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EFFECTIVENESS OF ANGER MANAGEMENT TRAINING ANGER ON THE SEVERITY OF SYMPTOMS PREMENSTRUAL SYNDROME

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Introduction: Premenstrual syndrome following repeated monthly collection of signs and symptoms of physical and psychological in the late luteal phase occurs.

Aims/ methods: This experimental research study design, pre-test - post test control group is. First 250 people in a community of women, the menstrual record daily symptoms for two consecutive months have been filled, then between them, the final sample (24 = n) on most women who have been signs of anger; established To determine the effectiveness of anger management anger on the severity of symptoms of premenstrual syndrome (PMS) is.has been.

Groups including: Group receiving 12 sessions of one and a half hours of anger management training and group not receiving training. Test 2 anger Ashpylbrgr for all participants (experimental and control) was performed.

Results/ conclusions: 12 weekly sessions of anger management anger effectively PMS symptoms were reduced. No significant difference in the severity of PMS symptoms before and after the anger management training anger has been viewed.In this study, the fact that the anger of the symptoms of this syndrome are highlighted.The results indicated that the mean scores in anger before and after the intervention has been significant change. The positive effect of education on mental to control PMS symptoms is emphasized.