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 oneself or others. The current study aimed to assess the impact of anger management skills training on the aggressive behavior, social adjustment, and mental health of college students. The study utilized a pre-test and post-test design with a control group. The results indicated significant improvements in social adjustment and mental health, as well as reductions in aggressive behavior, following the intervention. These improvements are attributable to the educations provided through the anger management skills training. The study suggests that anger management skills training could be an effective method to reduce aggression and improve mental health in college students.

**Keywords:** Aggression, Mental Health, Anger Management, Social Adjustment, College Students
The purpose of the present study was to investigate the meditational role of emotional regulation in the relationship between emotional regulation, can rebound pure academic adjustment. Suggestions and implications for future research are also proffered.

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

Sale, Car Characteristics, After-Sale Services, Saipa & Iran Khodro Products, Stock Return, Systematic Risk, Trading Volume, Causality Test, 2013

Creativity, Torrance (figural) Tests of Creative Thinking (TTCT), Teachers' Training Systematic risk (Beta) is one of the most effective factors in predicting the appropriate required rate of return of companies. Some significant relationships were found in the research, but not significant relationship between the variables. Some suggestions regarding the topic of the research are given too.

The first and most important principle of marketing is to focus on customers' needs and wants. In current competitive markets, the roles of creativity and education have increased, which made customers more satisfied than the former did. This research concludes with some recommendations in this field.

Trust, Student, Hypocrisy, Integrity, Collaboration, Attachment Styles, Attachment Anxiety, Attachment Avoidance, Married People.

The main purpose in this research is investigating the relationship between return, risk and stock trading volume. The results indicate that there is a unidirectional relationship and between trading volume (trading turnover) and return is reciprocal relationship.

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.

Today, the role of assessment and monitoring systems is completely known in improvement and progress of organizations so that the results of this research are presented to the Ilam Agricultural Jihad Organization, in order to research subject.

Increase the level of trust in organizations, increase jobs, and improve staff shall comfort. The distrust, suspicion of government, and fear of corruption are the most common emotions. The opposite emotions level that employees are expected to have is called social ethics. In this study, the average of the respondents were high and very high levels, religion and social ethics as a solution.
This study aims to investigate the effect of cooperative learning on the confidence. This study was a quasi-experimental study which was conducted in two groups. The first group was the boys test group and the second group was the girls test group. The boys' and girls' test groups were selected through the random sampling method. The test groups were taught through the cooperative learning method and the control groups were taught through the traditional method. The test was used as the tool of the study. The results showed that there was a significant difference between the test groups in terms of confidence. Therefore, cooperative learning increases the confidence in girls more than boys.

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. It was found that female principals have better capabilities than male principals.

Forecasted earnings provide significant information for investment and other financial statements users. In recent years, many studies have been conducted in the field of financial statement forecasting. The results of these studies have shown that using financial statements and other company-related variables can increase the accuracy of financial statement forecasting. However, the results of some of these studies indicate that using financial crisis and auditor's opinion variables were not affective on earning forecast accuracy.

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. It was found that there is a significant relation between institutional ownership and growth opportunities and dividend policies.

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Cultural Factors, Social Factors, Polygamy

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