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## THE EFFECT OF ANGER MANAGEMENT ON ADJUSTMENT AND SELF-EFFICACY

S. Hejazi, T. Alehashem, H. Alavi

Nursing & Midwifery, Islamic Azad University Tehran Medical Branch, Tehran, Iran

Introduction: Today anger and its manifestation has become a great health problem among adolescents.

Aim: The aim of this study is to determine the effectiveness of teaching anger management on adjustment and self-efficacy of adolescents.

Methods: This is an experimental study which was conducted on 50 students that were chosen through random sampling method. Data were collected through adjustment and self-efficacy questionnaire. Content validity and Test-retest methods were used for validity and reliability of the questionnaire. Initially, the two adjustments and self-efficacy questionnaires were given to the students, then, anger management was taught in for 8 sessions each lasting 1.5 hours. Two weeks after the last session of teaching, the two questionnaires were filled again and the results were compared .Data analysis using descriptive and inferential statistics .

Results: The analysis of data with Wilkinson's test revealed that teaching anger management has been effective on adjustment with  $p < 0/001$  and on self-efficacy of adolescent also with  $p < 0/001$ .

Conclusion: Adolescents' anger is a major concern for the society . With regard to the conclusions drawn in this study and the effects that appropriate control of anger has on adolescents' adjustment and self-efficacy, it is advisable that educational programs for suitable control of feelings including anger be given top priority in the state educational system.