



Rage and Aggression Level Among Spouse and its Relationship with Family Dyadic

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ABSTRACT

Healthy development and family systems are self-motivated and codependent systems in today's environment. How the family system functions have a major effect on developmental processes of children in the family. The aims of the current study were to explore the correlation between rage, aggression also family dyadic among married couples. After the details literature review it was hypothesized that the proportion of rage and aggression among spouse and its relationship with family dyadic include marital couple in this study. The rage has leading effect on the aggression and its relationship the family dyadic's but this relationship is difference on the basis of gender i-e Male and female. For this study there was total 200 participants were selected including 100 male and 100 females couple. The age range of participants was starting 25 years of age to 50 years of age with at least matriculation educational level. Data was collected from the city of Faisalabad. Aggression questionnaire, Dyadic Adjustment scale Spanier, clinical anger scales were used to collection of the data. To calculate the results person correlation, liner regression was applied through the arithmetical package for social sciences (SPSS V-24). The result of the study has shown that there is significant relationship between rage, aggression and family dyadic. Results were also shown that rage is a strong predictor of family dyadic and aggression.

INTRODUCTION

In the current era of the rapidly evolving social landscape the family system stands as both are found in rational and fragile Institution. The families are recognized as the primary source of emotional support, psychological nurturing and social identity (Wijaya and Studies 2023, Ahmed and Review 2024). Whether nuclear or extended, traditional or blended, family units deeply influence the mental and emotional well-being of their members. It is within this dyadic bond that emotions such as love, trust, companionship but also anger, frustration and aggression, manifest with the most intensity and consequence (Hanne 2024, ASHFORD and MIOTTO 2025). In Pakistan and other societies, the family is not just a private unit but also a powerful social institution that shapes identity, roles and responsibilities. Parents are expected to serve as emotional anchors and moral guides, while children are raised in tightly knit intergenerational setups (Morshed 2018). Despite this idealistic view, many families struggle with dysfunctionality, often steaming from internal conflict, unresolved emotions and poor conflict resolution

skills (Niaz 2022). The quality of spousal relationships plays a critical role in determining the overall health of the family system. Poor marital adjustment, communication breakdowns and unmanaged anger can disrupt not only the couple's bond but also affect children's psychological development and family cohesion (Kadir and Affairs 2019, Fatimah 2020, Bjerén 2021).

Rage and aggression while natural emotional responses become toxic when they dominate spousal interactions. Aggression is a behavior intended to harm or injure another individual while rage is a height and often uncontrollable form of anger (Haller 2020, Garcia 2023). In the context of marriage, these emotions can be verbal emotional psychological or physical. When spouses consistently express range or resort to aggression to handle disagreements, it not only erodes trust but also distorts the dyadic adjustment which are the measures of satisfaction, cohesion and affectional expression within a relationship. To begin, we must distinguish between close and long-term objectives (Grunbaum 2020, TITIOYE 2021). As with morally aggressive violent models, we see

meaning to damage as essential trait of all aggression, but it is only required as a short-term aim. Second, at the level of the final aim, we distinguish between different sorts of hostility. As a result, both a raid and a physical attack are aggressive acts because they both to injure the victim on a local level. However, their final goals are usually different, with theft serving primarily profit-oriented purposes and attack serving primarily harm-oriented goals, the similarity and distinctions between affective and active aggression, especially motive-driven violence (Goff 2020). Research has long established that healthy marital relationships contribute positively to emotional well-being and Physical health while strained relationships can lead to stress, anxiety depression and even somatic illness (Grevenstein, Bluemke et al. 2019). The interplay between aggression and dyadic relations is particularly concerning because it often occurs in a cyclical pattern that unresolved conflict leads to aggression, which in return leads to emotional distancing, thereby further reducing dyadic satisfaction and promoting more conflict (Abbas, Aqeel et al. 2019, Adhikari, Shilpa et al. 2024). People would be enraged in diversity of ways and for a variety of reason. What irritates one person may not irritate others. Understanding the causes of anger as well as how to cope with control and manage it is challenging as a result of this. Internal and external recitatives work together to cause unstable levels of rage different people even in the same situation. A powerful person rage is result of the communication three modalities of trigger event individuals' internal external situation condition states and her or his main and minor appraisal about the event, capabilities, and coping sources, according to the theoretical construct of emotions (Schneeberger, Hladký et al. 2023).

Anger on the other hand is an unavoidable emotion. Nonetheless fury is a completely natural occurrence that like other human emotions is an indication of good health happiness and human feelings (Simpson 2018). Anger is the most common manner of expressing a concern in a relationship. Anger can be caused by both interior and extrinsic elements such as unreasonable and irrational thoughts and beliefs unmet expectations and dissatisfaction as well as extrinsic reasons such as neglect invasion breach of confidence and insult (Kušen and Strembeck 2020). In South Asian societies including Pakistan, the prevalence of patriarchal values, gender role expectations and familial pressures often exhibits the expression of aggression in spousal relationships (Abbas, Aqeel et al. 2023, Mahapatra and Murugan 2024). Men typically socialize to suppress emotional vulnerability and instead hazard dominance through control or even aggression. Women, on the other hand, are conditioned to tolerate, internalize or rationalize such behaviour for the sake of preserving family unity. This gendered double standard not only normalize toxic behaviours but also masks the civility of rage and its psychological consequences (Fillion 2023).

Recent studies also show that personality traits such as Neuroticism, impulsivity and low emotional intelligence are associated with high levels of rage and aggression. These trades may hinder effective conflict resolution and escalate minor disagreements into full blown

confrontations. Additionally, unresolved trauma childhood abuse or previous exposure to domestic violence significantly increases the risk of aggression in adult relationships (Vega, Cabello et al. 2022, Rehman and Javaid 2024). These findings highlight the need to consider psychological history and intrapersonal variables while analyzing spousal aggression. This study seeks to explore range and aggression levels among spouses, and how these emotions correlate with the broader construct of family dyadic relationships that is a framework that captures the mutual emotional, cognitive and behavioural exchanges within the couple dynamic.

METHODOLOGY

These methodology divisions outline a thorough direct to the way data was besieged selected ethical thoughtfulness trust and link with participants are also discuss (Grevenstein, Bluemke et al. 2019). Additional it too includes narrative of measures prepared description of variables and terminology process with statistical analysis.

Participants

The participant of the study is random chosen. The sample of (N=200) people of Faisalabad. Participants are further separated into sub samples of (n=100) male and (n=100) female. The data was composed from various statutes of Faisalabad. The age of the participant ranges from 25 to 50 years.

Inclusion / Exclusion Criteria

The participant under the age of 25 to 50 was included in the research, while any respondents who appeared to have physical and mental disabilities were expelled from the study. This measure is pre-resolute according to the obligation of the study. An inclusion criterion includes the individuality of the participant, which is necessary for the study aim. Different organization worker ages ranged from 25 years to 50 years. The character of the participant can have effect results. This concern has taken in arrange to manage the possible effects of variable of the results. Participants have any physical disability. Participant has any of their first-degree relation history of psychological obscurity or muddle. Participant have double nationality.

Trust and Rapport with Participant

Relationship between examiners and participants is the form element for conducting a study. This stud most wanted to make trust and rapport with the participant before administers. The examiner introduced him to participants in assessment settings and explained and described the test used in this study. During the management of the procedures researched, explain and clarify every confusion, inspect, and ask the participant in a purposeful way. The participant was informed that if they needed any information about this study in progression, they would be providing with it. All the above points show the system helped the assessor to make trust and rapport with the participant.

Ethical Consideration

Research processes a method to compliments pride rights and wellbeing to participant of research. The included ensure and inform the participant about the purpose of

these inquiries. The player was certain that the statistics exposed were reserved for significant mystery and had the right to apply for complete dimness within the observer. The participant also informed us that their participation was on an unpaid basis and they had the right to conclude participation. Consent form (listed in the appendix) filled out by the member from whom all the above information was provided. To maintain the ethical disquiet regarding copyrights, all the psychological measures used in the present study were purchased from their unique source. It was definite to them that their data would be reserved private answer, and they also filled permission for this reason.

Personal Information

Structure of in order form was developed by the examiner. These items uptown and educational institution living wage in personal spiritual group of human beings or no longer birth order wide variety of siblings, dad and mom task, and educational reputation circle of relative's individuals and circle of relative's socioeconomic repute achieve and any mental problem found in first diploma family i.e. Married additionally unmarried every and everything is confidential not will expose anywhere.

Instrument

Demographic Sheet

Ages, sexual category, married or unmarried, experience of job and shift duty were measured in demographic variables collected from members using a demographic sheet.

Aggression Questionnaire (AQ)

Buss Perry aggression questionnaire is a 29-item scale for assesses physical aggression verbal aggression anger and lack of sympathy amongst male and girl. It is based at the original aggression inventory (Buss & Durkee, 1957) keeping the various previous particular gadgets however which include greater for greater clearness and for growing a better pool of objects. Beginning research showed that the BPAQ is composed of four factors or subscales Physical Aggression Verbal Aggression Anger and Hostility.

Anger Scale

Clinical anger scale (CAS) each collect of statement was scored on a 4-point Likert scale with a= 0, B = 1, C = 2, and D = 3. subject responses on the CAS were summed so that higher scores correspond to greater clinical anger (21 items; range 0 - 63).

Family Dyadic

The dyadic adjustment scale (DAS; G. B. Spanier, 1976) and an extra 75 possible pleasure item were given. Item reply hypothesis the author established that the MAT and DAS provide reasonably reduced levels of accuracy in assess satisfaction, mainly given the length of those scales. Principal-workings analysis and item reply theory applied to the larger item pool were used to develop the Couples Satisfaction Index (CSI) scales. Compared with the MAS and the DAS, the CSI scales were shown to have senior correctness of measurement and likewise greater power for detecting difference in levels of approval.

Statistical Analysis

Collected data of this study was analyze through SPSS (23.0). To measure fraction of demographic variables Frequency distribution was use. While in reliability of scales was measure by using consistency analysis. To determine thaw relationship all variables, use correlation analysis whereas to check the comparison between two group two variables of demographic variables independent ANOVA was used to test the hypotheses. Correlation research design and comparative research design was used.

RESULTS AND DISCUSSION

The psychological dynamics between marital partners is essential in modern family psychology, particularly in cultures with strong traditional structures like Pakistan. This study was conducted to examine the levels of rage and aggression among married individuals and how these emotional states correlate with the quality of family dyadic relations. The sample consisted of 200 married individuals (100 males and 100 females), primarily between the ages of 25–50, representing diverse educational backgrounds and levels of job experience. The results were analyzed using correlation and regression techniques to determine predictive relationships among the variables of rage, aggression, and family dyadic quality.

Demographic Characteristics

The Table 1 presents the demographic profile of the participants. A total of 200 married individuals participated, split evenly by gender. Most participants had more than two years of job experience (87.5%), with a range of educational levels from matriculation to Ph.D. The average participant age was 35. These diverse characteristics ensured variability and generalizability in the psychological responses measured. Contributors were on average 35 years and members age did not differ by condition. Results exposed the frequency distribution of the demographic sheet. The information was together from 100 (50%) males and 100 (50%) females. There were 200 (100%) married sample. The job experience of the employees was different, 2 (1%) employees had experience of 2 years and 175 (87.5%) of employees had experience of more than 2 years and 23(11.5%) non-experience. The 200 (100%) were doing morning shift at their workplace (Abbas, Aqeel et al. 2023).

Table 1(a)

Demographic Sheet Characteristic Participants at Faisalabad (N=200).

Category	Frequency	
Education	Matric	43
	Intermediate	51
	B.ed	40
	B.A	33
	M.A	14
	MS	17
	Ph.D	2
Job experience	2 years	2
	More than 2 years	175
	Non experience	23
Marital status	Married	200

Figure 1
The Graphical Representation of Frequency of the Demographic Sheet on the Basis of Category of Participants.

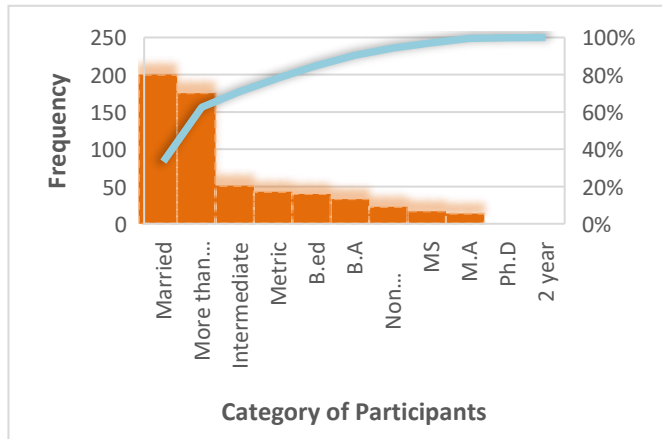
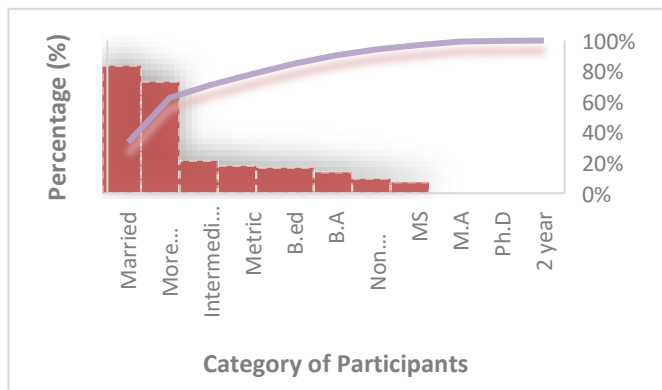


Table 1(b)
Demographic Sheet Characteristic Participants at Faisalabad (N=200).

Category	Percentage	
Education	Metric	21.5
	Intermediate	25.5
	B.ed	20
	B.A	16.5
	M.A	7
	MS	8.5
	Ph.D	1
Job experience	2 year	1
	More than 2 years	87.5
Marital status	Non experience	11.5
	Married	100

Figure 2
The Graphical Representation of Percentage of the Demographic Sheet on the Basis of Category of Participants.



Correlation between Rage, Aggression, and Family Dyadic Quality

The correlational analysis (Table 4.2) revealed significant relationships between the key variables. Rage and aggression were strongly and positively correlated ($r = .627, p < .01$), supporting the hypothesis that increased rage is associated with higher levels of aggression in marital relationships. However, both rage ($r = -.082$) and aggression ($r = -.104$) showed negative but statistically non-significant correlations with family dyadic quality, a

weaker or more complex relationship (Rehman and Javaid 2024).

Table 2
Correlation among the Variables.

Variable	Range	M	SD	Anger	Family dyadic
Rage		48.29	10.532	0.627**	-0.082
Anger		22.06	11.600	-0.104	
Family dyadic		20.68	4.071		

There is significant correlation existed between rage aggression and family dyadic. The P values are ($<.05$) among all variable (i.e. 0.627^{**} , 0.082 and -0.104), found the significant relationship.

This finding partially supports Hypothesis 1, which proposed a significant correlation between rage, aggression, and family dyadic functioning. The strong positive correlation between rage and aggression is well supported in literature (Borjali, Aazami et al. 2015). However, the expected inverse relationship between rage/aggression and family dyadic quality was not found to be significant, indicating that other moderating or mediating variables may be at play.

Predictive Analysis: Rage as a Predictor of Aggression

Regression results (Table 4.3) confirmed that rage is a significant predictor of aggression among spouses, supporting Hypothesis 2. The model showed that rage explains 39.4% of the variance in aggression ($R^2 = .394, p < .001$). The beta value ($\beta = .627$) and t-value ($t = 11.306$) were both statistically significant, indicating that as rage increases, so does the likelihood of aggressive behaviour. This supports extensive prior literature that connects emotional dysregulation, especially rage, with outward aggression (Dannisworo, Adiningsih et al. 2019). The findings further validate frustration-aggression theory (Berkowitz 1989), which postulates that aggression often results from blocked goals or perceived injustice. In the Pakistani family context, stressors such as financial strain, limited personal space (especially in joint families), and traditional gender roles may exacerbate these feelings. This table presents a combined view of the model summary, ANOVA, and coefficients for the regression analysis where rage is the predictor and aggression is the dependent variable among married couples (N=200).

Table 3
Combined Regression Results.

Model	R / Coefficient	R ² / SE	Adjusted R ² / β	Std. Error
Model Summary	0.623	0.394	0.390	9.057
ANOVA	10484.88	16159.51	26644.39	127.821
Coefficient (Constant)	11.308	3.020	0.845	-3.744
Coefficient (Rage)	0.691	0.061	0.627	11.306

Aggression and Family Dyadic Quality: A Non-Significant Relationship

Interestingly, regression analysis in Table 4.4 found no significant predictive relationship between aggression and family dyadic quality ($p = .144$), thereby rejecting Hypothesis 3. The model explained only 1.1% of the variance ($R^2 = .011$) and the beta value was low and negative ($\beta = -.104$). This outcome deviates from previous studies which established aggression as a key disruptor in marital harmony and family dynamics (McDaniel 2016). Several possible explanations emerge: cultural norms may

compel spouses to tolerate or suppress aggressive behaviour to maintain family unity; aggression might be normalized within certain households; or emotional expression may be influenced by gender and social conditioning, which could weaken the perceived impact on dyadic satisfaction. This underlines the need for culturally grounded measurement tools and further qualitative exploration.

Table 4
Regression Analysis Summary for Aggression and Family Dyadic.

Model	R	R ²	Δ R ²	Std. Error
Aggression predicting Family Dyadic	0.104 ^a	0.011	0.006	4.059

ANOVA Summary (N=200)

Source	Sum of Squares	df	Mean Square	F	Sig.
Regression	35.497	1	35.497	2.155	0.144 ^b
Residual	3245.558	197	16.475		
Total	3281.055	198			

Coefficients

Model	B	SE	β	t	Sig.
Constant	21.488	0.619		34.697	0.00
Aggression	-0.036	0.025	-0.104	-1.468	0.144

The present findings suggest that rage and aggression are closely linked, and this relationship remains robust across various contexts, confirming earlier psychological frameworks (De Vries, Bakker-Pieper et al. 2013). Frustration emerged as a key emotional precursor to aggression, with environmental and situational triggers (e.g., financial hardship, limited autonomy, family conflict) acting as accelerants. Neuroscientific explanations provide further insight. The amygdala, responsible for processing emotions like fear and threat, may contribute to heightened rage responses. When dysregulated or poorly modulated by the prefrontal cortex, this can lead to impulsive aggression (Coccaro, Sripada et al. 2011). These biological underpinnings offer a valuable complement to the psychosocial explanations. Moreover, personality traits such as neuroticism and low emotional regulation, often hereditary, may predispose individuals to conflict-prone behaviour. When both spouses exhibit high levels of aggression or hostility, the marital dynamic becomes more volatile, though this may not always translate into dissatisfaction due to cultural endurance or learned coping mechanisms. The Pakistani cultural framework, especially the prevalence of joint family systems, plays a crucial role

in shaping emotional expression and conflict management. In such environments, personal space is limited and interpersonal stress is high, potentially increasing emotional reactivity. However, these systems may also offer social buffering and support that mitigates the impact of aggression on perceived family unity. Therefore, although rage predicts aggression, and both rage and aggression might intuitively erode family dyadic satisfaction, this relationship is not straightforward in this sociocultural context. Tolerance, family obligations, and social expectations can mask or absorb the visible effects of aggression, making it less impactful on self-reported family cohesion.

CONCLUSION

It is concluded that rage and aggression correlated among spouses. The punishment study provides this study highlighted the correlation rage and aggression among spouses and its relationship in family dyadic. Intended for this cause the overall sample (N=two hundred) employees of different organization age from 25 towards 50 years is taken. Participants are similarly divided into sub sample amongst males and females. There have been one hundred girls and 100 men in both sub samples. The records may be gathered from various college trainer and exceptional organization of Faisalabad. Correlation and regression have been used. Convenient sampling technique was used to accumulate records. The Buss Perry aggression questionnaire is a 29-item scale for assessing physical aggression verbal aggression anger and hostility amongst male and female. It is based at the authentic Hostility Inventory. More the effects supplied that rage and aggression among spouses and its dating with family dyadic. Psychological aggression is a vast positive dating with anger. The results of large mean variations on aggression and rage amongst couple among male and female. The suggest rating of aggression and rage excessive stage in male than lady. The mean score rage and aggression degree in spouses and its relationship among family dyadic. The results of study confirmed that aggression and anger have significant correlation. Present additionally a sensible effect in this research. The outcomes may also help spouses to build more efficient dating programmed to growth the potential degree thru green coping techniques. Enormous insights at the properly-being of spouses in a growing united states. These differences are decreased through our effects on couple and its family members fitness and occupational health planning.

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