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

Entesar Foumany GH. and Salehi J.


ABSTRACT: Anger is a sign that evokes aggressive behavior. Aggression can cause emotional, psychological or physical damage to individuals and society. This study investigated the impact of anger management skills training on the aggression, social adjustment, and mental health of college students. The results indicated that the training significantly reduced their aggressive behaviors, improved their social adjustment, and enhanced their mental health. All these improvements are attributable to reductions in their aggressive behaviors due to education.
The present study is conducted with the aim of comparing the amount of effectiveness of holistic versus traditional teaching on enthusiasm and educational progress of elementary students. The study indicates that the integration of educational methods is more effective than traditional teaching methods in enhancing students' educational achievement and enthusiasm. The research also highlights the importance of student-teacher interaction and collaborative learning in improving educational outcomes.

The purpose of the present study was to investigate the meditational role of emotional regulation in the relationship between family communication patterns and academic adjustment. The study found that emotional regulation mediates the relationship between family communication and academic adjustment, suggesting that improving emotional regulation can enhance academic performance. Recommendations for future research are also provided.

The study aimed to evaluate the impact of financial reporting transparency on the quality of earnings in companies listed in the Tehran Stock Exchange. The results indicate that there is a significant relationship between financial reporting transparency and earnings quality, suggesting that improving transparency can enhance the reliability of financial reporting. The study also provides suggestions for future research in this area.

The main purpose of the study was to investigate the relationship between return, risk, and stock trading volume. The study found that there is a unidirectional relationship between return and trading volume, and a reciprocal relationship between trading volume and return. The study also provides recommendations for future research in this area.

The study focused on the effect of preschool education on the social compatibility and academic achievement of bilingual learners. The results suggest that preschool education has a positive impact on both social compatibility and academic achievement, highlighting the importance of early intervention in bilingual education.

The study aimed to investigate the amount of happiness, depression, and salary of employees in Islamic Azad University of Khomeinishahr. The results indicate that factors such as trust, student, hypocrisy, integrity, and collaboration significantly impact employee happiness and depression. The study also provides implications for future research in this area.
This study aims to investigate the effect of cooperative learning on the confidence. This Study was a quasi-experimental research design. The study was conducted in two groups of 20 students; one group was taught with the cooperative learning method, and the other group was taught with the conventional method. The results showed a significant increase in the confidence of girls taught with the cooperative learning method compared to the boys. Therefore, cooperative learning increases the confidence in girls more than boys.

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. The study was conducted using the statistical method of regression analysis. The results showed that the family internal factors are significantly related to the tax assertiveness of the companies. Furthermore, the results indicated that the Internet addiction affects the tendency of adolescent girls to use the Internet. Therefore, it is essential to pay attention to the family internal factors and to the Internet addiction to improve the tax assertiveness of the companies.

Forecasted earnings provide significant information for investment and other financial statements users. In recent years, various factors have been proposed to affect the accuracy of earnings forecast, such as financial situation of companies, financial crisis, income smoothing, auditor's opinion, and continuity of activity. The current study is aimed to identify and examine the factors limiting development of virtual courses in Hormozgan University. The study was conducted using the statistical method of regression analysis. The results showed that human factors, educational factors, and institutional factors are the most limiting factors in the establishment of virtual courses.

The main purpose of this research is to identify and investigate the influence of institutional ownership on the growth opportunities and dividend policies. The study was conducted using the statistical method of regression analysis. The results showed that there is a significant relation between institutional ownership and growth opportunities and dividend policies. Therefore, it is essential to pay attention to the institutional ownership to improve the growth opportunities and dividend policies of the companies.

This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study. The study was conducted using the statistical method of correlation analysis. The results showed that sexual beliefs are effective as a subjective factor. Furthermore, the individuals' responses showed that sexual beliefs are effective as a subjective factor.