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

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ABSTRACT: Anger is a sign that evokes aggressive behavior. Aggression can cause emotional, psychological or physical damage to people. It also affects the social and mental health of individuals. Therefore, it is important to reduce aggressive behavior through education on anger management skills. This study aimed to investigate the impact of anger management training on aggressive behavior, social adjustment, and mental health of college students. The results showed that the training significantly reduced aggressive behavior and improved social adjustment and mental health. These improvements are attributable to reductions in their aggressive behaviors due to educations.

Keywords: Aggression, Mental Health, Anger Management Skills, Social Adjustment, College Students
Factors Affecting on the Rate of Employees Happy in Islamic Azad University of Khomeinishahr

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ABSTRACT:

The purpose of present study was to investigating the meditational role of emotional regulation in the relationship between stress and happiness of employees. This study was conducted on 200 samples of employees of Islamic Azad University of Khomeinishahr. The results showed that: emotional regulation mediates the relationship between stress and happiness of employees.

Suggestions and implication for future research are also proffered.
The purpose of this research is to study the relation of the effective factors on decreasing tax assertiveness and tax diagnostic difference in the companies. 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.

The main purpose of this research is to identify and investigate the influence of institutional ownership on the growth opportunities and dividend policies. This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study. Furthermore, the individuals' responses showed that sexual beliefs are effective as a subjective factor.

This study aims to investigate the effect of cooperative learning on the confidence. This Study was a quasi-experimental study. Results showed that there is a negative relation between internet addiction and openness communication, intra-generation communication, and peer relations. Therefore, cooperative learning increases the confidence in girls more than boys.