The Relationship between resiliency and Alexithymia with Aggression in First Level High School Girls in District of a City of Rasht

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Abstract Concerns about the mental health of children and adolescents and their impact on their growth and performance, along with the increased prevalence of detectable mental disorders, has increased dramatically in recent years. The present study investigated the relationship between residency and Alexithymia With aggression in girls in the first district high schools of Rasht city. This research is descriptive and correlational. The statistical population consisted of the girls of the first grade high school students who were studying in the schools of the district of Rasht city in the academic year of 2016-2017.The sample size consists of 300 students ed by cluster random sampling method first school girls' high school in district of Rasht city. They were evaluated using aggression, elasticity and emotional collapse questionnaires. Data analysis was performed using descriptive statistics (mean, standard deviation, frequency and percent), and inferential statistics (Pearson correlation and simultaneous regression analysis) and spss-vr20 software. The results showed that there was a meaningful relationship between agility and agility and aggression and aggression among students. The results of regression to predict student aggression also showed that 84 percent of student aggression is affected by the students' emotional flexibility and excitement. As a result, it can be said that the level of aggression of each person can be greatly influenced by the level of flexibility of the individual and his difficulty in identifying and expressing his feelings.
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