analysis and interpretation of data: second author; Research background collection, questionnaire distribution and data collection: third author; and discussion and conclusion: fourth author.

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## الدور الوسيط للوظيفة في العلاقة بين كظم الغيظ والصحة العقلية للمرأة العاملة وريبات البيوت

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### الملخص

**خلفية البحث وأهدافه:** تشير دراسات المصادر البشرية الإيجابية والمتقدمة إلى أن الغضب والعداء يهددان الصحة العقلية وقد يضران بالصحة العقلية لدرجة أن تأثيرهما يصل إلى الاضطرابات النفسية. من جهة أخرى، ومن أجل السيطرة على الغضب بشكل صحيح، استخدم دين الإسلام صفة "كظم الغيظ" ودعا الناس إلى تحكم في الغضب وادارته. لذلك تم إجراء البحث الحالي بهدف دراسة الدور الوسيط للوظيفة في العلاقة بين كظم الغيظ والصحة العقلية للنساء العاملات وريبات البيوت.

**منهجية البحث:** الدراسة الحالية هي دراسة ارتباطية وصفية. اشتمل المجتمع الاحصائي، النساء العاملات وريبات البيوت اللواتي يعشن في مدينتي طهران وكرج في عام ١٦-٢٠١٥ الدراسي. تم اختيار ٣٨٤ اسرة بطريقة أخذ العينات المتاحة بناءً على جدول Morgan and Krejcie. اشتملت ادوات البحث على استبيان كظم الغيظ الذي اعدده الباحث، واستبيان غولدنبرغ للصحة النفسية. لغرض تحليل البيانات، تم استخدام اختبار ارتباط "بيرسون" وتحليل الانحدار الهرمي. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وازدادة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

**المعطيات:** اظهرت النتائج ان هناك علاقة ايجابية ذات دلالة احصائية بين كظم الغيظ والصحة العقلية ( $P < 0.01$ ) وللوظيفة ايضاً دور وسيط للعلاقة بين كظم الغيظ والصحة العقلية.

**الاستنتاج:** تشير نتائج الدراسة الى أهمية متغيرات "الوظيفة" و"كظم الغيظ" على الصحة العقلية لدى النساء العاملات وريبات البيوت.

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الصحة العقلية  
كظم الغيظ  
النساء  
الوظيفة

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## نقش تعدیل کننده اشتغال در رابطه بین کظم غیظ و سلامت روان در زنان شاغل و خانه‌دار

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### چکیده

**سابقه و هدف:** مطالعات منابع انسانی پیشرفته مثبت‌گویی این مهم است که خشم و خصومت سلامت روان را تحت تأثیر قرار می‌دهد و آنچنان می‌تواند برای سلامت روان مضر و مخرب باشد که سیر تأثیرگذاری آن تا مرز اختلالات روانی پیش می‌رود. از سویی اسلام نیز برای کنترل صحیح خشم، صفت «کظم غیظ» را به کار برده و افراد را به فروخوردن و مدیریت آن دعوت نموده است؛ بنابراین پژوهش حاضر با هدف نقش تعدیل‌کننده اشتغال بر رابطه بین کظم غیظ و سلامت روان در زنان شاغل و خانه‌دار انجام شده است.

**روش کار:** پژوهش حاضر توصیفی از نوع همبستگی است. جامعه مورد مطالعه زنان شاغل و خانه‌دار شهر تهران و کرج در سال تحصیلی ۹۵-۱۳۹۴ بود که به روش نمونه‌گیری دردسترس ۳۸۴ خانواده بر اساس جدول کرجسی و مورگان انتخاب شدند. ابزارهای پژوهش شامل پرسش‌نامه محقق‌ساخته کظم غیظ و پرسش‌نامه سلامت روان گلدنبرگ بود و برای تحلیل داده‌ها از آزمون همبستگی پیرسون و تحلیل رگرسیون سلسله‌مراتبی استفاده شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج نشان داد بین کظم غیظ و سلامت روان رابطه مثبت و معناداری وجود داشت ( $P < 0/01$ ) و شغل نیز اثر تعدیل‌کننده‌ای بر رابطه بین کظم غیظ و سلامت روان داشت.

**نتیجه‌گیری:** یافته‌های پژوهش بیانگر اهمیت متغیرهای اشتغال و کظم غیظ بر سلامت روان زنان شاغل و خانه‌دار است.

### واژگان کلیدی:

زنان

سلامت روان

شغل

کظم غیظ

استناد مقاله به این صورت است:

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