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, their families, and society. The research has shown that anger is not just a problem, but a key to understanding and improving mental health. The improvements in mental health were attributable to reductions in aggressive behavior due to educational training.

Keywords:

Aggression, Mental Health, Anger Management, Social Adjustment, College Students
Integrative instruction, Traditional instruction, Enthusiasm, Education progress

Operating leverage, Financial leverage, Compound Leverage, Systematic risk (Beta)

Today, the role of assessment and monitoring systems is completely known in improvement and progress of organizations so that their process is monitored and evaluated by the organization itself and its customers. At the end of the study, it is presented to research subject.

The purpose of the present study was to investigate the mediating role of emotional regulation in the relationship between emotional intelligence and academic adjustment. Emotional intelligence, emotional regulation, can rebound pure academic adjustment. Suggestions and implications for future research are also proffered.

Happiness affects employees' performance, increases productivity, improves quality of services and enhances it. This relation is due to the lack of depression. The statistical methods used in this study were t-test and variance analysis that are carried out separately.

In current competitive markets, the quality of teaching is very important for any educational institution. Two groups (n = 90) of students from first graders in primary schools in Tehran City Area no 7 were chosen by means of randomization. The results showed that students taught by the teachers who had been trained in this educational field had a higher level of knowledge in this regard. In other words, the more training the teachers received, the more progress they showed.

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 = 100) were selected and trained the creativity of the first group and the second group did not receive training. The results showed that students taught by the trained teacher in this educational field had a higher level of creativity.

The amount of happiness, depression, salary, education

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

Factors Affecting on the Rate of Employees' Happy in Islamic Azad University of Khomeinishahr

Increase the level of trust in organizations, increase jobs and improve staff shall comfort. The distrust, suspicion of employees are related to low performance and low work satisfaction. Today, the main causes of distrust are organizational factors such as managers' behavior, their moral qualities, the state of relations, the social and cultural Jihad Organization, and the lack of transparency and honesty in the organization.

The Amount Effectiveness of Holistic vs. Traditional Teaching on Enthusiasm and Educational Progress of Elementary Students

A Study of The Effects of Leverages Ratio on Systematic Risk based on the Capital Asset Pricing Model Among Accepted Companies in Tehran Stock Market

Factors Affecting on the Rate of Customers' Satisfaction in the Domestic Automotive Industry Product

A Comparison of Customers' Satisfaction in the Domestic Automotive Industry Product

Assessment by Attachment Styles and Gender on Marital People Askship between Attachment Styles and Marital People Askship between
This study aims to investigate the effect of cooperative learning on the confidence. This study was a quasi-experimental study, comparing the confidence levels of girls and boys. The results showed that cooperative learning increased the confidence in girls more than boys.

This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study, analyzing the factors associated with polygamy in the Bastak City, Iran. The findings indicated 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. The study identified the factors influencing these phenomena and concluded that there is a significant relationship between the prior period adjustments and tax assertiveness and tax diagnostic difference in the companies.

Forecasted earnings provide significant information for investment and other financial statements users. In recent years, several factors have been identified as affecting the accuracy of earnings forecasts. This study examined the impact of financial crisis and auditor's opinion variables 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 found 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 researchers found that institutional, educational, and human factors are over-effective in establishing virtual courses.

The Predictive Role of the Family Internal Factors in Tendency the Adolescent Girls to Internet Addiction

Using Cross Efficiency with Symmetric Weights for the Method DEAHP

The Influence of Institutional Ownership on Growth Opportunities and Dividend Policies

A Study of Effective Factors on the Decrease of Tax Assertiveness and Tax Diagnostic Difference in Tehran Stock Exchange

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 found a significant relation between institutional ownership and growth opportunities and dividend policies.