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 the victim and others. A correlation exists between aggression and mental health, where those with aggressive tendencies are more likely to manifest various mental health issues. This study investigated the effects of an anger management skills training program on aggression, social adjustment, and mental health among college students. The program involved interactive sessions and role-playing activities aimed at teaching students effective coping strategies for managing anger, improving social interactions, and enhancing mental well-being. Participants showed significant improvements in their ability to control their aggressive behaviors, leading to better social adjustment and mental health outcomes. These improvements are attributable to the reduction in their aggressive behaviors due to education and practice in anger management.

Keywords: Aggression, Mental Health, Anger Management Skills, Social Adjustment, College Students
ABSTRACT:
The purpose of present research was study about the predictive role of the family internal factors in tendency the adolescent girls to internet addiction. The study was performed on 100 girls in Hormozgan city. Half of the girls were assigned in control group, rest of the girls were intervention group. The girls answered to Family Communication and Relationship Questionnaire and Internet Addiction Questionnaire. The results showed that there is a negative relation between internet addiction and openness communication, intra-generation communication, communication with both parents, communication with one of parents, communication with one of sibling, constructive relations, severity of punishment, quality of parent's support, being liked by parent, and closeness to parent. Furthermore, the individuals' responses showed that sexual beliefs are effective as a subjective factor.

Keywords:
- Family Communication and relationship
- Internet Addiction
- Adolescent girls
- Openness communication
- Intra-generation communication
- Communication with both parents
- Communication with one of parents
- Communication with one of sibling
- Constructive relations
- Severity of punishment
- Quality of parent's support
- Being liked by parent
- Closeness to parent
- Sexual beliefs

ABSTRACT:
This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study. The questionnaire was distributed among 207 married couples in Bastak city and 70 subjects answered to the questionnaire. The results showed that there is a significant relation between the prior period adjustments and tax assertiveness and tax diagnostic difference in the companies. Furthermore, the individuals' responses showed that sexual beliefs are effective as a subjective factor.

Keywords:
- Social-Cultural factors
- Polygamy
- Family Communication and relationship
- Internet Addiction
- Adolescent girls
- Openness communication
- Intra-generation communication
- Communication with both parents
- Communication with one of parents
- Communication with one of sibling
- Constructive relations
- Severity of punishment
- Quality of parent's support
- Being liked by parent
- Closeness to parent
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ABSTRACT:
The current study is aimed to identify and examine the factors limiting development of virtual courses in Hormozgan University. These factors were divided into human factors, educational factors and institutional factors. The results showed that psychological factors, organizational factors, financial factors, and technological factors are over-effective in the developing of virtual courses respectively.

Keywords:
- Virtual Courses
- Virtual University
- Limiting Factors
- Hormozgan University
- Psychological factors
- Organizational factors
- Financial factors
- Technological factors

ABSTRACT:
This study aims to investigate the effect of cooperative learning on the confidence. This Study was a quasi-experimental study. The research was carried out on 56 students of the seventh grade at the Fattah Middle School; 27 in the test group and 29 in the control group. The results showed that cooperative learning has a significant effect on the confidence of boys and girls, and in the boys test group significantly. Therefore, cooperative learning increases the confidence in girls more than boys.

Keywords:
- Cooperative learning
- Confidence
- Boys
- Girls
- Quasi-experimental study

ABSTRACT:
The present study has been carried out by aiming at a comparison between capabilities of female and male principals in primary schools in the city of Hamadan. The research was carried out on the 79 female principals and 60 male principals in the primary schools. The research results showed that female principals are significantly more capable than male principals in variables of three-fold administrative skills including general- maturity and leadership skills.

Keywords:
- Female principals
- Male principals
- Administrative skills
- General
- Maturity
- Leadership skills

ABSTRACT:
Forecasted earnings provide significant information for investment and other financial statements users. In recent years, several factors have been observed to significantly affect earning forecast accuracy. These factors include income smoothing, forecast bias, financial crisis and auditor’s opinion. The present study identifies and investigates the influence of institutional ownership on the growth opportunities and dividend policies. The study is conducted on 245 companies listed on Tehran Stock Exchange. The study found that there is a significant relation between institutional ownership and growth opportunities and dividend policies.

Keywords:
- Institutional ownership
- Growth opportunities
- Dividend policies
- Agency theory
- Financial institutions

ABSTRACT:
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 is conducted on 245 companies listed on Tehran Stock Exchange. The study found that there is a significant relation between institutional ownership and growth opportunities and dividend policies.

Keywords:
- Institutional ownership
- Growth opportunities
- Dividend policies
- Agency theory
- Financial institutions