

عنوان مقاله:

The effectiveness of anger management training on marital satisfaction

محل انتشار:

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خلاصه مقاله:

The present study aimed to determine the effectiveness of anger management training on marital satisfaction of spouse of addicted patients in addiction treatment centers in Bojnourd. The present experiment is a pretest and posttest with control group kind. For selecting the needed samples, available sampling method was used. 30 spouses of addicted people who were ready to cooperate and participate in educational sessions were chosen and randomly assigned in experimental and control groups. Anger management skills were taught to experimental group during 10 sessions of 90 minutes. Using questionnaire of marital satisfaction (Olson, Fournier & Druckman, 1987) data was collected at pretest and posttest and covariance analysis were used to test the research hypothesis. Results indicated that training of anger management skills can significantly impact on increase marital satisfaction ($P < 0.01$). The results of the study provide some evidence to suggest that training anger management skills is an appropriate method for increasing marital satisfaction. Anger management skills training help women probably by reinforcement of the behavior skills of regulation change and create desirable emotions and control their violence.

کلمات کلیدی:

Addiction, Anger management, Marital satisfaction

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