

# **The Comparison of self-control ability and Emotional self-regulation of students with aggressive and normal aggressive behaviors in high school in Rasht**

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**One of the main reasons for the formation of inappropriate and aggressive behaviors in students is the obvious problems in self-control capacity and their emotional self-regulation. The purpose of the present study was to compare the ability of self-management and self-management and emotional self-esteem among students with aggressive and normal behaviors in high school in Rasht. The method of this study was comparative (post-event). The population of this study included all female secondary school students in Rasht during the first semester of the academic year of 2018 with an estimated 2,300 people. 160 students (80 students with aggressive behaviors and 80 normal students) were ed using cluster random sampling method and according to the conditions of entry and exit of the research. The questionnaire of Ahwaz's aggression questionnaire (Zahedi and Najjarian, 1997), Tangjini and Vari (2004) self- control questionnaire and emotional self-regulation of March (Salehi Morakani, 2006) were completed. The data were analyzed using independent t-test and multivariate analysis of variance analysis. The findings of this research showed that there is a significant difference between students with aggressive and normal behaviors in terms of self-management, emotional self-regulation and behavioral components, concentration on position, focus on emotional change and negative emotional loss (P**

**Keywords : Self-control, emotional self-regulation, aggression, students.**

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