

Case Report**The Effectiveness of Group Training of Communicative Skills
on Aggression Level of Glass Addicts****Shahram Rezayi* , Yaghoub Sohrabzaee****and Mojtaba Mohammadi**

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*Corresponding Author Email: Shahram_rezayi90@yahoo.com**ABSTRACT**

The present study was to determine the effectiveness of group training of communicative skills on aggression level of glass addicts in campaigns of Western Islamabad. The present study included 670 people who had referred to addiction centers. For the study, 112 participants were selected that they were eligible for the aggression. After performing the aggression of the questionnaire, 54 people of them were highly aggressive that 30 people were randomly substituted in two groups of 15 people who had the highest level. 15 people were in educational group of communicative skills and 15 people in the control group. The experimental group in 8 sessions of 90 minutes for 1 month was trained in communicative skills and the control group received no training. After completing educational program, post-test was administered to both groups. To analyze the data, the analysis of covariance was used. The results obtained by using analysis of the variance showed that training communicative skills was effective in reducing the aggression.

Keywords: communicative skills, aggression, addicts**INTRODUCTION**

Based on the definition of Charles Spielberger, a psychologist who is a specialist in the study of anger: "anger is an emotional state that varies in intensity from mild stimulation to intense anger" like other emotions associated with physiological and biological changes. When you get angry, our heart rate and blood pressure rises and levels of hormones related to energy such as adrenaline and noradrenaline also increase. The reason for anger can be both external and internal events; you can be angry at a specific person (a colleague or boss) or event (a traffic jam, a canceled flight) or your anger can be due to anxiety about your personal problems. Memories of traumatic or enraging events can also trigger angry (Bahrami, 2006).

Chronic anger and anxiety are important factors that the treatment and prevention of these factors may lead to hypotension and low blood pressure reduces the risk of cardiovascular diseases. The

other line is found to determine the relationship between relaxation and blood pressure. There is evidence that by learning peace to people with high blood pressure, reduction in blood pressure is obtained (Sarason, translated by Najjarain et al, 2008).

Aggression is said to any intentional behavior both verbal and non-verbal that results in psychological or physical damage or financial destruction to our own and others to achieve the goal of emotional drain. Aggression is one of major and important issues that human beings have extensively dealt with it from the distant past to the present. Aggressive behavior in humans is assumed as violent acts towards others that thereby avoids or retaliates many of the others (Gorji, Fani Saberi, 2006).

Instinctive and natural way to express anger is to respond aggressively. Anger is an adaptive response to threats and inspires feelings and

powerful behaviors and often aggressive that we are allowed to fight and defend ourselves in the event of being attacked. Therefore, it can be said that a certain amount of anger is necessary for our survival. On the other hand, we physically cannot attack and hit to any person or object that they annoy us; laws, social norms and common sense put limits to ground our anger. People apply a range of conscious and unconscious processes to deal with their angry feelings. Three major approaches in the face of anger are: expressing, suppressing and calming. Expressing your angry feelings for emphasis - not aggressive - is the healthiest way to express anger. To do that you have to learn how to make clear what your needs are and how they meet without hurting others. Expression of a subject with emphasis, in the sense of pressure or severe question is not meant to be respectful of yourself and others (Saeedlou, 2005).

Emotions are an essential part of our mental and physical structure. Any excitement for living has vital values and showing it in his health enjoys an important role and we know that the behavior out of fear is an escape and the behavior of out of anger is aggression; but sometimes it can be seen that people have become indifferent and passive, and they select indifference or resignation, and sometimes anger also shows itself as intermittent explosive disorder. In these cases, the patient becomes angry strongly against adverse conditions and high pressure that other people become a little angry and he acts terrible aggressiveness and dangerous acts. Anger internalization causes us to become ill and also anger externalization aggressively causes some problems. Emotional states in humans contain changes and physical reactions in different organs like respiratory machines of circulatory, digestion and a part of it. In a state of intense fear, the color of the face changes; breathing is disrupted; the mouth becomes dry and appetite decreases and digestive system operates slowly. In most cases, the heart beats strongly and hands and feet are freezing. Physical reactions of people are prolonged and intense who are continuously subjected to emotion. The result of these interactions is a disorder which they are

called psychosomatic disorders (Shamlou, 2004). Humans through interacting with others provide the main requirement to survival and comfort of more abstract needs such as self-esteem, self-actualization and effective participation in a diverse society. No interpersonal communication is possible without contacting. Interpersonal communication is a process in which we share information of meanings and feelings through verbal and non-verbal messages with others (Hargie et al, translated by Beigi and Firouzbakht, 2005). Addiction is a dependence on agents or materials that the repetition of their consumption is characterized through quality and quantity and in definite time, the addict's perspective is necessary. Some factors perpetuate drug use and drug therapy, folk, unusual round of scientific standards. Some of them are to perpetuate the drug and therapeutic drug agents, folk, unusual far from scientific standards. The addict is someone who needs and mental-health related to materials and factors causing drug habit that in order to estimate this, we must use these materials regularly and at specific intervals.

Skyrocketing drug trafficking in the world and increasingly these materials contain terrible consequences that directly threaten young generation and humanity. International trafficking network expansion and the trap of addiction kills millions of young people and merchants of death are achieved to wealth and power. Addiction is a major health problem and social scourge, and has multiple economic, political, cultural, psychological, moral and legal aspects. Thus, family awareness about the abject addiction helps in the prevention and inhibition (Saeedlou, 2005). Methamphetamine glass or crystalline is a combination of moving from the family of amphetamines which is made in industrial laboratories and unfortunately, in recent years, this has become popular among Iranian youth. Methamphetamine creates severe psychological and physical dependence so that after a reusable consumption, in most cases, the person feels promptly strong desire to reuse it.

In this study, we want to reduce aggressive method of communication skills to teach glass addicts. Then, we conclude that which method is

more effective in reducing aggression among people. The hope is that we can reduce the hostility and aggression to them using this treatment.

METHODOLOGY

The present study is an experimental study. The research design consisted of pretest-posttest design with a control group. The present study included 670 people who had referred to addiction centers. For the study, 112 participants were selected that they were eligible for the aggression. After performing the aggression of the questionnaire, 54 people of them were highly aggressive that 30 people were randomly substituted in two groups of 15 people who had the highest level. 15 people were in educational group of communicative skills and 15 people in the control group. The experimental group in 8 sessions of 90 minutes for 1 month was trained in communicative skills and the control group received no training. After completing educational program, post-test was administered to both groups. The research instrument was aggression questionnaire (AGQ). This questionnaire consists of 30 items and 14 items measure the factor for anger and 8 items for the factor of aggression and 8 other items for the factor of malice. AGQ scale is a paper-pencil self-report scale and the subject answers one of

four options never, rarely, sometimes or always and for each of the four options, the values 0, 1, 2 and 3, respectively is considered. Except item 18 which has a negative load and the direction of scoring is reverse in it, the questionnaire total score from 0 to 90 and though the sum of the scores of questions is obtained. People who their score is lower than average, have lower aggression. Psychometric properties of the scales based on the analysis of factors as follows (Zahedifar, 1996). Retest coefficients obtained among subjects scores in two times (test and retest) for all subjects ($n = 91$), girl subjects ($n = 48$), boy subjects ($n = 38$) have been $r = 0.70$, $r = 0.64$ and $r = 0.79$, respectively. Also, in the scale of aggression questionnaire, Cronbach's alpha coefficients (internal consistency) for all subjects have been $\alpha = 0.874$, for girl subjects $\alpha = 0.86$ and for boy subjects, $\alpha = 0.89$. Correlational coefficients are reported by Zahedifar between the score of subscale of pd (one of the subscales of (MMPI) and the scale of aggression questionnaire for all subjects ($n = 105$), ($r = 0.58$, $p = 0.001$) and correlational coefficients among all (the questionnaire of BDMT, the questionnaire of feature-sin of bass and Durak, 1975) and aggression questionnaire for all subjects ($n = 215$), ($r = 0.56$, $p = 0.001$).

Findings

To study the research, the analysis of covariance was used and the results are presented in the following Tables.

Table1. Covariance analysis educational group of communicative skills on aggression level

Source of Diffraction	Sum of Squares	Degree of Freedom	Mean of Squares	F	p
Variable of Aggression	630.595	1	630.595	37.022	0.001

Table2. The comparison between means of educational group of communicative skills on aggression level

Groups	Difference of Means	Standard Deviation	
Control and Experimental Group	-9.340	1.535	0.0001

According to the results of the Table (1), F obtained $P = 0.001$, $df = (1, 41) = 37.022$, since the significance level is smaller than $p = 0.005$, given the significance of F calculated, it can be concluded that training communicative skills is effective on the level aggression. By comparing the difference of means of two groups, it becomes clear that there is a

difference between the mean of training of communicative skills on aggression level and control group in the level -9.340 which this difference is significant in terms of statistics in the level 0.01.

Given the significance of the mean difference of 0.99 of confidence, it is stated that the hypothesis is confirmed that training communicative skills

is effective on the aggression level of glass addicts.

DISCUSSION AND CONCLUSION

According to the results of chapter 4 (9, 4), F obtained $P = 0.001$, $df = (1, 41) = 37.022$, since the significance level is smaller than $p = 0.005$, given the significance of F calculated, it can be concluded that training communicative skills is effective on the level aggression. By comparing the difference of means of two groups, it becomes clear that there is a difference between the mean of training of communicative skills on aggression level and control group in the level -9.340 which this difference is significant in terms of statistics in the level 0.01.

Given the significance of the mean difference of 0.99 of confidence, it is stated that the hypothesis is confirmed that training communicative skills is effective on the aggression level of glass addicts. The results of Ashrafi and Monjezi (2013), Karimi et al (2013) and Sabour et al (2015) have also confirmed the impact of training communicative skills on reducing aggression. In the study of Karimi et al, it was shown that training communicative skills which was a combination of assertiveness techniques, expressing emotions, active listening and feedback could significantly reduce aggression in cannabis addicts which these results were consistent with the present study.

To explain the above result, it can be said that presumably, an image or idea that every human being has on him, in the present and future situation in his stance, important and crucial issue, and human movement depend on it. Anger is one of the main emotions when feeling the threat to human results inactivating sympathetic nervous system in people. Heart rate increases. The blood supply increases to extremities such as hands and jaw. Body takes an excited state to be given a good response to external stimuli. After this response, the parasympathetic system will be activated and the person in a relaxed state will discuss on evacuation of tensions. Unfortunately, in practice this does not happen and the person is motivated during days due to severe anger (because of

traffic, and working conditions etc.) and without the system is allowed to go into relaxation and rest there, only the anger increases and reaches a psychological threshold and a small hint is enough to make him explode. Man, unaware of the above mechanism, continuously moves these angers with himself and sometimes he evacuates on others who have not any role on his aggression. It is interesting to note that like other emotions, anger is a transient and temporary phenomenon and if the person can learn the right skills, he can be released from the captivity of their anger. Anger control and communicative skills are some methods that increase emotional self-awareness of human and that they are the cornerstone of emotional intelligence. With continuous training yoga, over time, the person gradually gets more relaxation and finds more awareness of his own. In times of becoming angry, also because of increasing awareness and at the moment, the person becomes aware in himself as a first step from the existence of anger and accepts it so that he can manage it in the next steps. In the present study, the researcher has developed a training program that in order to training anger management, training sessions were set including eight 90-minute sessions twice a week and the control group attended for 1 month in classes and they received trainings related to anger management.

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