



## A Psychological, Cultural, and Islamic Analysis of Anger in Women's Marital Relationships

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### Abstract

The aim of the present research was to study anger in marital relationships from a psychological, cultural and Islamic religious perspective. The research universe included psychological, cultural and Islamic religious texts related to marital relationships. The sample enfolded texts related to anger in marital relationships. The research method was descriptive-analytical. To collect data library method was implemented. Then, the data were examined using the content analysis method. Initially, psychological and cultural theories related to women's marital relationships and anger management were analyzed. Next, psychological, religious, and cultural strategies related to anger management were analyzed in this context. The findings indicated that increasing emotional self-awareness skills, cognitive restructuring, active listening, problem solving, and assertiveness were key psychological strategies effective in controlling women's anger. Also, religious teachings including concepts such as anger control, patience, forgiveness, and piety were recognized as effective spiritual strategies in reducing and managing anger. Therefore, integrating psychological, cultural, and religious approaches could provide a comprehensive and effective framework for improving anger management in women's marital relationships, thereby helping to reduce conflicts and increase marital satisfaction.



## Extended abstract

**Introduction:** Anger is one of the fundamental and universal human emotions that occurs in interaction with the environment and in response to stimuli such as failure, threat, or injustice, and has important psychological, social, and biological functions. Despite its constructive functions in certain situations, uncontrolled anger can lead to negative consequences in interpersonal relationships, especially in marital relationships. Anger in marital relationships is a complex and multidimensional phenomenon influenced by psychological and cultural factors. In many traditional cultures, such as Iran, where gender roles and expectations are rigidly defined, women often suppress their emotions due to social norms restricting the free expression of feelings. This repression can lead to the gradual accumulation of anger and increased psychological tension within marital relationships. Understanding the psychological and cultural dimensions of this phenomenon and its impact on relationship quality and mental health is of critical importance. Along with psychological and cultural factors, religious teachings also influence people's attitudes toward anger and how to manage it. Islam, as one of the elements shaping cultural systems in Muslim societies, emphasizes the control and management of anger through concepts such as anger control, patience, tolerance, and forgiveness. In the Holy Quran, "Those who restrain anger and those who are forgiving to people" is listed among the characteristics of the righteous (Aal-Imran, 134). This Islamic view did not consider anger to be inherently reprehensible, but rather an emotion that can be guided and managed and has educational and moral aspects. Considering the complex interaction between psychological, cultural, and religious factors in the formation and expression of women's anger in marital relationships, addressing this issue with an interdisciplinary approach is an inevitable necessity. Therefore, the aim of the present research was to study anger in marital relationships from a psychological, cultural and Islamic religious perspective.

**Method:** The research universe included psychological, cultural and Islamic religious texts related to marital relationships. The sample enfolded texts related to anger in marital relationships. The research method was descriptive-analytical. To collect data library method was implemented. Then, the data were examined using the content analysis method. Initially, psychological and cultural theories related to women's marital relationships and anger management were analyzed. Next, psychological, religious, and cultural strategies related to anger management were analyzed in this context.

**Results:** Findings revealed that unmet fundamental psychological needs within restrictive cultural environments lead to the suppression of anger, increasing the likelihood of hidden or explosive anger episodes in women. Cultural pressures in Iran, especially strict gender expectations, result in indirect expressions of anger such as silence and withdrawal, which contribute to psychological distress and intensify marital conflicts. The interaction between psychological and cultural factors generates cycles of internal and external conflicts, occasionally escalating to physical and psychological violence that threaten family stability. Furthermore, assertive expression of anger—characterized by mutual respect and honest communication—is identified as an effective strategy for improving marital relationships. Religious teachings emphasize maintaining dignity, patience, and constructive dialogue as key principles for anger management. The results



also indicated that increasing emotional self-awareness skills, cognitive restructuring, active listening, problem solving, and assertiveness were key psychological strategies effective in controlling women's anger. Also, religious teachings including concepts such as anger control, patience, forgiveness, and piety were recognized as effective spiritual strategies in reducing and managing anger.

**Conclusions:** Effective management of women's anger in marital relationships requires a thorough understanding and appropriate fulfillment of psychological needs within the cultural and religious context. Although cultural and religious constraints may limit the expression of anger, they also offer mechanisms such as forgiveness, tolerance, and dialogue that promote marital harmony. Utilizing effective anger expression techniques, correcting false beliefs, and fostering a family and cultural environment that supports healthy and respectful emotional expression are essential for preventing family breakdown and preserving the mental well-being of couples. Therefore, integrating psychological, cultural, and religious approaches could provide a comprehensive and effective framework for improving anger management in women's marital relationships, thereby helping to reduce conflicts and increase marital satisfaction.

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