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 individuals and society. In addition, aggression has negative impact on social adjustment and mental health. 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 primary schools. The variables of three-fold administrative skills, including general maturity and leadership skills, were considered in this study.

This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study that used the questionnaires as the data collection instrument. The study sample was selected using the cluster random sampling method, and data were collected from 300 students. The results showed that social-cultural factors, such as economic, educational, and religious factors, are related to polygamy and 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 Tehran Stock Exchange. 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. The study showed that there is a significant relation between institutional ownership and growth opportunities and dividend policies.

The current study is aimed to identify and examine the factors limiting development of virtual courses in Hormozgan University. Factors such as institutional, educational, and human factors are considered in the study. The results showed that institutional factors, educational factors, and human factors are over-effective in the establishment of virtual courses, respectively.