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 or onlookers. This study was designed to investigate the effects of anger management skills training on aggression, social adjustment, and mental health of college students. The results showed that the intervention was effective in reducing aggression, improving social adjustment, and enhancing 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
This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study that highlights the importance of understanding the role of beliefs and expectations in the context of polygamy. Furthermore, the individuals' responses showed that sexual beliefs are effective as a subjective factor.

The present study has been carried out by aiming at a comparison between capabilities of female and male principals in primary schools. The study found that female principals are more effective in general, maturity, and leadership skills.

Forecasted earnings provide significant information for investment and other financial statements users. In recent years, companies have been focusing on improving earning forecast accuracy. However, the study found that 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 concluded 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. The study found that cultural factors, social factors, and human factors are over-effective in the establishing of virtual courses respectively.

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 found a significant relationship between the prior period adjustments and 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 study where the results showed that cooperative learning increases the confidence in girls more than boys.