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# Exploring the relationships between multiple traumatisations and anger and aggression in South Africa

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## ABSTRACT

South Africa has seen its crime levels continuously rise; hence, South Africans are exposed to more trauma incidences that may cause posttraumatic stress symptoms. In addition, South Africa has been described as an angry nation with retaliatory behaviours such as road rage and xenophobic attacks on the increase. This research study hypothesized that exposure to multiple trauma events is related to the anger and aggression witnessed in South Africa. In a sample of 388 students findings found that as trauma exposure increases so do the posttraumatic symptoms. In particular, gender differences showed that multiple trauma exposure affect males and females differently. Females in particular reported higher intrusion symptoms and more anger than their male counterparts. Conversely, males reported increased propensity for aggressive responding with increased trauma exposure. This study highlights the high trauma exposure rates that South Africans are exposed to with females being particularly vulnerable.



**Key Words: Aggression, anger, gender, multiple trauma exposure, posttraumatic stress symptoms**