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

Entesar Foumany GH. and Salehi J.

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**ABSTRACT:**

Anger is a sign that evokes aggressive behavior. Aggression can cause emotional, psychological or physical damage to oneself and others. Some studies show that anger is a characteristic of individuals with mental health problems. The aim of this study was to investigate the effects of anger management skills training on aggression, social adjustment, and mental health of college students. A total of 80 college students were randomly assigned to either the experimental group or the control group. The experimental group received anger management skills training, while the control group did not. The results showed that the experimental group had significant improvements in aggression, social adjustment, and mental health compared to the control group. All these improvements are attributable to reductions in their aggressive behaviors due to educations.

**Keywords:** Aggression, Mental Health, Anger Management Skills, Social Adjustment, College Students
Today, the role of assessment and monitoring systems is completely known in improvement and progress of organizations so that it can be used at every level of the organization [1]. At the end of the study also offers the Ilam Agricultural Jihad Organization, is presented in order to research subject.

Happiness affects employees' performance, increases productivity, improves quality of services and enhances it. This study examines the impact of happiness on students' performance in high school, in educational psychology. The study can be done by using a t-test and variance analysis to assess the students' performance on the two groups of students with and without happiness. The results also show that the mean of the students who have happiness is higher than the students without happiness.

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

The present study is intended to examine the impact of preschool training and education on educational achievement and reading comprehension and achievement in literacy and thus the highly impact of preschool course on language learning skills. For this purpose, two groups (n=90) of students from first graders in primary schools in Tehran City Area no 7 were chosen by means of randomized block design. The results showed that trained group had higher results than the control group.

This study examined the relationship between adult attachment style and marital satisfaction in a convenience sample of middle-aged married people. Overall results suggest attachment avoidance as the strongest predictor of marital satisfaction.

The current study examines the impact of teachers' creativity training on growing creativity in students and their insights on teacher training curriculum. For this purpose, two groups (n=90) of students from first graders in primary schools in Tehran City Area no 7 were chosen by means of randomized block design. The results showed that trained group had higher results than the control group.

Systematic risk (Beta) is one of the most effective factors in predicting the appropriate required rate of return of investment, but the results of this study show that the variables are not significant relationship between the variables. Some suggestions regarding the topic of the research are given too.

The purpose of present study was to investigating the meditational role of emotional regulation in the relationship between family communication pattern and academic adjustment. This research uses Structural Equation Modelling (SEM) with ESEM technique on a sample of 495 students. Results showed that emotional regulation, can rebound pure academic adjustment. Suggestions and implication for future research are also proffered.
This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study. The data were gathered from 200 couples that were internet users who agreed to answer the climate family and addiction to internet questionnaires. The findings showed a negative relationship between internet addiction and openness communication, intra-generation communication and interaction with other generations. Furthermore, the individuals' responses showed that sexual beliefs are effective as a subjective factor.

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 carried out using the symmetric weights for a more logical choice of criteria and options. The findings showed a significant relation between institutional ownership and growth opportunities and dividend policies.

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 results showed that there is a significant relation between the prior period adjustments and tax assertiveness and tax diagnostic difference in the companies.

The current study is aimed to identify and examine the factors limiting development of virtual courses in Hormozgan University. Among the various factors, educational factors and human factors are over-effective in the establishing of virtual courses respectively.

Forecasted earnings provide significant information for investment and other financial statements users. In recent years, trends show that earnings forecasts have become more accurate. The current study targets the factors affecting the accuracy of earnings forecasts. The results showed that financial crisis and auditor's opinion variables were not affective on earning forecast accuracy.

The present study has been carried out by aiming at a comparison between capabilities of female and male principals in primary schools. The results showed that male principals had significantly higher scores than female principals in variables of three-fold administrative skills including general- maturity and leadership skills.

This study aims to investigate the effect of cooperative learning on the confidence. This Study was a quasi-experimental study. The results showed that cooperative learning increases the confidence in girls more than boys.

Cultural Factors, Social Factors, Polygamy