

The Effect of Anger Control Skills Training on Personal Adjustment of Iranian Female Students

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Abstract

The purpose of this study is to examine the effect of anger control skills training on personal adjustment of Iranian female students. For performing this research, an experimental and a pretest-posttest control group design method were applied. For this purpose, from the first year of secondary school girls at Mahshahr City of Iran using multistage cluster sampling 50 students selected randomly to experimental and control groups were handled. The measurement instrument was California Test of Personality (CTP). After collecting and analyzing the data with statistical analysis of covariance and using SPSS software, following results were revealed: The difference between the performance of students, in both control group and the experimental group in personal adjustment was significant ($P < 0.001$). Considering the results we can say that training anger control skills interventions plan increase personal adjustment of students.

Keywords: Anger control skills, personal adjustment, female students,