The Effects of Emotion on Interpretation Bias of College Students with Trait Anger

Jiang Yuan Chen Si

School of Psychology, Beijing Sport University, Beijing, China, 100084

Studies have shown that trait anger is the individual trait anger in a situation of trait anger stimulates manifestation of anger. For individual trait anger, different emotional state will cause the individual interpretation bias, fuzzy information tends to be interpreted as a threat, thus in a passive state. In order to understand the students' trait anger in a different emotional state of interpretation bias, to guide students to better control the emotional trait anger in daily life situations. The research adopts questionnaire method and experimental method, study of high, low trait anger of college students in the positive, neutral and negative emotional state to explain individual differences. Study of 200 college students from a university, at the age of 18-22, half of men and women, Using self-rating Anger Scale (trait anger subscale) screening, the selection of high and low trait anger group of each 60 people, half of men and women, a total of 120 people, randomly divided into positive, neutral and negative emotion group, complete interpretation bias test. The results of the study found: (1) High and low trait anger among college students in different emotional states have obvious explanation bias, Tend to explain the information ready to accept either course as threatening meaning; (2) In negative emotional state, high and low trait anger 'interpretation bias than positive emotion and neutral emotion is more obvious; (3) Explain the male and female college students' trait anger under different emotional states tend to have no significant difference. Research proposals: To improve the students' emotional attention trait anger, especially anger under the condition of interpretation bias, in order to avoid violation of social rules and deviant behavior..