

## EXISTENTIAL ANGER: A SCALE DEVELOPMENT STUDY

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### ABSTRACT

Existential anger, as it is included in the study, can be defined as the feeling of pure anger towards human existence, which emerges as a result of the thought processes carried out on the meaninglessness and nothingness of the life that individuals live, which we can associate with the concepts of existential anxiety and existential crisis. The study aims to develop a psychometric measurement tool to measure anger towards existence, which is thought to be experienced in individuals. The study was conducted with a sample of 342 people between the ages of 18-67. In order to test the construct validity of the existential anger scale, similar scale validity was made, and the relationship of the scale with similar scales was examined. Pearson Correlation analysis was used to determine the relationships between scales. It is aimed that the Existential Anger Scale can contribute to the study of psychological disorders such as anger disorders, substance addiction, anxiety disorders and depression in the field of psychology and psychotherapy. It is also thought to shed light on possible future existential psychology-based research and the existential dimension of personal development.

**Keywords:** Existential anger, existential anxiety, life project, search for meaning

### 1. INTRODUCTION

The existentialist approach is defined as a human being who is aware of his existence, actions and what is happening to him and can take responsibility for his own life and decisions. (Geçtan, 1974).

Yalom (1980) talks about four significant existence crises that all humans experience. These are the concepts of death, meaninglessness, loneliness and loss of freedom. Although every person can develop and have a satisfactory existence, people often face obstacles in reaching this state. Existentialists believe that if people choose to accept the conflicts that life brings rather than avoid or deny them, it will strengthen them. The absence of such acceptance can naturally make it inevitable for a feeling of anger towards one's existence to emerge.

On the other hand, when looking at the literature, it is seen that it is challenging to find a clear definition of existential anger. Although anger is a destructive emotion, it can be thought that whether destructiveness or creativity of creating a constructive life plan will come to the forefront in the process of experiencing anger, which we talk about existentially. Its continuation depends entirely on the initiative of individuals. In this study, the concept of existential anger is thought to be a phenomenon that is experienced together with the concepts defined as existential anxiety or depression, which is the continuation of existential anxiety, which is defined as the awareness of extinction, that people perceive as a threat to their existence. Therefore, it can be easily claimed that a person with high existential anger will decrease his determination towards life, curiosity, drive to explore, and desire to have a purpose, while clinically, an increase in the level of depression will be observed. Therefore, it seems pretty clear that such a critical case will have some clinical consequences and effects on mental health. However, when the literature is examined, it is understood that this phenomenon is mainly limited to being examined at a philosophical and theoretical level. No effort has been made in terms of making the definition of operability and measuring it psychometrically.

Existential anger as it is included in this study can be defined as the pure anger emotion that a person feels about his existence, which occurs as a result of the thought processes carried out on the

meaninglessness and nothingness of the life he lives in, which we can associate with the concepts of existential anxiety and existential crisis. The aim and significant problem of the study are that there is no psychometric measurement tool to measure anger towards existence, which is thought to be experienced in individuals. This study aims to develop a psychometric measurement tool in order to fill such a gap.

### 1.2. Existential Anxiety

The German Protestant philosopher and theologian Paul Tillich explain anxiety as non-existence and accepting the danger of nothingness (2014). Tillich says three different forms of anxiety: fate and death anxiety, emptiness and meaningless anxiety, guilt and reprimand anxiety. Tillich considers these types of anxiety not related to abnormal mental states as psychotic and neurotic anxiety, but existentially because they are entirely oriented to human existence. Tillich claims that death and fate anxiety is directly proportional to individualization and that people were living in cultures that have adopted collective life experience less death and fate anxiety (Tillich, 2014).

The concept that Tillich defines as "emptiness and meaninglessness anxiety" was reintroduced under the name of "existential vacuum" by Viktor Frankl, the creator of the logotherapy movement, which was one of the existential psychotherapies. "Meaninglessness" can be shown as one of the most important themes on which existential anger is based. According to the existentialist trend, depression is related to the human search for meaning. As a psychotherapy system, Viktor Frankl is based on logotherapy on gaining goals that can make sense of human life.

May and Yalom (1967) state that anxiety and neurotic anxiety experienced existentially in their work Existential Psychotherapy contain differences. First, they argue that existential anxiety arises in proportion to the confrontation with a certain situation. The second difference is that existential anxiety does not require using suppression as a defense mechanism. May and Yalom say that this type of anxiety can be used creatively as a stimulus for defining and confronting the encountered dilemma.

### 1.3. Existential Crisis and Existential Depression

While Sanders (2013) stated that existential depression is used to describe major depressive episodes that develop due to an existential crisis, Webb (2008) defined existential depression as depression when the individual confronts some existential issues. Sanders states that no psychological or medical approach can adequately address the crisis of existence, including an existential depression with clinically evident symptoms (2013). Webb (2008) explains existential depression as a challenge to the survival of the individual and at the same time as a condition that guides personal development by providing a positive life experience by taking control of their life.

### 1.4. Existential Foundations of Anger

In his book, Liberty and Destiny (2011), May talks about skipping the constructive side of anger. Apart from the feelings of hostility and resentment that come with anger, May speaks of the presence of anger that keeps the self ready and alive, which energizes and stimulates clear thinking. She argues that confronting fate will generate anger and that this concept, which she describes as constructive anger, will empower us to fight fate. This definition can be thought of as a guide to understanding the existential basis of anger. If existential anger arises from experiencing existential anxiety, what emerges is a fit of anger brought about by facing destiny, as stated above.

Frankl (1994) also put forward a tension hypothesis that we can associate with existential anger. He argues that human beings are not trying to relieve tension; on the contrary, they need tension. They say that man cannot find enough tension in modern life, which is why he sometimes creates tension. He argues that there must be a medium dose of tension between the human and the meaning he has to realize. In this context, we can think that individuals will come to separation as a result of experiencing existential anger, and as a result of this crossing, individuals' life projects, attitudes and determination towards life may differ.

## 2. METHOD OF THE RESEARCH

In the study, three different studies were applied to two different samples. The study population consists of individuals between the ages of 18-67 who were randomly selected from the provinces of Istanbul, Ankara, Izmir, Manisa and Kırklareli who were educated at high school university and postgraduate level. The total number of participants of the study was determined as 342 people after the missing and incorrectly filled scale forms were removed, and the data were evaluated based on this number. 92 people participated in the first part of the research, and 250 people participated in the second part. The third part of the study, the test-retest study, was conducted by randomly selecting 20 people from 250 people who participated in the second study.

### 2.1. Application 1

In the first part of the study, 92 participants (59 women and 33 men) randomly selected from İstanbul, İzmir, Manisa and Ankara provinces, demographic information form, Determination Scale, Existential Anger Scale prepared by the researcher, Life Purpose Scale from psychological well-being scales, Short Symptom Inventory. A scale battery including the Depression Sub-Scale and the Life Project Scale (OWB: Ontological well-being) was applied.

#### 2.1.1. Demographic Information Form

In order to determine the demographic characteristics of the people participating in the study, age, gender, educational status (high school, university, graduate), marital status (married, single, divorced-widow), monthly family income (1000 TL and below, 1000- 3000 TL, 3000 TL) TL and above, I do not want to answer), with whom he lives (alone, with parents-siblings, with friends, with spouses-lovers), whether there are individuals who receive psychological help in the family (yes, no), and there is a diagnosed psychiatric disorder in the family A demographic information form including whether there is an individual (yes, no) was applied.

#### 2.1.2. Revised Stability Scale Turkish Version

It was developed by Duckworth and Quin (2009) and adapted into Turkish by Akın, Abacı, Arıcı, Uysal, and Uysal (2011). The scale consists of 8 items in total. It has 2 subscales: consistency in interest (first four items) and persistence in effort (last four items). According to the language equivalence results of the scale, a high correlation was found between the Turkish and English forms (consistency in interest .81 and persistence in effort .62). Confirmatory factor analysis results revealed that the model worked well  $\chi^2 = 41.72$ ,  $df = 20$ ,  $\chi^2 / df = 2.08$ ,  $RMSEA = .059$ ,  $CFI = .93$ ,  $IFI = .93$ ,  $GFI = .97$ ,  $AGFI = .94$ ,  $SRMR = .061$ .

#### 2.1.3. Existential Anger Scale

It is the scale developed by the researcher. The five-point Likert type (1 = I definitely do not think this way, 5 = I think exactly that way) consists of the rating. In the scale battery, the initial version consisting of ten items was used. As a result of the factor analysis, it was revealed that the scale has a one-dimensional structure. The Cronbach Alpha internal consistency coefficient was found to be 0.94, and the scale was highly reliable.

#### 2.1.4. Psychological Well-Being Scale-Life Purpose Sub-Scale (PWB)

Life Purpose Scale is a sub-scale of Psychological Well-being scales designed by Ryff (1989). Consisting of 14 items, the scale was designed for the significance of life in individuals and whether there are clear goals for living. The Cronbach Alpha internal consistency coefficient of the scale was found to be 0.90. The test-retest reliability coefficient is 0.82. For the Turkish form of the scale (Cenkseven, 2004), the Cronbach Alpha internal consistency coefficient was 0.76, and the test-retest reliability coefficient was 0.75.

#### 2.1.5. Depression Scale

The Depression subscale, one of the subscales of the Brief Symptom Inventory, was used to measure the depressive symptoms of the participants in the study. The scale was developed by Derogatis (1992)

as the short form of SCL - 90 - R. The Turkish form of the Brief Symptom Inventory was created by Şahin and Durak (1994). As a result of the factor analysis, it was revealed that the scale consists of 5 dimensions: anxiety, depression, negative self, somatization and hostility, unlike the original study. The Cronbach Alpha coefficient for the Turkish form was found as .95 and .96.

### 2.1.6. Life Project Scale - OWB

It was developed by Şimşek and Kocayörük (2013). It was formed as a result of five different studies, including different samples. Life project scale scores were highly correlated with mental health predictors and personality factors. As a result of the exploratory factor analysis, it was revealed that the scale has a structure consisting of four dimensions: regret, hope, nothingness and activation, and these four dimensions explain 52% of the variance. Internal consistency coefficients for these dimensions vary between 0.78 and 0.90. The Cronbach Alpha coefficient was also found to be 0.91.

## 2.2. Application 2

Demographic information form, Determination Scale, Existential Anger Scale prepared by the researcher, Life Purpose Scale, Short Symptom A six-page scale battery, whose inventory includes the Depression Sub-Scale, the Life Project Scale, and the Five-Factor Personality Inventory, was applied.

### 2.2.1 Five Factor Personality Inventory

The five-factor personality inventory ((McCrae & Costa, 1992) is a 44-item scale. It is a 5-point Likert-type (1 = Never Agree, 5 = Strongly Agree) and includes emotional imbalance (neuroticism), extraversion, openness to development, adaptability and self-discipline. The Turkish validity and reliability study was conducted by Sümer and Sümer (2005) for the Turkish leg of a study (Schmitt et al., 2007) on self-identification profiles and patterns of people covering 56 countries. The values were determined as .79, .77, .76, .70 for the factors of emotional instability (neuroticism), extraversion, openness to development, adaptability and self-discipline, respectively (Schmitt et al., 2007).

## 2.3. Exercise 3: (Test-Retest)

In this part of the study, the test-retest application was applied to the participants to test the scale's reliability.

### 2.3.1. Universe and Sample

The same scale was re-applied to 20 people living in Istanbul, aged between 22 and 59, after 6 weeks from the first application.

### 2.3.2. Data Collection Tools

A 6-page test scale battery, including the Existential Anger Scale developed by the researcher, was applied to a randomly selected group of 250 people (164 women and 86 men) residing in Istanbul, İzmir, Ankara, Manisa and Kırklareli provinces. Later, the researcher applied the Existential Anger Scale to a group of 20 randomly selected participants among these participants after about 6 weeks after the first application.

## 3. FINDINGS

### 3.1. Practice 1. Analysis of Pilot Study Findings

#### 3.1.1. Sociodemographic Characteristics of the Sample

Age characteristics of the participants who took part in the pilot data study are shown in Table 1. Accordingly, the average age of the sample participating in the pilot study appears to be 30.5.

**Table 1.** Pilot Study Mean Age

	Min	Max	Mean	Std. Dev.
Age	19	62	30.5	9.55

Not. N:92

The sociodemographic characteristics of the participants who took part in the pilot data study are given in Table 2.



**Table 2.** Pilot Data Sociodemographic information (Not. N: 92)

	N	%
<b>SEX</b>		
Male	33	35.9
Female	59	64.1
<b>INCOME</b>		
1000 TL and Below	3	3.3
1000-3000 TL	26	28.3
Over 3000 TL	55	59.8
No answer	8	8.7
<b>MARITAL STATUS</b>		
Single	63	68.5
The married	24	26.1
Divorced / Widow	5	5.4

**Table 2.** Sociodemographic Findings Continued (Not. N:92)

	N	%
<b>EDUCATION</b>		
High school	28	30.4
University	53	57.6
Postgraduate	11	12.0
<b>LIFESTYLE</b>		
Alone	18	19.6
Mother, father, sister	34	37
Friend	14	15.2
Spouse / Lover	26	28.3
<b>DIAGNOSIS IN FAMILY</b>		
Yes	22	23.9
No	70	76.1
<b>AB DIAGNOSIS</b>		
Yes	14	15.2
No	78	84.8

### 3.1.2. Exploratory Factor Analysis Results

As a result of the analyzes performed on the pilot sample consisting of 92 people, the Kaiser-Meyer Olkin test value of the Existential Anger Scale was 0.88, and Bartlett's test was found to be 0.000 and the scale items were found to be suitable for factor analysis. As a result of the Factor Analysis, it was revealed that it shows a one-dimensional structure that explains 65.68% of the variance. When the Cronbach's Alpha coefficient was calculated for the general reliability of the scale, the reliability level was determined as  $\alpha = 0.94$ , and the scale was found to be highly reliable.

**Table 3.** Exploratory Factor Analysis (Not. N:92)

	Eigen Value	Explained Variance	Total Variance
1	6.56	65.68	65.68
2	.75	7.55	73.24
3	.68	6.89	80.14
4	.50	5.01	85.15
5	.41	4.16	89.32
6	.29	2.95	92.28
7	.28	2.83	95.11
8	.22	2.21	97.33
9	.16	1.64	98.97
10	.10	1.02	100.00

Standard deviation and factor loads for the medium obtained for the pilot data study are given in Table 3. Accordingly, it was found that the factor loads of the scale items were between 0.64 and 0.85.

**Table 4.** Pilot Data Mean, Standard Deviation and Factor Loads (Not. N:92)

	Mean	Standard Deviation	Factor
1	1.71	.94	.64
2	1.68	.94	.70
3	2.02	1.09	.83
4	2.01	1.06	.76

5	1.69	1.04	.80
6	1.69	.94	.80
7	1.63	.89	.85
8	1.60	.85	.85
9	1.68	.90	.84
10	1.45	.79	.75

### 3.2. Application 2. Large Sample Study

In the second part of the study, research was conducted on a sample group of 250 people. The application includes sociodemographic information of the participants, similar scale validity, and confirmatory factor analysis studies.

#### 3.2.1. Sociodemographic Characteristics of the Sample

The sociodemographic characteristics of the sample are given in Table 5.

**Table 5.** Sociodemographic Characteristics of the Sample (Not.N:250)

	N	%
<b>SEX</b>		
Male	86	34.4
Female	164	65.6
<b>INCOME</b>		
1000 and below	2	0.8
1000-3000	84	33.6
Over 3000	129	51.6
No answer	35	14.0
<b>MARITAL STATUS</b>		
Single	151	60.4
The married	84	33.6
Divorced / Widow	15	6.0
<b>EDUCATION</b>		
High school	106	42.4
University	122	48.8
Postgraduate	22	8.8
<b>LIFESTYLE</b>		
Alone	47	18.8
Mother, father, sister	88	35.2
Friend	31	12.4
Wife, lover	84	33.6
<b>DIAGNOSIS IN THE FAMILY</b>		
Yes	55	22.0
No	195	78.0
<b>AB DIAGNOSIS</b>		
Yes	12	4.8
No	238	95.2

#### 3.2.2. Existential Anger Scale Exploratory Factor Analysis Results

Existential Anger Scale Self-worth analysis results are given in Table 6.

**Table 6.** Eigenvalue Analysis Results (Not.N:250)

	Eigen Value	Explained Variance	Total Variance
1	6.54	65.47	65.47
2	.77	7.78	73.25
3	.53	5.38	78.64
4	.48	4.79	83.44
5	.38	3.84	87.29
6	.32	3.21	90.50
7	.29	2.89	93.40
8	.27	2.69	96.10
9	.22	2.25	98.35
10	.16	1.64	100.00



**Table 7.**Mean, Standard Deviation, Factor and Cronbach Alfa values (Not.N:250)

	Mean	Standard Deviation	Factor Load values	Verified Item Correlations	Cronbach Alpha
1	1.67	1.04	.78	.76	.93
2	1.64	1.14	.76	.73	.93
3	1.91	1.14	.79	.77	.93
4	1.82	1.17	.75	.74	.93
5	1.49	1.00	.81	.79	.93
6	1.44	.98	.89	.86	.93
7	1.46	.97	.76	.73	.93
8	1.42	.94	.82	.79	.93
9	1.49	.94	.67	.65	.93
10	1.35	.87	.75	.72	.93

The mean, standard deviation, factor loads and Cronbach Alpha values obtained from the Existential Anger Scale are given in Table 8.

### 3.2.3. Similar Scale Validity Study

At this stage of the study, examining the relationships between the existential anger scale and similar scales examined whether results compatible with similar scales were obtained.

**Table 8.** Correlations Between Variables

	VO
<b>KO</b>	
KO_İLG	-.37**
KO_ÇAB	-.20**
<b>PWB</b>	
KSE-DEP	-.44**
	.52**
<b>YPO</b>	
YPO_PİŞ	.34**
YPO_AKT	-.12*
YPO_HİÇ	.52**
YPO_U	-.16**

Note. N: 250 KO: Stability Scale; KO\_İLG: Stability Scale Consistency in Interest Sub-Dimension; KO\_ÇAB: Stability Scale Insistence in Effort Sub-Dimension; PWB: Psychological Well-Being Scale Life Goals Sub-Dimension; BSI-DEP: Brief Symptom Inventory Scale Depression Sub-Dimension; YPO: Life Project Scale (OWB); YPO\_PİŞ: Life Project Scale Regret Sub-Dimension; YPO\_AKT: Life Project Scale Activation Sub-Dimension; YPO\_HİÇ: Life Project Scale Nothingness Sub-Dimension; YPO\_U: Life Project Scale Hope Sub-Dimension. \* P <0.5; \*\* p <0.01

It was found that there was a significant negative relationship between the consistency in attention and persistence in effort dimensions of the commitment scale and the existential anger scale ( $r = -.37$  and  $r = -.20$ ;  $p < 0.01$ ). According to this result, as the level of determination increases, the level of existential anger decreases. It is observed that there is a significant negative relationship between life goals sub-dimension and existential anger scale ( $r = -.44$ ;  $p < 0.01$ ). The prevalence of existential anger was found to be lower in individuals with high life goal scores. When the relationship between the depression sub-dimension of the short symptom inventory and the existential anger scale was examined, it was found that there was a significant positive relationship ( $r = .52$ ;  $p < 0.01$ ). As the depression scores of the participants increased, their existential anger scores also increased. When looking at the relationship between the life project scale (OWB) and existential anger scale, it was seen that there was a significant positive relationship with the regret sub-dimension and the nothingness sub-dimension ( $r = .34$  and  $r = .52$ ;  $p < 0.01$ ), while it was negative with the activation and hope sub-dimensions. It was determined that there is significance in the direction ( $r = -.12$ ;  $p < 0.5$  and  $r = -.16$ ;  $p < 0.01$ ). Considering the relationship between the five-factor personality inventory and existential anger, the existential anger scale ( $r = -.18$ ,  $r = -.17$ ,  $r = -.18$ ;  $p < 0.01$ ,  $r = -.05$ ;  $p < 0.5$ ), it was found to have a significant positive correlation with the emotional balance / neuroticism sub-dimension ( $r = .40$ ;  $p < 0.01$ ).

Şekil 1. Ölçme Modeli Standardize Çözümleme Değerleri

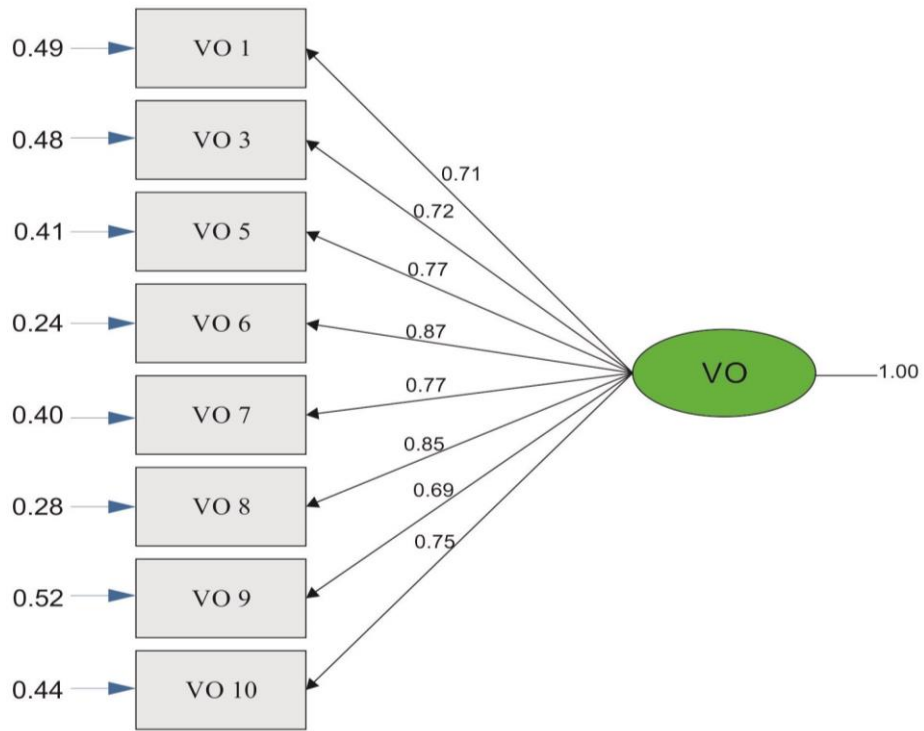


Figure 1. Measurement Model Standardized Analysis Values

Şekil 2. Ölçme Modeli T Değerleri

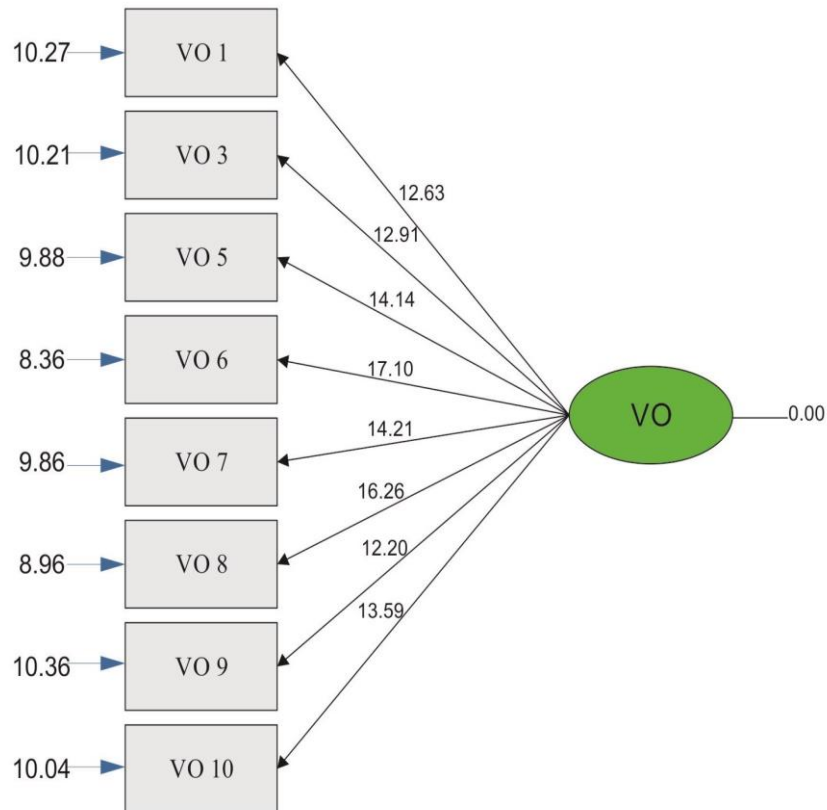


Figure 2. Measuring model T



### 3.2.3.1. Parameter Values for the Measurement Model

**Table 9.** Factor Loadings, Standard Error Values and T-Values Regarding the Measurement Model (Not. N: 250)

Implicit and Observed Variables	Unstandardized Factor Loadings	SH	T-Values	Standardized Factor Load Values
VO1	.74	.05	12.63*	.71
VO3	.83	.06	12.91*	.72
VO5	.78	.05	14.14*	.77
VO6	.86	.05	17.10*	.87
VO7	.76	.05	14.21*	.77
VO8	.80	.04	16.26*	.85
VO9	.66	.05	12.20*	.69
VO10	.66	.04	13.59*	.75

Parameter values related to the measurement model are given in Table 9. As it can be understood from Table 9, it was found that the standardized factor loads ranged between 0.69 and 0.87 and all of them were statistically significant.

### 3.2.3.2. Goodness of Fit Values for the Measurement Model

The goodness of fit values for the one-dimensional model of the CFA result applied for the existential anger scale construct validity are as in Table 10.

**Table 10.** The goodness of Compliance Values for the Measurement Model(Not. N: 250)

Compliance measurement	Good Compliance	Acceptable Compliance	Value	Comment
$\chi^2$			206.62	
sd			35	
$\chi^2$ /sd	2	5	5,90	Inadequate Compliance
SRMR	0<RMSEA<.05	.05< RMSEA<.08	0.05	Good Compliance
NFI	.95<NFI<1	.90<NFI<.95	0.95	Acceptable
CFI	.95<CFI<1	.90<CFI<.95	0.96	Good Compliance
GFI	.95<GFI<1	.90<GFI<.95	0.86	Inadequate Compliance

According to the results in Table 10, when the correction indices were reviewed, it was observed that the two items (2. and 4.) in the scale were similar to each other and had a high error covariance. For this reason, items 2 and 4 were excluded from the scale. Revised Goodness of Fit Values is given in Table 11.

**Table 11.** The goodness of Compliance Values for the Revised Measurement Model (Not. N:250)

Compliance measurement	Good Compliance	Acceptable Compliance	Value	Comment
$\chi^2$			72.42	
sd			20	
$\chi^2$ /sd	2	5	3.6	Acceptable Compliance
SRMR	0<RMSEA<.05	.05< RMSEA<.08	0.03	Good Compliance
NFI	.95<NFI<1	.90<NFI<.95	0.97	Good Compliance
CFI	.95<CFI<1	.90<CFI<.95	0.98	Good Compliance
GFI	.95<GFI<1	.90<GFI<.95	0.93	Acceptable Compliance

As can be seen, the revision has led to an improvement in the goodness of fit statistics of the model. The result of the chi-square difference test (134; 15;  $p < .05$ ) was calculated to determine whether this effect of the revision made on the fit values of the model was significant.

### 3.3. Application 3 (Re-Test Study)

In the last part of the study, the Existential Anger Scale was re-administered to the sample group of 30

people who were surveyed 15 days ago. The correlations between the leading test group and the re-test group's total scores from the Existential Anger scale were analyzed. According to the findings, a high correlation relationship at the .993 level was determined. (Table 12)

**Table 12.** Test Re-Test Correlations

	VO_Total	VO-R_Total
VO_Total	-	.993**
VO-R_Total	.993**	-

Not. N:30 \*\*p<.01

#### 4. RESULTS

As a result of the statistical processes performed, it was determined that the Existential Anger Scale shows a one-dimensional structure that helps to measure the existential anger experienced by individuals. When the findings of the study are examined, it is seen that the Existential Anger Scale is also associated with variables such as determination, life goals, clinical depression, ontological well-being (OWB) and personality traits.

##### 4.1. The Relationship Between Existential Anger and Determination

When the findings were examined, it was found that there was a significant negative relationship between existential anger and determination. It is seen that the rate of existential anger decreases as the scores of the persistence in effort and consistency in interest sub-dimensions of the Determination Scale applied in the study increase. Önen and Tuzun (2005) stated that motivational determination is determined by the intensity of a specific need that develops in parallel with other existing needs (physiological, emotional, etc.) and that if these needs are not fulfilled or not met, this situation can create an imbalance in the individual. Based on this information, we can say that determination works like a mechanism that regulates the needs of individuals. It can be said that existential anger is likely to be seen in situations of imbalance that may arise in the absence of this mechanism. Dykman (1998) states that individuals seeking improvement are better in self-perception, ability to cope with negativity and depression symptoms than individuals seeking approval. In this case, we can assume that individuals' desire and expectation for development will positively affect the level of determination, and experiencing existential anger will be less likely. The height of intrinsic motivation can explain that individuals seek improvement by leaving aside their desire for approval. Intrinsic motivation is defined as individuals showing interest and curiosity in an activity to provide their inner satisfaction instead of achieving privileged results (Horner, 1997). Geçtan (1974) says that people who do not want to encounter existential anxiety distanced themselves from their authentic essence by leaving the responsibilities of life to foreign powers. Authenticity is the individual having a particular perception of himself and being independent of the control of others (Wood et al., 2008). Accordingly, it can be said that the height of intrinsic motivation in individuals is directly proportional to the level of authenticity. Şimşek (2009) mentions that a low level of motivation or lack of motivation can lead to the emergence of feelings such as loss, aimlessness and emptiness in the individual. Considering that existential anger originates from the feelings of aimlessness, meaninglessness and emptiness, we can say that the level of determination and motivation is a significant predictor of existential anger.

##### 4.2. The Relationship Between Existential Anger and Life Goals

As a result of the study, it was found that the relationship between the psychological well-being sub-dimension of life goals and existential anger level showed a moderate negative correlation. It was an expected finding that life goals were negatively correlated with existential anger. In their study, Kasser and Ryan (1996) defined goals such as contribution to society, personal development, interpersonal relationships, and internal physical health. In addition, they defined goals such as being famous, attractive and getting rich as external goals. Kasser and Ryan (2001) found that individuals with high intrinsic goals have more subjective well-being, self-esteem, and relationship satisfaction than others.

On the other hand, individuals with high levels of extrinsic goals had lower life satisfaction, self-esteem, and higher self-actualization rates of anxiety and depression. Another finding obtained from this study is that the substance use frequency and television watching time of individuals with extrinsic

intentions are higher than those with internal intentions. In another study where he compared psychological well-being and life goals, it was found that internal goals are positively related to well-being, and external goals are negatively related (Schmuck, 2000). In the light of this information, we can explain that the rate of experiencing existential anger is less in individuals with high life goals scores, and it can be said that individuals with high levels of existential anger lead to the lack of internal goals due to the feeling of meaninglessness and the search for meaning. The measurement tool applied in this study is the life goals scale, which is the sub-dimension of the Psychological Well-Being Scale. Psychological Well-being Scale consists of having a purposeful and meaningful life, being interested in daily activities and being busy with a job. The items aim to measure self-esteem, optimism, and feeling competent and competent in important activities (Telef, 2013). This shows us that the scale focuses more on internal goals. In the light of all this information, it can be said that the finding obtained is a significant result for the research.

#### **4.3. The Relationship Between Existential Anger and Depression Level**

As a result of the statistical analysis, a high positive correlation was found between the existential anger level and depression. Boss, one of the representatives of the existentialist approach, explains the depressed person as someone who cannot open himself to existence and the possibilities of life in the sense of undertaking life responsibilities and therefore cannot be authentic, independent and free. According to Boss, these people try to adjust themselves to the desires, desires, and expectations and not to lose the protection of their love. This existential guilt is the source of the tendency to feel guilt and self-humiliation in depression (cited in Alper, 1997, pp. 41-42). In the light of this information, it can be said that individuals with high existential anger may have increased levels of depression since it is assumed that their external approval needs are high and their level of authenticity is lower. At the same time, existential guilt was identified as an essential theme in the Existential Anger Scale development study to explain the foundations of existential anger. Crumbaugh and Maholick (1964) found that existential frustration or lack of meaning is associated with depression. Mascaro and Rosen (2005) found in their study with university students that existential lack of meaning is seen together with depressive symptoms. However, they also underlined that there is no existential meaning in every individual with high depressive symptoms. Lack of meaning and the search for meaning are considered one of the most important themes that explain the foundations of existential anger in the Existential Anger Scale development study. Based on all this information and statistical analysis results, we can say that there is a highly significant relationship between individuals' existential anger and depression levels.

#### **4.4. The Relationship Between Existential Anger and Ontological Well-Being (OWB) Level**

Ontological well-being (OWB) is a theory developed by Şimşek (2009). Ontological well-being is explained as the evaluation of life projects of individuals, taking into account the components of the past, future and present. According to this approach, individuals see their lives as a project, and their mental health is closely related to the negative/positive emotional and cognitive structuring of this project (Şimşek & Kocayörük, 2013). The Life Project Scale (Şimşek & Kocayörük, 2013) developed to measure ontological well-being was used in the study. As a result of the statistical analysis performed, it was determined that there is a high level of a positively significant relationship between the existential anger and the nothingness dimension of the ontological well-being scale, a moderately positive significant relationship with the regret sub-dimension, and a significant negative relationship with the hope and activation sub-dimensions. Considering the literature, the high scores of nothingness and regret in individuals with high existential anger are expected in terms of the study. The decrease in activation and hope scores as the existential anger rate increases is also a significant result for the study. Mascaro and Rosen (2005) found in their study that existential lack of meaning leads to a decrease in hope and an increase in the level of depression in individuals. Şimşek and Kocayörük (2013) pointed out that individuals with low regret sub-dimension scores are individuals who can look at their past with positive affect, have high self-acceptance and have high environmental dominance. The high repentance scores in the Existential Anger Scale development study also reveal that individuals with high existential anger have a shallow level of acceptance of themselves and their past

and show significance within the literature framework. Another sub-dimension in the Life Project Scale is nothingness, which is expressed as a dimension that includes disappearance, purposelessness, emptiness, anxiety, and similar effects expressed in the existential literature (Şimşek & Kocayörük, 2013). We can say that the highest level of significant relationship with the existential anger scale was found with this dimension in the analyzes performed, which was an expected result for the study.

#### 4.5. The Relationship Between Existential Anger and Personality Traits

In the study, the Five-Factor Personality Traits Inventory was used to determine the relationship between existential anger and personality traits (Costa & McCrae, 1992). The highest level of positive relationship was found with the neuroticism sub-dimension. A weak relationship was found with sub-dimensions of mildness, responsibility, and openness to experience. It can be said that these results show significance in the light of the literature. Mascaro and Rosen (2005) also found a significant relationship between the neuroticism sub-dimension of the five-factor personality inventory, depressive symptoms and lack of existential meaning. These findings are similar to the results obtained in the existential anger scale development study. Halama and Dedová (2007) investigated the effects of individuals' search for meaning and hope levels on positive mental health and whether their personality traits can be measured by disabling them. As a result of the study, they stated that the search for meaning shows a structure independent of personality traits in individuals' lives.

Similarly, Steger et al. (2008) emphasized that the search for meaning and personality traits is independent. Costa and McCrae (1992) stated that individuals with high neuroticism tend to experience many negative emotions such as anxiety, hostility, depression, introversion, acting without thinking and vulnerability. Since neurotic individuals are more likely to experience negative affect, we can say that a high level of a significant relationship between the existential anger scale and the neuroticism dimension is expected. However, in the light of previous studies and statistical analyzes, we can say that existential anger does not directly interact with personality traits.

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## ADDITION

### EXISTENTIAL ANGER SCALE

Below are a number of statements about your life. State your degree of agreement with the opinions in these statements according to the scale on the right.	I definitely don't think that way	Little in this way	Partially like this	I mostly think this way	I think exactly that way
1. I think I was just thrown into this world and I get angry.	1	2	3	4	5
2. The fact that my opinion was not taken in coming to this world makes me angry.	1	2	3	4	5
3. Constantly having to question the meaning of life makes me angry	1	2	3	4	5
4. Living a life I didn't choose makes me angry	1	2	3	4	5
5. I have a rage about existing in this world	1	2	3	4	5
6. I hate having to live this life	1	2	3	4	5
7. I get angry when I think life has no meaning	1	2	3	4	5
8. Whatever I do, it makes me angry to see that my existence has no meaning	1	2	3	4	5
9. I get angry when I think what I do won't make any sense to my life	1	2	3	4	5
10. Knowing that my existence is a coincidence makes me angry	1	2	3	4	5