

عنوان مقاله:

The effect of thinking styles on anger expression (in-out) and anger control (in- out) in university students

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نویسندگان:

Abdollah Motamedi - *Payam-Noor*

Borzoo Amirpoor - *Payame-Noor*

خلاصه مقاله:

Introduction: The present study investigated the role of thinking styles on anger expression and anger control styles in university students. Method: In a descriptive study, 310 students (77 male and 233 female) were selected through simple random sampling of the total number of students of Kangavar Payame Noor University. The tools administered were Sternberg- Wagner Thinking Styles Inventory and Spielberger's State-Trait Anger Expression Inventory. Results: Results obtained from this research revealed that there was a statistically significant difference between male and female in liberal and external thinking styles scores, but the study did not show any statistically significant difference between gender and anger management scores. Multiple regression analysis indicated that monarchic, hierarchic, and judicial thinking styles predicted Anger Control-Out, while anarchic and hierarchic thinking styles predicted Anger Expression-Out. Also, hierarchic and global thinking styles predicted Anger Control-In. Conclusion: The present study revealed the role of thinking styles on patterns of expressing and controlling anger. Therefore, its results can be used by university counselors who understand thinking styles to have more efficient behavioral interventions.

کلمات کلیدی:

thinking styles, Anger Expression-Out, Anger Expression-In, Anger Control-Out, Anger Control-In

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