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 self and others. Anger management skills training is an effective method for reducing these behaviors. This study aimed to investigate the effects of anger management skills training on aggression, social adjustment, and mental health of college students. 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
The present study has been carried out by aiming at a comparison between capabilities of female and male principals in variables of three-fold administrative skills including general-maturity and leadership skills.

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 that investigated the factors in three-fold social-cultural, polygamy, and cultural factors. The results showed that sexual beliefs are effective as a subjective factor.

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.

This study aims to investigate the effect of cooperative learning on the confidence. This Study was a quasi-experimental design that compared the boys and girls. The results showed that there is a significant difference in the boys' confidence level.

The current study is aimed to identify and examine the factors limiting development of virtual courses in Hormozgan University. The results showed that cultural factors, social factors, and polygamy are over-effective in the establishing of virtual courses respectively.

CT:

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