

The Differences in Anger Expressions Between Males and Females Among Qassimi Adolescents in the Context of Football Match: A Social Appraisal Perspective

Raghad Thyiab Almutairi

MA student in Applied Linguistics, Qassim University, Saudi Arabia

Riyadh 13323, Saudi Arabia

Tel: 966-54-167-9236 E-mail: 441212402@qu.edu.sa

Received: September 13, 2024 Accepted: October 1, 2024 Published: October 22, 2024

doi:10.5296/ijl.v16i5.22253

URL: <https://doi.org/10.5296/ijl.v16i5.22253>

Abstract

Most studies that focus on studying male and female behavior have not found any gender differences in the expression of anger. Even the claim that men express anger more frequently than women has only been discussed in a few studies. Some studies have found that women express anger more than men or show no gender differences. In this regard, the researcher aimed to explore the gender differences between males and females from a social appraisal perspective in expressing their anger and what males and females use these anger expressions among Qassimi adolescents in the context of football matches. The researcher hypothesises that men and women differ in their social evaluations of expressing and interpreting anger. The present study's findings are significant in exploring the anger expressions used by females and males and their differences in the context of Saudi football matches among Qassimi adolescents in Saudi Arabia. Results from this study were collected using observation and thematic analysis as a research tool to achieve the overall purpose of this study. The results reveal that males were more likely to use violent, bullying, and idiomatic, sarcastic expressions of anger while watching the Saudi football match, specifically in the scene of their favourite team losing, than females. In addition, both male and female participants expressed the extent to which they were aware of social appraisal and the extent of their influence on their actions and words in expressing anger.

Keywords: Gender differences, Anger expressions, Social appraisal theory, Football match, Qassimi fan

1. Introduction

Anger is an emotional state and a deep feeling of emotional confusion. According to Namaziandost et al. (2023), the strength of this emotional state ranges from mild annoyance to intense anger. For many people, expressing anger in invalid, healthy, and socially acceptable ways can be difficult. This feeling can be wholly or somewhat unpleasant for the angry person and the community around them (Lench et al., 2016). One of the causes of anger is when people blame those around them; they usually become angry and use expressions that highlight this anger (Mirabella et al., 2023). Namaziandost et al. (2023) confirm that games are among the triggers of anger, as they push a person, whether the player or the viewer, to anger and sometimes violence if they are not controlled.

According to Spielberg (2010), there are three ways to express anger: internalised, externalised, and controlled. External anger is expressed verbally by using profanity, cursing, insulting others, criticising them in a hurtful manner, or expressing anger physically by hitting people or things around him or sometimes himself. Internal anger refers to keeping anger in oneself, suppressing it, and not expressing it verbally or physically, and this is the worst type of anger. Anger control refers to acting patiently, calmly, and patiently, evaluating and balancing matters with understanding. It also focuses on anger management and calming down. Anger is a dangerous feeling, according to Nordqvist (2009), “When a person feels angry, his body secretes anger hormones, which are harmful to his body, whether in the short or long term, as anger causes serious heart diseases and blood diseases, such as low or high blood pressure, which leads to person death. It also harms a person's physical health and leads to emotional and mental problems. Teenagers' anger levels and how they express anger can be risk factors for aggression.

According to Averill (1983), the influence of social appraisal on the expression of anger can be observed because the effects of anger are interpersonal. Previous research on anger has revealed that males and females display anger differently. On the other hand, the prevailing belief and stereotypical perception claim that males are more likely to feel and express anger, whether physically or verbally, and that they face extreme difficulty in controlling their anger. At the same time, females show long-term anger that can be suppressed and repressed internally (Budziszewska & Hansen, 2020). Tanji (2004) emphasised that women deal with their anger differently instead of facing problems and losing control. They tend to express their anger more femininely and to a lesser extent than men. They are a trace of social intelligence and tend to use clever techniques in times of anger.

Previous research and studies claimed that women show less anger and are more controlled and organised than men when they are angry (Hyers, 2007; Swim et al., 2010). According to Botijal and Novaco (2009), women also suppress and repress their anger to fulfil and consider the standards of feminine ideals that society, customs, and traditions have set for them. Ahmed et al. (2021) also supports this aspect by claiming that males express anger in physical ways; they throw things, kick doors, or punch walls as an expression of their anger, while females express their anger verbally, away from violence.

However, most research on how anger is expressed between men and women has found no differences in the intensity of verbal expressions or the degree of anger (Kring & Gordon, 1998; Wagner et al., 1993). Even the claim that men express anger more frequently than women has only been discussed in a few studies (Deffenbacher et al., 1996) is neither generally accepted nor agreed upon. In addition, some studies (Kring, 2000) have found that women express anger more than men or show no gender differences.

The researcher believes that social conditions may be primarily responsible for these discrepancies in gender differences in interpreting expressions of anger. From this standpoint, the author focuses on the role of gender stereotypes in this regard. Different social circumstances are likely to generate further social evaluations, and the researcher hypothesises that men and women differ concerning their social evaluations in expressing and interpreting anger.

Since different genders express anger differently, the present study's findings are significant in exploring the anger expressions used by females and males and their differences in the context of Saudi football matches among Qassimi adolescents in Saudi Arabia. Results from this study were collected using observation and thematic analysis as a research tool to achieve the overall purpose of this study: To find out the gender differences between males and females regarding anger expression in the context of football matches.

1.1 Research Questions

- What are anger expressions used by males and females among Qassimi adolescents in the context of football matches?
- Are there gender differences between males and females in terms of anger expression in the context of football matches from a social appraisal perspective?

1.2 Research Objectives

- To determine anger expressions used by males and females among Qassimi adolescents in the context of football matches.
- To find out the gender differences between males and females regarding anger expression in the context of football matches.

2. Literature Review

2.1 Theoretical Framework

2.1.1 Appraisal Theory

The idea of arousing emotions through appraisal of events and situations is the foundation of theoretical frameworks known as “appraisal theory.” Different theorists have defined evaluation in various forms, and many types of evaluation have been recognised (Smith & Rossman, 2001). Appraisal processes have generally been investigated at the personal and social levels despite long-standing recognition that emotions have social causes and that emotional manifestations have social effects and forms (Shields, 2002). When a person

evaluates the importance and impact of a particular circumstance without considering the reactions of others in a similar situation, he is known as socially isolated.

Based on the idea that the feelings, thoughts, or behaviours of a person in an emotional state are evaluated in addition to the evaluation of the event itself, Manstead and Fisher (2001) added the idea of social appraisal to the theory of emotion. Thus, as a result, social appraisal includes self-appraisal and other people around society in building social appraisal. Understanding how to express and control emotions requires an understanding of social appraisal. I focus on anger because people generally recognise that responding with anger can influence others' feelings of anger and because emotion regulation is more difficult when faced with strong negative emotions (Feldman-Barrett, Gross, Christensen, & Benvenuto, 2001). I was curious to learn more about the function of social appraisal to compare how men and women express their anger regarding social evaluation because they appear to express their anger differently (Shields, 2002).

A social appraisal is an integral part of expressing emotions. In other words, how people say their feelings are influenced by social influences. A person may guess how others will react to their emotional expressions (anger, happiness, sadness, etc.) or think how the reactions of people around him might affect their beliefs or personal goals. This aspect of social appraisal is related to self-verification processes; that is, individuals are aware, in one way or another, of how others evaluate them and will modify their behaviour to improve their social image in front of the society around them. Considering this issue and its impact on emotional behaviour, I conclude that people have guesses and expectations regarding society's appraisal of their dynamic behaviour. Therefore, they will regulate and control their behaviour.

2.1.2 Anger Expressions

Anger is considered one of the basic emotions of the individual, and researchers have paid attention to this emotion in recent years because of its adverse effects on the individual. First, I present the definition of anger and then the definition of Anger expressions as follows:

Allen Bem (1990) defined Anger as a temporary state that afflicts an individual, not permanent, and it must be expressed or declared for the individual to regain his balance with life.

Coles (1992) defined anger as an exceptional physiological state that exists from intentional or imagined actions that culminate in causing harmful effects on another person.

Averill (1993) pointed out that expressions of anger are negative emotions and have negative consequences. It affects the individual in particular and society in general, as it is a drive towards aggression, and this drive can be prevented by the angry individual and turn into its

Ellis (1993) defines Anger Expressions as words and verbal terms resulting from a relatively strong emotion that tends to overlap or extend to other areas in an individual's life. When angry, most individuals express themselves in a hostile way with words they do not feel angry.

2.1.3 Gender

Gender is one of the keywords in this study, so it must be defined: Roles in social connections, prescribed behaviours, and self-identity are all defined by gender, a social construct. The majority of people live in civilisations where gender is assigned to be the same as the sex at birth, or "cisgender" persons. The various ways people portray themselves (both feminine and masculine) are called gender. Gender encompasses the emotional, social, psychological, and cultural dimensions of an individual's identity as a man or woman (Morrison et al., 2021). This could involve gender expression and sex-based social systems, depending on the situation. The majority of societies adhere to a gender binary system in which individuals are classified as belonging to either of two categories: men or women (Schudson, et.al, 2019).

2.1.4 Gender Differences in Anger Expression

Many argue that anger is a masculine trait (Brandts & Garofalo, 2012; Hess, 2014). In contrast, some research indicates no differences between genders when expressing anger (Crete & De Gelder, 2012). Only a few studies recognise the claim that men express anger more than women (Fischer & Evers, 2009; Hess, 2014; Salerno et al., 2018). Pfeiler et al. (2017) discussed how gender and marital status affect how people express their anger and behave in response to it. Gender (male and female) had a moderating effect as expected; however, men's anger reactions were solely influenced by the low condition when engaging with the female anger target, while a lower condition influenced women's anger reactions more than the target of anger.

Furthermore, other research shows that women express more anger than men, or there are no gender differences (Salerno & Peter Hagen, 2015). Similarly, Burt (2014) conducted a pilot study to compare how male and female teenagers expressed and controlled their anger. The findings showed that there were gender differences in anger expression, with women expressing their anger more and being less able to manage it. DiGiuseppe and Tafrat (2007), in their study of the anger scale, did not find any differences in levels of anger between men and women. However, the only difference they learned about was how to express anger. Compared to females, males had a high percentage of results in their studies, as they expressed their anger with great intensity, whether verbally or physically, and even the terms they used to express anger were obscene and characterised by violence and recklessness.

However, they found that women suppressed their anger longer, became more upset, and expressed it less. They express their anger by removing the person they were angry with from their phone list and intending not to talk to them again. The differences in how men and women exhibit rage among secondary school pupils in Malaysia are covered in a study by Ahmed et al. (2021). The findings indicated that, out of the 780 persons with a hot temperament, 410 were female and 370 were male, indicating a higher proportion of women than men. Women were expressing their innate rage and aggression verbally more than men.

Both men and women have been badly affected by the socialisation and social appraisal they have received from society (Thomas, 1993). If the boys have a conflict on the playground,

they fight with their fists. At the same time, girls are raised to keep their anger inside. Once again, she claims that anger is a male emotion; it is seen as masculine when men engage in physical fights to express their anger. In contrast, women are not encouraged to behave this way. Where she receives an overt and implicit evaluation from society, the message that anger is an unfeminine behaviour. According to this social upbringing and evaluation, their anger may be misused negatively, such as scorn, frowning, or gossiping.

The identification of the relationship between men and women is thought to be related to gender differences in anger expressions. In this line, Fisher and Evers (2011) conducted a study based on social role theory and the social functional perspective of emotions. Because they anticipate unfavourable societal judgments, women in traditional relationship situations may be able to suppress their anger more and express it less overtly. Researchers compared how angry people react to conflict situations in the traditional egalitarian partnership setting. The results indicated that although women expressed more intense interpersonal anger in both situations, how they said it differed depending on the nature of the relationship. In traditional relationships, men are more likely than women to express their anger openly, while women prefer to suppress their anger more.

The common perception that women are more sensitive than men have restricted women's career options in numerous fields. Men and women handle their emotions differently based on gender and social status. Previous studies indicate that emotional experiences of rage, happiness, sadness, and joy are similar for men and women and that social status is related to how people display their emotions. Also, women exhibit happier and less angry work environments than men. The association between gender and workplace anger management is explained by job and status characteristics; however, these factors have little bearing on how employees express their enjoyment (Sloan, 2012).

However, Fischer (2000) delves into investigating the stereotypes of men and women in a wide range of emotions, such as anger, pride, shame, sadness, and joy, and emotional expressions, such as smiling and laughing and that women are more expressive in expressing feelings and that they are more intense in expressing anger and using expressions of anger. Some studies attribute differences in expressions of anger between males and females to several reasons, including contradictory data in anger scales, which is often the result of ambiguous definitions, methodological flaws, and the use of non-random samples, and that anger in males and females is affected to some extent by the gender of the person targeted by the anger (Milovchevich et al., 2001).

2.1.5 Anger Expression & Gender Differences in the Context of Football Match

From a social perspective, in an analysis of the reactions and feelings of football fans in the English Premier League, both men and women, collected from all over social networking sites, it becomes clear that there is a difference between men and women in the way they express anger, as men use more aggressive, harsher, and cursing expressions. To some extent while cheering. It turns out that men sometimes resort to physical expressions of anger, punching their hands or hitting doors or stadium stands, unlike women. In addition, while men and women express harsh emotions such as anger similarly, there is a marked difference

in how they express soft emotions such as joy or sadness (Bagić & Podobnik, 2016; Jones et al., 2012).

Differences between the genders in terms of linguistic practices and expressions in encouraging football and expressing anger in it (Cummings et al., 1991). Several studies have set out to explore how the formation of intolerant masculinity discourses towards football hinders the ability of most women to participate in football cheerleading for fear of being influenced by masculinist discourses. Through an analysis of *The Gender Bowl*, a reality television show featuring an entire football match between men and women, using critical discourse analysis reveals how men have attempted to uphold the social relations of football and how women have tried to challenge this masculine sphere, in part by taking a stand on linguistic practices—masculinity of angry words that resemble insults and insults. The analysis showed the overlap of two discourses regarding gender relations: conservative discourses about gender relations, which were echoed by men, and discourses regarding equality, which were reflected by women (McDowell & Schaffner, 2011).

2.1.6 Social Appraisal and Anger Expression Between Males and Females

The effect of social appraisal is evident in the expression of anger because the effects of anger are personal. It is believed that these gender differences in the expression of anger may be due to different social contexts (Averill, 1983). Diversity in social contexts leads to other social evaluations, and it is known that men and women differ concerning social evaluations during outbursts of anger. Women are more sensitive to negative evaluations and reactions from others while expressing anger (Eagly & Stephen, 1986; Timmers, Fisher, & Manstead, 1998; Evers et al., 2005). While males do not have a prior expectation of these negative evaluations after expressing anger, in addition, they often expect positive reactions from the female gender when expressing their anger, whether verbally or physically, such as a look of admiration (Evers et al., 2005; Campbell & Munser, 1987). In general, males and females are affected by the reactions and evaluations of others when angry, but in different ways. The male views the social appraisal and reactions of others to his expressions of anger as a positive thing - admiration - and increases their intensity. In contrast, the female views the social appraisal from others as a negative thing and reduces the intensity of her expressions of anger or suppresses them for fear of negative evaluations from the society around her.

Accordingly, my goal in this research is to clarify those females and males. However, they use expressions of anger and express their anger differently; these differences result from differences in social appraisal. I expect that social appraisal has an essential impact on individuals' awareness of how others evaluate them, and based on this evaluation, they will modify their behaviour, i.e., expressions of anger for the sake of positive evaluations from others. Using this method, I concluded that individuals have prior expectations about others' evaluations of their emotional behaviour and will work to improve their behaviour based on this.

3. Methodology

3.1 Research Design

According to Leedy and Ormrod (2015), descriptive qualitative research may be the most effective method for examining phenomena related to humans. In other words, descriptive qualitative research explores the characteristics of a phenomenon rather than explaining the causes or underlying mechanisms. They say that descriptive qualitative researchers are most likely to focus on the intricacies of human circumstances, such as individual opinions on pertinent societal issues or materials made by humans, such as product adverts. Descriptive qualitative research appears to be a suitable methodological instrument that yields logical responses to the study issues that motivated the production of this work because rage expressions are actual human emotions, given that these exist continuously throughout football matches.

A second justification for using the descriptive qualitative method has to do with how prevalent the issue I am looking into is in the literature. It is understandable that in our Saudi context, research on how different genders express rage is lacking. As a result, the exploratory aspect of qualitative research (Leedy & Ormrod, 2015) allows me to go further into the topic being studied.

3.2 Participants

The study sample is 10 Saudi participants from the Qassim region (5 women and five men) who were chosen after confirming their sporting inclinations, love of football, and keenness to watch matches constantly. Their ages vary between 19 to 24 years. Their mother tongue is Arabic, and the language they use to express anger is Arabic. After collecting expressions of anger in Arabic, the researcher translated them into English to match the language used in the study. All participants were asked to give their permission for the study's use of their data. Additionally, it was made clear that all information will be kept confidential and used only for the objectives of this study.

3.3 Research Instrument

Considering the nature and objectives of the study, the checklist was used as an appropriate observation tool. The researcher believes that it is the proper tool because it is a qualitative tool used in the research method to observe and understand the target audience's behaviours. A qualitative descriptive approach was used to answer the study questions (Regonnell, 2023). The researcher played the observer role while searching for answers to her research questions. The checklist that the researcher used was composed of items mentioned in Appendix No. 1. The observation was based on the goal of collecting the most significant possible number of written expressions of anger, reactions, and feelings, i.e., comments under the match clip, or spoken, i.e., an audio note regarding the scene of loss in the football match. By the study participants and recorded for them in a dedicated table under the heading Expressions of Anger.

Then, these expressions were analysed and classified to explore the difference between expressions of anger between men and women to achieve the study's second goal. Also, to find out whether males and females improve their anger expression to obtain positive evaluations from others. In other words, whether the female improves her emotional behaviour in expressing anger while cheering on a football match to receive positive evaluations from the opposite sex, i.e., the male, and vice versa - does the male improve his emotional behaviour in expressing anger, - from the male perspective - i.e., increases in the intensity of expressing anger to obtain positive evaluations, i.e., admiration, from the female party.

3.4 Validity of the Instrument

The research tool is valid if it measures the phenomenon it was prepared to measure (Salmond, 2008). Accordingly, the researcher verified the tool's validity in two ways:

3.4.1 External Validity

After completing the checklist preparation and building its statements in their initial form, it consisted of (10) statements divided into two sections; See Appendix 1. The checklist was presented to a group of arbitrators in the Applied linguistics study. There were (5) arbitrators; See Appendix 3 for their names. They were informed about the purpose of the study. The study questions and objectives were presented to them, and they were asked to review the checklist and express their opinion about it. In terms of the suitability of the statements with the study's goal and the extent of their consistency, whether they measure what the researcher intends to measure, and adding or deleting what they deem appropriate.

The arbitrators expressed their opinions on the extent to which the checklist statements fit the aim of the study, their appropriateness, the soundness of the language, and the addition and deletion of some statements. Plus, some general notes about the checklist. In some paragraphs of the checklist, the most prominent comments of the arbitrators were deleting some phrases and modifying some linguistic forms in some phrases to make them more precise and more consistent with the study's goal. The checklist statements become (6); see Appendix 2.

3.4.2 Internal Validity

The researcher calculated the internal consistency validity after ensuring the apparent validity of the study tool by applying the initial version of the checklist to an experimental, exploratory sample of (5) individuals from the study population to ensure its internal validity. The researcher used the Pearson correlation coefficient to calculate the correlation coefficient between each section's score and the checklist's total score. Table 1 shows these results.

Table 1. Pearson correlation coefficient correlations between the score of each section

No	Sections	Correlation coefficient
1	Anger Expressions	.855**
2	Social Appraisal	.926**

**Statistically significant when the significance level is less than (0.01)

It turns out that all values of the correlation coefficients between each section's score and the list's total score are statistically significant, which indicates the connection, consistency, and suitability of these statements for application to the study sample.

3.5 Validity of the Data Analysis

The researcher collected the expressions of anger using observation and the checklist, the validity of which was verified above. Data analysis using thematic analysis was the most appropriate tool to achieve the study's objectives. The researcher employed a research assistant to achieve validity in the analysis. First, the researcher collected expressions of anger from the study participants. The researcher divided the analysis process between her and the research assistant so that he analysed half, and she analysed the other half. The researcher began to classify the topics into several topics, some of which were excluded because they did not serve the purpose of the study. After completing her part and the research assistant finishing his part, they exchanged their analysis to agree on common points in the analysis and add them to the research.

3.6 Reliability of the Instrument

To ensure the reliability of the checklist results prepared by the researcher and used during the match follow-up time to achieve the study's objectives. The researcher spoke with the participants and asked them about their satisfaction with the results they obtained after the match by using the checklist. Their question is: Are these assessments appropriate and reliable? Do they see it as compatible with their expressions? Thus, the researcher achieved the reliability of the checklist evaluations.

3.7 Data Collection

The researcher's first goal in this study was to collect the most significant possible number of expressions of anger from both men and women during the scene of a loss to their favourite team in the football scene and then to find out the difference between them, in other words, do men use more expressions of anger than women or vice versa, and this is what the researcher explores it in her study. From this standpoint, the researcher collected expressions of anger using the Telegram application and gathered them into one group after obtaining their consent. The researcher sent the direct match link to the group to ensure natural,

unprepared expressions of anger, observe the participants, notice all written and verbal comments, then save them in a particular file and classify them.

3.8 Obstacles Encountered During Data Collection

Conducting a study becomes complicated when it is difficult to collect the data on which the study is based in the first place. Like any researcher, I have faced several challenges in conducting my research. First, it was not easy to convince the participants of the idea and purpose of the study because they saw it as an idea not worth researching. Secondly, a few participants refused to participate because it was a decisive match. They wanted to watch it with their friends in a coffee shop, at home, or elsewhere, and it took some time to convince them to participate. Third, the number of participants was minimal, 10, and this made me nervous and focused at the same time to notice the minor details and reactions. Finally, even those who participated in the study did not fully answer my questions after watching the match.

3.9 Procedures

The researcher created a situation to observe a socio-behavioral-emotional phenomenon, i.e., expressions of anger for males and females. In this study, the researcher used the Telegram program to communicate with the participants by creating a private group bearing the name of the research after confirming their desire to participate, agreeing with the research criteria, and recording the data necessary for the study. The researcher explained the research idea to them and decided on a specific date to watch a live broadcast of the football league for one of the Saudi clubs.

The researcher told them that she would observe their emotional behaviours, that is, their expression of anger, using a checklist attached in Appendix No. 1, and write down as many expressions of anger as possible that they write or pronounce via audio notes. It will also observe their reactions to social evaluations from others, that is, the other party in this context. In other words, do males and females improve their emotional behaviour in expressing anger to obtain positive evaluations from others? As the concept of improvement differs for both males and females, the male increases the intensity of his expressions of anger because he realises that the intensity of his anger will increase the positivity of social evaluations. On the other hand, the female reduces the intensity of expressions of anger because she is aware that anger leads to negative social evaluations.

On October 27, 2023, at 9 p.m., which corresponds to the Al-Hilal and Al-Ahly match, which lasted two and a half hours, as it was the match most anticipated by the study participants with great enthusiasm, the researcher agreed with them on this match as it is their favourite club. They have been waiting for this match for a long time. The researcher sent the link to the live match to the group and asked the participants (men and women) to watch a live broadcast match for the first time to ensure their natural responses, reactions, and behaviours. Then, using an observation tool, the researcher monitored the participants' emotional behaviours, that is, their expressions of anger, their written and verbal reactions, their feelings,

their comments, and the expressions of anger they expressed towards the “scene of loss” for their football team that they support.

Then, the researcher recorded the male and female expressions of anger and then analysed and classified these expressions, which helped her know the differences between male and female expressions of anger, the strength of these expressions, and the extent of their influence as well as their impact on the social evaluations they received. In short, this study collected the most significant possible number of expressions of anger from viewers’ comments on a football match clip from a gender perspective, that is, the extent to which expressions of anger differ between men and women in encouraging football and its impact on the social evaluations they received and improving their emotional behaviour accordingly. This study relied on analysing the angry expressions of the fans participating in the study after watching the football match and their expressions in the chat below the match link.

3.10 Data Analysis

After the researcher collected her data, namely expressions of anger from the participants (men and female), the researcher began analysing the data to answer her research questions using the thematic analysis research method, which she believes is most appropriate for analysing her data. Thematic analysis: A well-known data analysis method. Initiated as a qualitative data analysis, theme analysis is a valuable method for examining a wide range of data sources, such as textual, visual, and audio files (Kleinheksel et al., 2020).

4. Results & Discussion

After the researcher created the situation and ensured it was suitable for the participants and that they could express their feelings comfortably, she collected the required data, i.e. expressions of anger from both males and females. The researcher was meticulous in recording notes accurately in her draft. The researcher collected the most significant possible number of expressions (See Table 2), most of which were obscene, insulting, contemptuous expressions and some sexual things about players. The researcher excluded them because they contradict the purposes of the research. After that, the researcher classified the expressions of anger during the football loss scene into three main themes. The first theme was titled *Violent Expressions of Anger*, the second was titled *Expressions of Bullying Anger*, and finally, *Idiomatic Anger Expressions*.

From the table below, it is clear that males were more likely to use violent terms to express their anger, such as “I wish I could go down the playground and beat him to death” and “I wish I had a stick; I would have smashed his head” and “He is worth a hit”, and “He deserves to be spit in his face” and “Well, he deserved to be beaten”. Male fans resorted to using harsh, criminal expressions to express their anger at the scene of loss, as they were accustomed to using them among each other in their daily lives, so it was natural for them to use them in such situations to express their anger. They also used violent emojis such as a knife, sticks, and chains. These results are consistent with the study by Ahmed et al. (2021). While females were more reserved in their expression of anger, they did not use violent terms at all. Females’ expressions of anger were gentler and more respectful, such as “Hard luck” and “Our

situation is unfortunate,” they used emojis, such as crying and a broken heart, to express their anger in chat. These results are consistent with Botijal and Novaco's (2009) study.

As for the second theme, bullying expressions of anger, males used bullying terms, whether on players or coaches, as a way to express their anger at the scene of their favourite team's loss. The expressions were somewhat harsh and rude and lacked politeness, for example, “Because of this dwarf player, we missed the opportunity of a lifetime”, “This player's place is with the flock of sheep”, and “He runs like a dog”, and “The coach is a failure”, and “It is worse than the miserable older man's playing” and “With these stupid players, we will not win” and “He is a player who took on a more extensive role than his size and is a failure”. They intentionally used bullying phrases to alleviate their anger and justify the losing situation among each other. Interestingly, one of the males wrote, “I swear girls' playing is better than him”, to express his anger, and minutes later, he deleted the phrase because he faced an attack from females. It is clear from this situation that males are also affected by the negative social appraisal of the other party, so he deleted the comment. These results are consistent with (Feldman-Barrett et al., 2001; Fischer & Evers, 2011; Brandts & Garofalo, 2012; and Hess, 2014) studies.

At the same time, some females also used bullying expressions of anger at the players during the loss scene, for example, “Stupid player”, “The player has not woken up yet”, and “The player lacks intelligence and flexibility.” These results are consistent with (Kring & Gordon, 1998; Wagner et al., 1993). Although females also used bullying expressions to express their anger, they were less than males. It is also interesting that one of the participants deleted her written comment in the chat after three minutes. When the researcher asked her why the comment was deleted after the match ended, she confirmed that it was because she feared receiving negative social appraisal from the male side; she deleted the bullying comment to maintain her social image. These results are consistent with (Shields, 2002).

Regarding Idiomatic Anger Expressions, the males used idiomatic expressions more extensively than the females to disdain and ridicule the players to express their anger at the loss scene. For example, one of the males used in a written comment, “If this player were good enough, the birds (i.e., the strong clubs) would not have left him to us.” This expression was used in ancient times in Arab culture to express the poor quality of the rest of the things, meaning that only the useless things remain. It turns out that males also. Males also used sarcastic and contemptuous expressions on the players, such as “Our team has collapsed and will not succeed even in the vegetable market,” “It is not even worth a single Riyal,” and “I swear that the millions paid for this bag of potatoes are a huge loss”, which is somewhat similar to a simile to express their anger at the scene of losing in the decisive match. These results are consistent with (Deffenbacher et al., 1996; Fischer & Evers, 2009; Hess, 2014; Salerno et al., 2018) studies.

While females used idiomatic expressions as a way to ridicule the players' poor quality of play during a loss scene to express their anger, they were few compared to males and were also somewhat veiled, for example, “We must contact Umm Fahad to buy Messi and save the team's reputation”: Umm Fahd is a wealthy and well-known woman on social networking

sites. When the researcher asked why she used this name, she confirmed that she is a woman who can buy everything and save a critical situation. She considers the scene of her favourite team's loss to be something out of control and cannot be saved, whether Umm Fahd or Fahd is sarcasm. In general, females also express their anger, but in a different way than males. These results are consistent with (Hyers, 2007; Botijal & Novaco, 2009; Swim et al., 2010).

Table 2. Anger Expressions

Males Anger Expressions	Females Anger Expressions
If this player were good enough, the birds (i.e., the strong clubs) would not have left him to us.	This player needs more training.
I swear the referee is a cheater.	Hard luck.
With these stupid players, we will not win.	We looooooost.
All professional players are hidden in hell.	I think the player is sick.
Sold match	Stupid player.
Our team has collapsed and will not succeed even in the vegetable market.	The coach needs to change this player.
The despicable attacker intends to lose us.	We need quick intervention from reserve players.
Because of this dwarf player, we missed the opportunity of a lifetime.	We must contact Umm Fahad to buy Messi and save the team's reputation. (Umm Fahad is a very wealthy woman, and she is used in this context as a mockery because the loss was unbelievable, and things got out of control).
I swear I play better than him.	We can only pray.
I swear that the millions paid for this bag of potatoes are a huge loss.	I cannot bear the sight of loss any more.
I would not hire this player even for a neighbourhood kids' match if it were up to me.	Our situation is unfortunate.
It is not even worth a single Riyal.	I wish I could do something.

His disabled leg does not know how to aim.	My favourite team lost!
This player's place is with the flock of sheep.	Our situation calls for crying.
He is a player who took on a more extensive role than his size and is a failure.	I wish we could choose the players.
He is worth a hit.	The player lacks intelligence and flexibility.
I wish I could go down the playground and beat him to death.	Our team bids farewell to the stardom.
The coach is a failure.	The player has not woken up yet.
An unfortunate player brought us bad luck and loss.	I hope this player is excluded.
It is worse than the miserable older man's playing.	We need to restructure the players.
Well, he deserved to be beaten.	Players are exhausted.
I wish I had a stick; I would have smashed his head.	The players are under much pressure today.
Playing in the street is too much for this payer.	I believe that the players need more motivation.
He runs like a dog.	I wish this player had not been signed.
He deserves to be spit in his face.	The matter requires more patience and forbearance.
I swear girls' playing is better than him.	I will change my team and move on to cheering for the other team.

As for the checklist that the researcher used while the participants were watching the match to collect the most significant number of observations that serve the research objectives, which consists of 6 statements, see Appendix 2. After confirming the reliability and validity of the checklist, it became clear that females are more tolerant than males in expressing their anger for the scene of loss; the minor use of rude and obscene expressions and the minor use of insults were among males. These results are consistent with (Fischer, 2000; Fischer & Evers, 2009; Hess, 2014; Pfeiler et al., 2017; Salerno et al., 2018). This is in contrast to (DiGiuseppe & Taftrat, 2007; Burt, 2014; Salerno & Peter Hagen, 2015), who found that

males and females express their anger similarly, using the same level of language or somewhat similar. In other words, they found no differences in anger levels between men and women. However, they found that there are differences in the way of dealing with the feeling of anger, with women expressing their anger more and being less able to manage it.

Interestingly, the researcher noticed that while the participants watched the match, especially when losing the goal to their favourite team, the males exaggerated their reaction to express their anger more harshly in front of the other party (the females). In contrast, the females try to control their words and reserve some words and expressions during the match. They are expressing their anger and trying to alleviate it. After watching the match, the researcher asked both male and female participants individually via the private messaging feature to research the issue of social appraisal further. Most male participants admitted that they exaggerate the intensity of their anger expression because they believe they will receive higher positive social appraisal than females. In other words, “admiration” means that the intensity of anger enhances the appearance of masculinity in front of females and garners admiring glances. Whereas, when females were asked about the reason for reticence to use some words when expressing anger or trying to control and restrain emotions, most of the answers revolved around the fear of obtaining a negative social appraisal from the other party, i.e. males and society as a whole, and that it does not diminish the appearance of femininity and therefore they will receive a negative view of males. It is noted from the above that both males and females realise the importance of social appraisal, but this awareness is interpreted differently from males to females and vice versa. These results are consistent with (Eagly & Stephen, 1986 Timmers et al., 1998; Evers et al., 2005; Evers et al., 2005; Campbell & Munser, 1987). In general, males and females are affected by the reactions and evaluations of others when angry, but in different ways.

5. Conclusion

The results of this study differ from several studies that found no differences between males and females in terms of expressions of anger (Kring & Gordon, 1998; Wagner et al., 1993). This study found a significant number of expressions of anger used by males and females. It analysed them into three main themes - Violent Expressions of Anger, Expressions of Bullying Anger, and Idiomatic Expressions. These expressions reveal that males were more likely to use violent, bullying, and idiomatic, sarcastic expressions of anger while watching the Saudi football match, specifically in the scene of their favourite team losing.

In addition, both male and female participants expressed the extent to which they were aware of social appraisal and the extent of their influence on their actions and words in expressing anger, while the males in the situation created in this study were increasing the intensity of their anger because they believed that they would receive a positive social appraisal. Thus, it improves their social image in front of the other party, i.e. females. Females were also aware of social values and their importance in improving their social image, so they were more conservative and controlled in their expression of anger. This study is critical because it reveals gender differences between males and females in their expressions of anger and social

appraisal awareness. Females are more tolerant, controlling, and suppressive of anger, while males are more intolerant, aggressive, and bullying in their expression of anger.

For more solid results, the researcher advises expanding the study sample by increasing the number of participants to obtain the most significant possible expressions of anger and to find gender differences between them in terms of expressions of anger and social evaluations. Due to the restrictions of customs and traditions, the researcher could not create a live situation for watching football that brings together males and females simultaneously and in one place. Hence, the researcher decided to conduct it online. Therefore, the researcher advises conducting a direct situation to observe body language and facial expressions while expressing anger at the scene of loss.

Due to time constraints, the researcher created one situation and derived the results of this study from it. Therefore, the researcher advises conducting future research that creates more than one situation for multiple matches and collects the most significant possible amount of data for accuracy and quality. The researcher created her checklist to achieve the research objectives, which cost her time to ensure its reliability and validity and send it to several referees. Therefore, the researcher is advised to adopt a checklist from previous studies that tested its reliability and validity instead of making a checklist.

Finally, to obtain necessary data regarding awareness of social appraisal and the extent of their validity among males and females, the researcher sent private messages to all participants and asked them about some of their behaviours, which took much time due to the delay in responses. The researcher recommends conducting live interviews immediately after watching the match to ensure the reactions' validity and preserve quality and time.

References

- Ahmad, N. S., Aman, R. C., & Khairani, A. Z. (2021). Gender Differences in Anger Expressions among Secondary Students. *International Journal of Evaluation and Research in Education*, 10(3), 1100-1106. <https://doi.org/10.11591/ijere.v10i3.21384>
- Al Ubaidi, B. A. (2018). Control Excessive Anger Before it Controls Your Life. *J Fam Med Dis Prev* 4:088. <https://doi.org/10.23937/2469-5793/1510088>
- Averill, J. R. (1983). Studies on anger and aggression: Implications for theories of emotion. *American psychologist*, 38(11), 1145. <https://doi.org/10.1037/0003-066X.38.11.1145>
- Bagić Babac, M., & Podobnik, V. (2016). A sentiment analysis of who participates, how and why, at social media sports websites: how differently men and women write about football. *Online Information Review*, 40(6), 814-833. <https://doi.org/10.1108/OIR-02-2016-0050>
- Brandts, J., & Garofalo, O. (2012). Gender pairings and accountability effects. *Journal of Economic Behavior & Organization*, 83, 31-41. <https://doi.org/10.1016/j.jebo.2011.06.023>
- Budziszewska, M., & Hansen, K. (2020). "Anger Detracts From Beauty": Gender Differences in Adolescents' Narratives About Anger. *Journal of Adolescent Research*, 35(5), 635-664. <https://doi.org/10.1177/0743558419845870>

- Burt, I. (2014). Identifying gender differences in male and female anger among an adolescent population. *The Professional Counselor, 4*(5), 531. <https://doi.org/10.15241/ib.4.5.531>
- Cummings, E. M., Ballard, M., & El-Sheikh, M. (1991). Responses of children and adolescents to interadult anger as a function of gender, age, and mode of expression. *Merrill-Palmer Quarterly, (1982)*, 543-560.
- DiGiuseppe, R., & Tafrate, R. C. (2007). *Understanding anger disorders*. Oxford University Press.
- DiGiuseppe, R., Fisher, A., Raptis, J., Romero, K., Schieffelin, A., & Chaplin, W. (2023). What Cognitions Best Predict Disturbed Anger in Adults? A Revision of the Anger Cognitions Scale. *Cognitive Therapy and Research, 47*(3), 510-529.
- Evers, C., Fischer, A. H., Rodriguez Mosquera, P. M., & Manstead, A. S. (2005). Anger and social appraisal: A "spicy" sex difference?. *Emotion, 5*(3), 258.
- Fischer, A. (Ed.) (2000). *Gender and emotion: Social psychological perspectives*. Cambridge University Press.
- Fischer, A. H., & Evers, C. (2009). Anger in the context of gender. In *International Handbook of Anger: Constituent and concomitant biological, psychological, and social processes* (pp. 349-360). New York, NY: Springer, New York.
- Fischer, A. H., & Evers, C. (2011). The social costs and benefits of anger as a function of gender and relationship context. *Sex roles, 65*, 23-34.
- Hess, U. (2014). Anger is a positive emotion. *The positive side of negative feelings, 55-75*.
- Jones, M. V., Coffee, P., Sheffield, D., Yang üez, M., & Barker, J. B. (2012). Just a game? Changes in English and Spanish soccer fans' emotions in the 2010 World Cup. *Psychology of Sport and Exercise, 13*(2), 162-169. <https://doi.org/10.1016/j.psychsport.2011.10.008>
- Kleinheksel, A. J., Rockich-Winston, N., Tawfik, H., & Wyatt, T. R. (2020). Demystifying content analysis. *American journal of Pharmaceutical Education, 84*(1).
- Kret, M. E., & De Gelder, B. (2012). A review on sex differences in processing emotional signals. *Neuropsychologia, 50*(7), 1211-1221.
- Kring, A. M., & Gordon, A. H. (1998). Sex differences in emotion: Expression, experience, and physiology. *Journal of Personality and Social Psychology, 74*, 686-703.
- McDowell, J., & Schaffner, S. (2011). Football, it is a man's game: Insult and gendered discourse in The Gender Bowl. *Discourse & Society, 22*(5), 547-564.
- Milovchevich, D., Howells, K., Drew, N., & Day, A. (2001). Sex and gender role differences in anger: An Australian community study. *Personality and Individual Differences, 31*(2), 117-127. [https://doi.org/10.1016/S0191-8869\(00\)00122-7](https://doi.org/10.1016/S0191-8869(00)00122-7)
- Mirabella, G., Grassi, M., Mezzarobba, S., & Bernardis, P. (2023). Angry and happy expressions affect forward gait initiation only when the task is relevant. *Emotion, 23*(2), 387.

Morrison, T., Dinno, A., & Salmon, T. (2021). The erasure of intersex, transgender, non-binary, and Agender experiences through misuse of sex and gender in health research. *American Journal of Epidemiology*, 190(12), 2712-2717. <https://doi.org/10.1093/aje/kwab221>

Namaziandost, E., Heydarnejad, T., Rahmani Doqaruni, V., & Azizi, Z. (2023). Modelling the contributions of EFL university professors' emotion regulation to self-efficacy, work engagement, and anger. *Current Psychology*, 42(3), 2279-2293. <https://doi.org/10.1007/s12144-022-04041-7>

Nordqvist, C. (2009). What is anger and anger management? *Medical News Today*. (at Italian). Retrieved from <http://www.Medicalnewstoday.Com/articles/162035.php>

Pfeiler, T. M., Wenzel, M., Weber, H., & Kubiak, T. (2017). The power of status: What determines one's reactions to anger in a social situation?. *Personality and individual differences*, 114, 61-68. <https://doi.org/10.1016/j.paid.2017.03.057>

Potegal, M., & Novaco, R. W. (2009). A brief history of anger. In *International Handbook of Anger: Constituent and concomitant biological, psychological, and social processes* (pp. 9-24). New York, NY: Springer, New York. https://doi.org/10.1007/978-0-387-89676-2_2

Regoniel, P. A. (2023, June 13). Exploring Phenomena: A Brief Guide to Conducting Descriptive Qualitative Research. *Research-based Articles*.

Salerno, J. M., & Peter-Hagene, L. C. (2015). One angry woman: Anger expression increases men's influence but decreases women's influence during group deliberation. *Law and human behavior*, 39(6), 58. <https://doi.org/10.1037/lhb0000147>

Salerno, J. M., Phalen, H. J., Reyes, R. N., & Schweitzer, N. J. (2018). Closing with emotion: The differential impact of male versus female attorneys expressing anger in court. *Law and Human Behavior*, 42(4), 385-401. <https://doi.org/10.1037/lhb0000292>

Salmond, S. S. (2008). Evaluating the reliability and validity of measurement instruments. *Orthopaedic Nursing*, 27(1), 28-30. <https://doi.org/10.1097/01.NOR.0000310608.00743.54>

Schudson, Z. C., Beischel, W. J., & van Anders, S. M. (2019). Individual variation in gender/sex category definitions. *Psychology of Sexual Orientation and Gender Diversity*, 6(4), 448. <https://doi.org/10.1037/sgd0000346>

Sloan, M. M. (2012). Controlling anger and happiness at work: An examination of gender differences. *Gender, Work & Organization*, 19(4), 370-391. <https://doi.org/10.1111/j.1468-0432.2010.00518.x>

Spielberger, C. D. (2010). State-Trait anger expression inventory. *The Corsini encyclopedia of psychology*, 1-1. <https://doi.org/10.1002/9780470479216.corpsy0942>

Wagner, H. L., Buck, R., & Winterbotham, M. (1993). Communication of specific emotions: Gender differences in sending accuracy and communication measures. *Journal of Nonverbal Behavior*, 17, 29-53. <https://doi.org/10.1007/BF00987007>

Appendix 1. Chick List Initial Form

- 1- Males are more intolerant than females in expressing their anger while watching a football match.
- 2- Females are more intolerant than males in expressing their anger while watching a football match.
- 3- Males use insults while watching a football match, especially when their team loses.
- 4- Men use obscene words and ugly expressions more than women while watching the match.
- 5- Women use obscene words and ugly expressions more than men while watching the match.
- 6- females use insults while watching a football match, especially when their team loses.
- 7- Males change their emotional behaviour in expressing anger to obtain positive evaluations from others, i.e., females.
- 8- Females change their emotional behaviour in expressing anger to obtain positive evaluations from others, i.e., males.
- 9- Males increase their expressions of anger to attract females while watching the match.
- 10- females increase their expressions of anger to attract males while watching the match.

Appendix 2. Chick List Final Form

- 1- Males are more intolerant than females in expressing their anger while watching a football match.
- 2- Females are more intolerant than males in expressing their anger while watching a football match.
- 3- Males use insults while watching a football match, especially when their team loses.
- 4- Females use insults while watching a football match, especially when their team loses.
- 5- Males change their emotional behaviour in expressing anger to obtain positive evaluations from others, i.e., females.
- 6- Females change their emotional behaviour in expressing anger to obtain positive evaluations from others, i.e., males.

Appendix 3

Arbitrators' names:

- Ali Ahmed, PhD
- Arif Mostafa, PhD
- Fatima Rjab, PhD
- Aisha Almutiari, PhD
- Najwa Almutiari, PhD

Copyrights

Copyright for this article is retained by the author(s), with first publication rights granted to the journal.

This is an open-access article distributed under the terms and conditions of the Creative Commons Attribution license (<http://creativecommons.org/licenses/by/4.0/>)