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. In addition, aggression can negatively affect social relationships and contribute to mental health problems. 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
ABSTRACT:

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ABSTRACT:

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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.

This study was performed to determine social-cultural polygamy-related factors. This is a descriptive-correlational study. The research population consists of teachers in the Bastak City, Iran. The sample was selected by the probabilistic and random method. Also, the test of 382 people, who were internet users, was performed.

The present study has been carried out by aiming at a comparison between capabilities of female and male principals in primary schools. The research population consists of principals of 30 primary schools. Principals were selected by the random method. Consequently, 18 people were selected.

This study aims to investigate the effect of cooperative learning on the confidence. This Study was a quasi-experimental design. The participants were selected through convenience sampling technique. The results showed that cooperative learning increases the confidence in girls more than boys.