

## Evaluate the Effects of Anger Management Skills Training to Reduce Aggressive Male Prisoners

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### ABSTRACT

This experimental study with a pretest - posttest control group. A survey of all male prisoners in Noshahr jail that after the test run aggressiveness and clinical interview, 60 patients with aggressive high were selected randomly in three groups of 20 people (2 experimental and 1 control group) were included. Different times carried eight 90 minute session. AGQ questionnaire Esteem and Aggression Questionnaire was used to collect data. Data using multivariate analysis of covariance (Mankova) and the use of descriptive statistics (mean, SD) were analyzed. These results suggest that anger management training on the amount of aggression between groups is significant. The implementation of cognitive interventions - such as behavioral skills training, anger management, and also reduces the amount of aggression is focused coping responses. Clearly, teaching these skills to inmates to reduce their aggression and ultimately reduce crime is a major contribution.

**KEYWORDS:** anger management, aggression, Noshahr.

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### INTRODUCTION

In the past two decades, many efforts in the development of effective techniques for the treatment of prisoners and criminal behavior is inhibited, but still a deep divide between the activities of research, and clinical measures. [1] Some cognitive deficits, criminal behavior in people is approved. These defects can be the inability to self-control, social perspective taking, interpersonal problem solving, critical thinking, ethical reasoning and cognitive style, which may lead to impaired social skills and also is lack of crime. [2] Based on evidence can be given some caution in relation to crime and mental disorders and cognitive deficits, behavioral and ethical endorsed and admitted that many of these people have personal problems or deficiencies that require the services of psychological, even if the this failure indirectly related to economic conditions, it is socially inappropriate. Williams (2005) also believes that the lack of cognitive skills and deficits in self-management, critical thinking and interpersonal problems, major crime is in prison. [1, 2] The environment and the conditions in prison, one of the most important factors affecting the mental health of prisoners, the prison environment not only for inmates but also prison staff difficult and stressful. Prisons, and other unusual natural environments with features such as limited physical space, with high walls and with a long history of violence and expensive to punish violators of the law are kept there against their will and desire. [3] Such an environment due to the loss of freedom, causing deep psychological trauma and trauma and increase the violence is gone, so this situation is such that prisoners and staff, their sensitivity to a certain amount of aggressive behavior in your area they all lose. [4] Brent Donnellan in 2005 found that low self-esteem is associated with levels of aggression and antisocial behavior. This study showed a direct relationship between self-esteem and social problems exist, the addition of self-esteem is associated with aggression and level of dependency. [6] In a study of aggressive behavior and ways of problem solving in children 7 years old were studied. Results showed that problem-solving approach is effective in improving children's aggression and the use of problem-solving practices in parents of these children is their role in aggression. This is similar to the findings of previous research on methods of problem solving and aggressive behavior in young. [8, 9] The relationship between self-esteem and problem-solving techniques in people with anorexia nervosa also showed that problem solving is the impact on their self esteem and eating disorders may lead to recovery. [10] The anger management to deal with violence on nurses in the study, determined the level of aggression and violence in the experimental group than the control group significantly decreased. [11] World Health Organization ten-key skills, life skills, as introduced, which includes self-awareness skills, empathy skills, effective communication skills, The anger management skills, ability to establish and maintain effective interpersonal skills, turning a courageous behavior, problem-solving skills,

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skills stress management skills, decision making and creative thinking skills are.[12 , 13] In this study, two cases are discussed, as well as life skills and mental health promotion strategy as a tool in the prevention of trauma - a social disease of addiction, such as community, social and domestic violence, child abuse, suicide, HIV and the like may be used. [14] However, the selection of the target population and their property is commensurate with the proper planning is of extraordinary significance. Most research conducted on prisoners in Iran, epidemiology, and etiology of disorders is to examine the characteristics of prisoners. [1] Despite some shortcomings, cognitive, behavioral and ethical people, environment and prison conditions, chosen as the target population in this group that research priorities can be used to teach these skills, especially skills training, anger management and resolution skills problem, and reduce aggression in prisoners raised their self-esteem in order to better establish peace within the prison and prisoners to reduce the probability of committing this crime. Another necessity is that, if we can teach these skills, positive changes in behavior and learning styles can create favorable social relations in prison. The present study evaluated the effects of anger management skills training on aggression and male prisoners have been reduced.

### **Research hypotheses**

1. Anger management skills training is effective in reducing aggression and male prisoners.
2. Aggressive people who undergo anger management skills are different than people who that are not under the train.

### **RESEARCH METHODOLOGY**

In this study, a pilot study with random assignment of subjects to test groups with control group design, test and post - test. Anger and aggression management skills as an independent variable as the dependent variable was considered. The statistical population of male inmates with sentences of more than 6 months imprisonment in the study had lived in prison Noshahr. In order to select the sample on all demographic population (194), aggression and self-esteem was administered to test the number of prisoners on both tests, 79 were eligible. After conducting clinical interviews and the inclusion and exclusion criteria (for at least an above average score on the aggression scale and earn at least a score below the mean self-esteem scale), 60 were selected as examples. After completing the consent form and demographic research company, randomly assigned to three groups of 20 people (two experimental and one control group) were divided. Aggression Questionnaire (AGQ): This questionnaire consists of 30 articles and in 2000 by Dr. Najarian shahid Chamran University for credit was made. The grading scale is 30, for each question, four options (never, rarely, sometimes or always) considered that the weight is of 0, 1, 2 and 3. Article 18 questionnaire, except that it is negatively charged and the grading is reversed, the individual score above average on this test (42.5), the amount he is aggressive. [15] For assess the concurrent validity of the Aggression Questionnaire, Eysenck Personality scale (EPO), Minnesota multifaceted personality scale (MMPI) and the aggression scale bass - Dorky use that has been satisfactory. Makers believe this questionnaire, the coefficients and the validity and reliability of this questionnaire was satisfactory and the proper tools and valid questionnaire to measure aggression is theoretical and applied purposes.

Herz and Gülen (1999) Cronbach's alpha coefficient 0.88. Test for overall score reported. The test retest reliability coefficients were between 4 weeks and twelve days respectively in Iran 0.77 and 0.80. It has been reported. Cooper test the validity of Smith has been, in review Sabet (1996) and Nayebifard (2003), respectively, 0.80 and 0.78. [16]

After sampling the first and second experiment two groups of participants (8 sessions two days a week, each session lasting 90 minutes), respectively, depending on anger management and problem solving skills training received, training sessions despite appropriate space and also because research work in the prison, the prison held during this period the control group did not receive any training at all three groups simultaneously on the same terms then carried out.

It is the content of intervention meetings from relevant sources, and is backed by research. [14, 17, 18] (Table 1) Data analysis based on pre-test scores - test was performed on all variables. The indices calculated descriptive statistics (mean and standard deviation) to provide descriptive data and inferential statistics, multivariate analysis of covariance (Mancova) was used.

Table 1. training meeting topics

Meeting	Educational content in the meetings of anger management skills
1	Familiar with team members and try to establish a good relationship with them, provided that the laws should be a peasant, with facts and superstitions about violence
2	Familiar with the concept of violence and its causes, the relationship between anger and aggression
3	Familiar with the signs of anger, for anger without violence motivated Find
4	Violence, anger control methods with emphasis on the relationship between violence, the use of role playing techniques to express anger
5	Problem solving through conversation, education, success in the negotiation process, the four scenario for negotiation and compromise and reach agreement without involvement
6	Assertiveness training in behavior, discover the difference between a firm's behavior, aggressive and passive, to provide communication styles and choose the best style
7	Control anger and stress management techniques, risk factors and inner anger triggers, how to recreate the sequence (relaxation), guided relaxation to the imagination the way, focus on breathing.
8	How to deal with physical violence inside and outside prisons, review meetings of, implementation posttest

### FINDINGS

In Tables 2 and 3, the descriptive parameters including mean and standard deviation of test scores before the experimental groups 1 and 2 and controls the amount of aggression that were listed under two skills training and those without any training.

Table 2. The mean and standard deviation of the two groups before and after in training anger management

Variable	Group	Mean		Standard deviation	
		Pre-test	Post test	Pre-test	Post test
Aggression	Experimental	95.05	45.55	8.1	8.77
	Control	59.70	60.25	9.25	8.45

Homogeneous and linear regression analysis assumptions before the results of the auxiliary random variable and the dependent variable was examined using a statistical model analysis of covariance was sure that all variables in this study more significant level of 0.05 as a result of the assumptions of equal variance and the variance is homogeneous matrices - covariance was also assured. Box is based on the equality of covariance variables was confirmed. in review of anger management skills. (P = 0.22)

Table 5. Test results of covariance analysis of variable aggressiveness in anger management training

Changing Source of	Dependent variable	Mean square	Degrees of freedom	F	Significant level
The modified model	Aggression post test	1037.057	3	19.939	0.000
Separator	Aggression post test	409.220	1	7.868	0.008
Aggression Pre-test	Aggression post test	918.158	1	0.210	0.000
Test and control groups	Aggression post test	1721.955	1	20.117	0.000
Error	Aggression post test	52.012	36		

Test results of covariance analysis in the above table variables in aggression and anger management training angry shows. Given the significant differences between in pre-test experiment can be said in anger management training subjects is effective in reducing aggression, aggression is also a significant difference in the variable test groups and Post test groups were tested (P = 0.000) found that in four research hypotheses were confirmed.

### Conclusion

The purpose of this study was to evaluate the effect of education on reducing aggression and anger management skills of prisoners were male. The results showed that the anger management skills training to reduce aggression and prisoners compared with the control group after the intervention, significant differences between the experimental and control groups, there was a (P = 0.000) The results of the research the former is repeated. [6, 11] Control and anger management does not mean that the person did not show their anger but also a way to express anger is adaptive. On the other hand, given that loss of control and create a sense of personal dissatisfaction, low self-esteem is one of the aspects. [5] Anger management skills training to prisoners in the knowledge that in case of nervousness, anger management principles and practical use of what is right, to the anger itself does not cause

problems later. Some views about the control of aggression in prison custody are believed to play a critical role of quality management. However, as the results and findings of this study can be used by others showed that one of the approaches to anger management skills training, cognitive - behavior is an important step toward controlling the harvest. [3] So we can say that anger management training has a significant impact on reducing levels of aggression. All these skills and other life skills training to inmates in prison, as one of the last stations to stop criminals and offenders, by the State Prisons and Penitentiaries reduce aggression and violence and increase their self esteem and the result is a reduction in crime.

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