The Effects of Anger Management Skills Training on Aggression, Social Adjustment, and Mental Health of College Students

Original Research, C28

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ABSTRACT: Anger is a sign that evokes aggressive behavior. Aggression can cause emotional, psychological or physical damage to individuals and society. Anger Management Skills Training (AMST) can improve anger expression, self-esteem, and mental health. The study aimed to investigate the effects of AMST on aggression, social adjustment, and mental health of college students. The results showed that students who received AMST had significantly lower levels of aggression and improved social adjustment and mental health. The improvements are attributable to reductions in their aggressive behaviors due to educations.

Keywords: Aggression, Mental Health, Anger Management Skills, Social Adjustment, College Students
Comparative Comparison of Customers' Satisfaction with Iranian Automotive Industry Products (Case Study: Saipa & Iran Khodro Co.'s)

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The meditational role of emotional regulation between family communication pattern and academic adjustment

A Comparison of the Amount Effectiveness of Holistic vs. Traditional Teaching on Enthusiasm and Educational Progress of Elementary Students

A Study on the Effect of Preschool Education on the Bilingual Learners' Social Compatibility and Academic Achievement

Happiness affects employees' performance, increases productivity, improves quality of services and enhances it. This study aimed at investigating the relationship between employees happiness and their successful performance.

The present study is conducted with the aim of comparing the amount of effectiveness of holistic versus traditional education. The data were gathered from 21 students from first graders in primary schools in Tehran City Area no 7 and were trained in reading and writing through the teachers who were trained in holistic instruction. The control group consisted of 21 students from first graders who were taught by the teachers who had not been trained in this educational field.

The purpose of present study was to investigating the meditational role of emotional regulation in the relationship between family communication pattern and academic adjustment. The data were gathered from 150 students between seventh and thirteenth grades in public and private schools in Tehran. The Structural Equation Modelling (SEM) was used for data analysis.

The present study is intended to examine the impact of preschool training and education on educational achievement and language comprehension and achievement in literacy. The data were gathered from 250 preschool students in primary schools in Tehran City Area no 6 and 7.

Systematic risk (Beta) is one of the most effective factors in predicting the appropriate required rate of return of stocks. The current study aimed at investigating this hypothesis among the companies listed in the Tehran Stock Exchange.

This study examined the relationship between adult attachment style and marital satisfaction in a convenience sample of married people. The data were gathered from 250 married people in Tehran. The t-test and variance analysis were used for data analysis.

An evaluation of trust was conducted among students, administrators, and teachers in Islamic Azad University of Khomeinishahr. The data were gathered from 250 students, 30 administrators and 20 teachers.

Creativity, Torrance (figural) Tests of Creative Thinking (TTCT), Teachers' Training


ABSTRACT:

Keywords:

Family communication pattern, Emotional regulation, Academic adjustment, Mediatory, Structural Equation Modelling (SEM)

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Comparison between Capabilities of Female and Male Principals in Primary Schools

Study of Cultural – Social Factors Associated with Polygamy in the Bastak City, Iran

Identification and Study of Limiting Factors the Development of Virtual Courses in Hormozgan University

The Predictive Role of the Family Internal Factors in Tendency the Adolescent Girls to Internet Addiction

The Influence of Institutional Ownership on Growth Opportunities and Dividend Policies

A Study of Effective Factors on the Decrease of Tax Assertiveness and Tax Diagnostic Difference in Tehran Stock Exchange

Survey the Effect of Cooperative Learning on Confidence

Data Envelopment Analysis (DEA) is a useful tool to measure and recognize the effectiveness and performance of decision-making units. Therefore, in the current research we use the symmetric weights for a more logical choice of criteria and options.

Results showed that there is a negative relation between internet addiction and openness communication, intra-generation, and 200 students that were internet users answered to the climate family and addiction to internet questionnaires.

Forecasted earnings provide significant information for investment and other financial statements users. In recent years, financial crisis and auditor's opinion variables were not affective on earning forecast accuracy.