

عنوان مقاله:

The Role of Negative Affects and Emotion Dysregulation in Aggression

محل انتشار:

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خلاصه مقاله:

Objective: Emotion dysregulation, negative affects, and aggression can affect each other. This study aimed to demonstrate the role of the negative effects and emotion dysregulation in aggression. Methods: The statistical population was Kharazmi University students that ۲۸۰ of them were selected by random multiphasic sampling method. The study instruments were Buss-Perry aggression questionnaire, the short form of cognitive emotion regulation questionnaire and positive affect and negative affect scale. The Pearson correlation, Student t test, and hierarchical regression tests were used to analyse the data. Results: Gender, negative affect and maladaptive emotion regulation strategies (rumination, catastrophizing, and others blaming) were correlated with aggression. After controlling for gender and negative affect, maladaptive emotion regulation explained only ۰.۰۲۹% of the aggression variance and in this case and negative affect could explain ۱۱.۴% of its variance. Furthermore, by controlling for gender and negative affect, others blaming and catastrophizing strategies could explain ۰.۰۷۷% of the aggression variance. Conclusion: This study demonstrates the more important role of negative affect in predicting aggression. It seems that efficient methods to improve mood state can be helpful in aggression reduction.

کلمات کلیدی:

Aggression, Emotional disturbance, Affect

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