

## **Anger problem behaviors and health status in adolescent women**

[Article in Korean]

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**PURPOSE:** This cross-sectional study was designed to identify anger-expression types of adolescent women and investigate the relation between the identified anger-expression types and their problem behaviors and health status. **METHOD:** One hundred ninety nine high school freshmen were recruited from September to November, 2003. Data was analyzed using descriptive statistics, cluster analysis, chi(2)-test, ANOVA, and Duncan's multiple comparison test. **RESULT:** Three anger-expression types in adolescent women were found; Anger-out/in, Anger-control/in, and Anger-control type. Adolescent women with frequently using the anger-out/in type and with higher state anger reported more delinquent behaviors, more health risk behaviors, and higher psychosomatic symptoms. However, adolescent women with lower state anger and frequently using the anger-control type reported more depression scores. **CONCLUSION:** There is a need to further clarify the relationship between anger-expression types and depression in adolescent women. The findings suggest the necessity of a development of the program for lowering the anger level and controlling the unfavorable anger expression types such as the anger-out in.

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