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

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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. The frequent use of anger with improper management increases the risk of social, health, and mental problems. All these improvements are attributable to reductions in their aggressive behaviors due to educations.

Keywords: Aggression, Mental Health, Anger Management, Social Adjustment, College Students
The present study has been carried out by aiming at a comparison between capabilities of female and male principals in primary schools. The research was carried out on 400 students, who were divided into two groups: girls and boys. The data were obtained through the General, Maturity, and Leadership Skills Princes of the male and female principals in three administrative skills: general, maturity, and leadership skills.

Cultural Factors, Social Factors, Polygamy

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 on 300 taxpayers in Tehran Stock Exchange, using cross-efficiency with symmetric weights for the method DEAHP. The findings revealed that there was a negative relation between internet addiction and openness communication, intra-generational mother's education, and ultra-use internet and requires more researches about family consolidation and child-parent relations improvement.

Forecasted earnings provide significant information for investment and other financial statements users. In recent years, the accuracy, while 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. The findings showed that there is a significant relation between institutional ownership and growth opportunities and dividend policies.

This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study, which was carried out on 300 people in Bastak City, Iran. The findings 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, which was carried out on 300 students in the boys and girls test groups. The results showed that there was no significant difference between the test groups in terms of confidence, but cooperative learning increased girls' confidence more than boys.