

INTRODUCTION

- The Instrumental Approach to emotion regulation suggests that people may be motivated to experience and even increase unpleasant emotions in order to reach a goal .
- Research has shown that the experience of anger promotes successful confrontation goals.
- Anger rumination consists of perseverative thinking about personally meaningful anger-inducing events and increases the intensity and duration of anger levels
- Rumination in general is considered a maladaptive strategy associated with many negative outcomes but does have some adaptive evolutionary functions.
- I am proposing another adaptive motivation of rumination in that people will angry ruminate when they want to get angry to prepare for confrontation.
- The current study expanded on Tamir and Ford’s (2012) where participants were asked to role play being a landlord who needs to either confront or collaborate with a tenant who has not paid rent in 2 months.
- I expect that participants with a confrontation goal will expect angry emotions and angry rumination to be more successful than will participants with a collaboration goal.
- Secondly, I expect that manipulated angry rumination will increase anger for participants with a confrontation goal.

METHODS

- Participants and procedure**
- Online experiment conducted at a public liberal arts college in the Northeast
 - Manipulation 1: goal condition (confrontation or collaboration)
 - Manipulation 2: rumination manipulation (anger, happy, distraction).
 - Sample consisted of 368 undergraduates (77% female)
- Measures**
- Mood Success
 - Rumination Helpfulness
 - Rumination Strategy Preference
 - Happy and Anger Emotions (Tamir & Ford, 2012)
 - Anger Rumination Scale as covariate (Sukhodolsky et al., 2001)

CONCLUSIONS

- In support of our hypothesis and previous research, those with confrontation goals (vs. collaboration) showed stronger preferences for anger emotions.
- Furthermore, manipulating goal condition lead to a preference for rumination, such that those with a confrontation goal preferred anger rumination (vs. happy rumination or distraction).
- We found that manipulated angry rumination increased anger for those with a confrontation goal more so than those with a collaboration goal. The same was not true for manipulated happy rumination or distraction.
- Novel finding proves that although anger rumination is not pleasant, it is desired and effective in increasing anger when faced with a confrontation goal.
- This study suggests that if people occasionally choose to be in negative moods, they could employ rumination in order to get into their desired negative mood and intensify emotions.
- Rumination is universally considered maladaptive and leads to many negative outcomes, this study suggests an extension of the functional account of angry rumination.
- This study suggests novel findings that rumination may sometimes serve an instrumental function for people and more importantly people want to ruminate to get into their desired negative mood.
- Future research still needs to examine whether or not this increased anger due to anger rumination leads to a more successful confrontation.

RESULTS

Table 1: Effect of Goal Condition on Mood and Rumination Choice

	Confrontation M (SD)	Collaboration M (SD)
Anger Success*	3.62 (2.02)	3.01 (1.84)
Happy Success*	4.77 (2.37)	6.09 (2.20)
Anger Rumination Strategy*	1.42 (.92)	0.67 (.71)
Happy Rumination Strategy*	1.37 (.91)	2.21 (.77)
Distraction Strategy	.15 (.41)	.13 (.36)

* starred variables have a significant difference

Table 2: Effect of Rumination Manipulation on Mood

	Confrontation		Collaboration	
	Time 1 M(SD)	Time 2 M(SD)	Time 1 M(SD)	Time 2 M(SD)
Anger Task	2.03 (1.30) 3.81 (1.57)	2.78 (1.58) 2.98 (1.58)	2.15 (1.18) 4.04 (1.66)	2.46 (1.60) 3.63 (1.69)
Happy Task	2.33 (1.48) 4.25 (1.79)	2.31 (1.47) 3.95 (1.79)	2.10 (1.46) 4.22 (1.74)	1.55 (.98) 4.22 (1.81)
Distraction Task	2.18 (1.33) 4.43 (1.81)	3.32 (2.17) 3.40 (1.65)	1.81 (1.06) 4.59 (1.59)	1.50 (.77) 4.46 (1.59)

*anger total first line, happy total second line