

عنوان مقاله:

The study of the influence of training anger management skills on increasing intimacy between couples (case study,
(ghaen counseling center

محل انتشار:

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خلاصه مقاله:

While anger is a fulfilling emotion, it can be destructive too that balances our inner structure and prepares us to confront the potential errors in our surroundings. Since anger management is one of the life skills, this study tries to investigate the influence of training anger management skills on increasing intimacy between couples. The present study is a pilot study of pre- and post-test with control group that was carried out on clients with issues of marital discord in Family Counseling Center in Ghaen City in 2012-2013. sample group enumerated voluntarily who consisted of 60 people and divided into two equal groups of test and control (30 people). Both groups filled seventeen- question questionnaire of intimacy scale (IS) then test group took part in 12 sessions of 90 minutes in anger management but the control group didn't take part in those classes. After the program, both groups filled the questionnaires again. Mean and standard deviation were used for analyzing the data at descriptive level and at inferential level multi-variable covariance analysis and mono-variable Mankuvankova showed that components at pre and post test stages revealed that training anger management had significant relationship with couples intimacy

کلمات کلیدی:

Anger management , Couples intimacy

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