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# Effectiveness of Self-control and Aggression Reduction Skill Training of Male Juvenile Delinquents Correction and Rehabilitation Center (Including Case-Study)

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## Abstract:

The purpose of the present research is to determine the effectiveness of self-control skill trainings on reduction of aggression and improvement of self-control among male juvenile delinquents in Tehran's correction and rehabilitation center. The present research employs a quasi-experimental approach and uses pretest-posttest design and a control group. The statistical population of the present study comprises of all male juvenile delinquents in Tehran's correction and rehabilitation center in 2015; the sampling is carried out using random sampling method. As a result, 30 young adult boys are selected and randomly assigned to either control group (15 individuals) or experimental group (15 individuals). As a pre-test, Tangney self-control questionnaire has been given to both groups. Self-control skill training as the independent variable has been administered to the experimental group for 10 sessions and twice a week, while the control group receives no trainings. After the intervention, as a post-test, Tangney self-control questionnaire is once again given to both groups. The results of multivariate analysis of variance (MANOVA) indicate that self-control skill trainings have improved self-control in male juvenile delinquents as well as reduced their aggression. Based on the findings of the present research, it is suggested that self-control training is adopted as an educational approach in order to increase self-control and reduce aggression among young adults, especially juvenile delinquents.

## 1. Introduction

Delinquency is a global social phenomenon which refers to crimes committed by individuals who are under eighteen years. Delinquency is defined as a legal issue and

delinquent acts refer to a set of behaviors which are against the law and norm and would hurt the society and others [1]. In general, actions such as murder, theft, violence, fraud, rape, pillage, brutality, and arson are almost agreed upon by all societies as delinquent actions.

Delinquency is in fact a bio-psychosocial phenomenon where in most cases all three aspects and in some cases one aspect more than others are the cause of delinquent act [2].

The two issues of depression and aggression can also contribute significantly to delinquency. Studies reveal that aggression is an important factor contributing to some psychological disorders such as conduct disorder, ADHD, and antisocial disorder. What attracts the attention of researchers to aggression in teenage years is the impact of such behaviors on young adults such as formation of a negative image among peers, educational underachievement, drug abuse, family communication problems, and delinquency.

Psychologists believe that a child who is not emotionally developed is unable to endure suffering or delay the direct satisfaction of his desires; this emotional deprivation is one of the most causes of crime among young adults [1]. The social control theory a.k.a. general crime theory is developed by Hirschi and Michael Gottfredson is known as self-control theory. This theory claims that crime is the result of the tendency of impulsive and sensation-seeking individual toward pleasure and away from hardship and pain. On that basis, Gottfredson and Hirschi believe that people are rational and tend to do satisfactory actions and avoid painful deeds. Therefore, when an individual finds that the pleasure of doing something is greater that its pain, he tends to do it. Based on the definition by Hirschi and Gottfredson, crime is a forceful or fraudulent action committed by an individual in order to pursue his personal interest due to the potential pleasure it brings. They state that crimes are also related to features such as immediate satisfaction, simplicity, ease, and sensation. It is because of such features that people take part in such behaviors.

## 2.  Review of Literature

Control and management of emotions is so crucial that it is considered to be the key to emotional wellbeing. The art to contain oneself is a fundamental skill. Self-control is not the suppression of feelings and sensations; on the contrary, it means that we have a choice for expression of our feelings, and what is important is the expression of our feeling in a way to facilitate the thought [3]. Numerous studies have reported a correlation between low self-control and dangerous behavior and drug abuse. The studies indicate that young people with low self-control are exposed to some risky behaviors such as drunk driving, fast driving, and seeking of dangerous and new experiences. Focus on improvement of self-control skills reduces the probability of drug abuse as well as other dangerous behaviors such as careless driving, driving under influence, unprotected sex, and other vices. A look at conducted researches indicates that self-control skill in juvenile delinquents has not been adequately studied; most studies have focused on delinquency from sociological point of view and self-control from psychological point of view. On that note, it is necessary to carry out further research in this area.

Taghipour et al.[4], studied Risk analysis in the management of urban construction projects from the perspective of the employer and the contractor.Imbalance between anticipated and actual progress in the development of urban construction projects

suggests that there are many obstacles and risks which not only causes the urban management be unsustainable, but the reconstruction and development of urban space is also seriously threatened. the results indicated that the experts listed the most significant risks as the delays in the payment of contractors' claims and statements due to the lack of handling financial instruments, the governance of relationships rather than rules in the tenders resulting from employer actions, low commitment to the quality of work provided by their subcontractors, failure to complete the detail engineering by foreign contractors on time, weaknesses in contractors' financial resources, and offering lower prices than reasonable by contractors to win the tender. Finally, the solutions for eliminating or reducing risks in high risk areas have been offered to provide tranquility for contractors and employers.

Rezvani Befrouei MA et al.[5], discussed Identification and Management of Risks in Construction Projects. Today, risk management in construction projects is considered to be a very important managerial process for achievement of project's objectives in terms of time, costs, quality, safety, and environmental sustainability. Instead of employing a systematic approach for identification of risks, their probability and their effects, most of the studies conducted inthis area have focused only on a few aspects of risk management in construction project. the present study aims to identify and analyze the risks associated with development of construction in the greater city of Tehran, employing a comprehensive approach that is consisted of five aspects. After the collection and observation of the data, the output was examined by Pearson correlation also, using charts and tables. The results indicated that "tight project schedule" present in all five categories- imposed the maximum risk. Also "design variations", "excessive approval procedures in administrative government departments" and "unsuitable construction program planning" were identified as next high risk factors.

Taghipour et al.[6], studied Analysing the Effects of Phisical Conditions of the Workplace on Employees Productivity. One of the issues that today will improve the productivity of any organization is attention to the human factors engineering.   The aim of this study was to find the amount of employee's satisfaction from environmental and organizational factors of their jobs, thus providing guidelines for improving the identified problems which eventually will lead to increase the productivity.

Baghipour sarami et al.[7], studied Modeling of Nurses' shift Work schedules According to Ergonomics: A case study in Imam sajjad (As) Hospital of Ramsar. In this study, 35 nurses working in the emergency ward of Imam Sajjad (AS) Hospital of Ramsar city, Iran, were considered. The final model was implemented with GAMS and at the end, shift working with ergonomic criteria were proposed. The results showed that the proposed working program on one hand will improve satisfaction and efficiency of nurses and on the other hand it can decrease the effects of disorders on shift work.

Taghipour et al.[8], studied Supply Chain Performance  Evaluation  in IN The  IT Industry. The appraisal of several performance measure agendas and metrics already accessible proposes that supply chain performance measure can be detected under different categories such as cost and non-cost. In this study,  developed supply chain of IT industry based on BSC from existing decision making models. Then, industrial projects performance and performance evaluation measures have been determined using a designed questionnaire.

Taghipour et al.[9], studied the Study of the Application of Risk Management in the operation and Maintenance of Power Plant Projects. one of the methods used in good decision making, pay attention to risk management, which is known as an important part of project management and control. Risk management has evolved over time and its systematic method has provided managers with a definite path so that they reduce potential threats to a minimum and reach project goals by the least possible deviations. In this paper, subsequent to an introduction of fundamental concepts of risk, risk management, an account of risk management, methods and its techniques are presented. In the end, following a discussion on how it is practically used in projects in a real and practical sample, risk management and its application are implemented and essential investigations are undertaken into its effects.

Mahboobi et al.[10], discussed Assessing Ergonomic Risk Factors Using Combined Data Envelopment Analysis and Conventional Methods for an Auto Parts Manufacturer. occupational injuries are currently a major contributor to job loss around the world. They are also costly for business. The absence of rational analysis is felt in this area, so mathematical analysis is needed to obtain the logical results of these injuries in order to find gaps or loss points of industry. OBJECTIVE: This paper assesses the effect of five demographic factors on ergonomic risk and occupational injuries using an integrated mathematical programming approach. The obtained results will help managers to carry out any required corrective actions or establish benchmarks.

Taghipour et al.[11], studied Assessment and Analysis of Risk Associated with the Implementation of Enterprise Resource Planning (ERP) Project Using FMEA Technique. Enterprise resource planning (ERP) is one of the latest management tools that can take advantage of information technology to comprehensively gather resources and information in all parts of the organization by an interlocking, system with fast speed and high quality and help users in all organizations and sectors by giving certain modules for managing different sectors such as projects, human resources, and services. Despite the many benefits this system can have for the organization, its implementation and deployment is very risky and costly.

Taghipour et al.[12], studied Construction projects risk management by risk allocation approach using PMBOK standard. Projects' managers in plenty of construction projects which are assumed that are under control, are facing risk as an unknown occurrences and they are attempting to control it and are suffering more costs. Though, by a comprehensible effort and applying risk management, risks are identified and controlled before happening or a plan is provided in order to deal with these occurrences and time and cost are saved. Thus, they have to be controlled and appropriately responded by risk management methods. In this regard, risk management process in PMBOK standard can be a suitable approach to solve this problem.

Taghipour et al.[13], studied The Evaluation of the Relationship between Occupational Accidents and Usage of Personal Protective Equipment in an Auto Making Unit. One of the problems that encounter each work society is occupational accidents. Today, despite the improvements of facilities and working conditions, the possibility of accident occurrence in workplaces and especially in industrial places is inevitable. Since the non-use or misuse of PPE is one of the main causes of accidents in industrial units, the aim of this study is to evaluate the association between occupational accidents and the use of PPE in the body section of a vehicle

manufacturing unit. The results showed that there is a meaningful positive relationship between the factor of inadequate PPE and probable hazards of the industrial workplace.

Taghipour et al.[14], studied Necessity Analysis and Optimization of Implementing Projects with The Integration Approach of Risk Management and Value Engineering. Risk management and value engineering have appeared as modern management tools since the mid-19th century and have been used separately in different projects. Due to the ineffectiveness resulting from separate implementation of the two approaches in major projects as well as the similarity between them in terms of their goals and executive structures, this research tries to analyze the separate role of each approach in the project process and examine the possibility of integration and correlation between their different phases. This article aims at introducing and examining a tool that simultaneously has the capability of the two categories.

Taghipour et al.[15], studied Evaluating Project Planning and Control System in Multi-project Organizations under Fuzzy Data Approach Considering Resource Constraints. Projects can be repetitive tasks in specified periods of time and also it may involve some functions which are performed just once. However, in any project, managers and experts consider three basic and important goals: least time, lowest cost and best quality, so all efforts are directed toward achieving these basic goals. Statistics indicate that projects are either conducted on estimated time or delayed and rarely are delivered before due date.

Taghipour et al.[16], studied Risk assessment and analysis of the state DAM construction projects using FMEA technique. Dam construction projects are the most important projects of the country and absorb a considerable amount of the state budget on annual basis. As they take a long time to be completed, they always face risks and many uncertainties. In this study, the researcher intends to use a highly applied qualitative-quantitative methodology (FMEA) to analyze the risks of state dam.

Taghipour et al.[17], studied the impact of ICT on knowledge sharing obstacles in knowledge management process.Today, knowledge is known as a valuable asset in any organization so management of such insensible asset is one of the factors cause success in organizations. But knowledge can be effective when it is shared across the organization. Therefore, knowledge sharing is a key element in the process of knowledge management. This study aimed to check the impact of ICT on knowledge sharing barriers in one of the mobile operator, in Tehran.

Taghipour et al.[18], studied Assessment of the Relationship Between Knowledge Management Implementation and Managers Skills. The Purpose of this study is to consider the effects of knowledge management implementation on manager's skills of Reezmouj System Company. Results showed that there is a relation between knowledge management.

Taghipour et al.[19], studied Evaluation of the effective variables of the value engineering in services. The value engineering is a systematic method for resolving the problems, reducing the cost and improving the function and quality simultaneously and this leads to the increase of customer satisfaction by investigating and improving the value index. The results of this research which are based on the post managers and specialists responses show that applying value engineering by the post managers has significant effects on reducing the cost, saving time and customer satisfaction.

Taghipour et al.[20], studied Evaluating CCPM method versus CPM in multiple petrochemical projects. Although project management has long been under consideration and various methods have been proposed for timing projects, but they have not been completely responsive to the needs of the project for increasing productivity and customer satisfaction.  As a result, increased risks and the incompatibility of the project with the initial Base line plan, necessitate using modern techniques (such as CCPM) as opposed to common methods (such as CPM).

Taghipour et al.[21], studied Application of Cloud Computing in System Management in Order to Control the Process.The implementation and maintenance of organizational resources planning systems is really costly for each business. Large business institutes can pay the costs of organizational systems but due to high costs, small to medium businesses prefer the purchase of these systems and their relevant implementation. Cloud has some advantages in comparison to traditional data centers.

Khodakhah Jeddi et al.[22], studied The Analysis of Effect Colour Psychology on Environmental Graphic in Childeren Ward at Medical Centers. The hospitals are some of architectural spaces, which are assumed as important in terms of design and function due to giving medical services and referrals of various groups of people.

Payamani et al.[23], studied The study of MS patieents life style referred to MS Association (Tehran City,2008). Multiple sclerosis [M.S] is one of the common autoimmune diseases that effects on central nervous system.  There is a close relati on between health and life style, so that we can prevent from rate of disease attacks. Findings showed there were significant relation between educational level, supportive resourc es, number of relapse and self-care dimension in life style. Also, relation between marriage status, family income and nutrition dimension in life style was significant.

Nezamivand et al.[24], studied CompareEffectiveness of Teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High risk and Substance Abuse Behaviours(Including Case-Study). Result showed that effectiveness of teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High risk and Substance Abuse Behaviours.

Amini Harouni et al.[25], studied Effectiveness of Self-control and Aggression Reduction  Skill Training of Male Juvenile Delinquents Correction and Rehabilitation Center. The results indicate that self-control skill trainings have improved self-control in male juvenile delinquents as well as reduced their aggression.

## 2.1. Research Objectives

a. Determining the effectiveness of self-control skill training on improvement of self-control among male juvenile delinquents in Tehran's correction and rehabilitation center.

b. Determining the effectiveness of self-control skill training on reduction of aggression among male juvenile delinquents in Tehran's correction and rehabilitation center.

## 2.2. Research Hypotheses

Based on the proposed research question and objectives, the following hypotheses are developed:

a. Self-control skill training contributes to the improvement of self-control among male juvenile delinquents.

b. Self-control skill training contributes to the reduction of aggression among male juvenile delinquents.

### 2.3. Research Variable

Independent variable: self-control skill training

Dependent variable: self-control, aggression

Control variable: gender

### 2.4. Theoretical and Operational Definition of Research Variables

a. Theoretical definition of self-control:

Self-control refers to a person's ability to contain himself in confrontation with temptation to commit a crime.

b. The operational definition of self-control:

Self-control skills training is a program developed by Rosenbaum (1984) which is carried out in ten one-hour sessions. The juvenile delinquents receive a self-control score assessed using Tangney questionnaire.

c. The theoretical definition of delinquent:

Children or young adults who commit actions which are against the law are considered to be delinquents.

d. The operational definition of delinquent:

In this research, delinquent refers to young adult boys who are considered by the Islamic law to be criminals and are currently held at correction and rehabilitation center.

e. The theoretical definition of aggression:

Aggression refers to offensive behaviors including any action which is intended to inflict physical or mental harm to another individual.

f. The operational definition of aggression:

The aggression score obtained from Tangney self-control questionnaire determines the aggressiveness of the participants.

## 3. Research Design

By purpose, this is an applied study, and in terms of design, it is a quasi-experimental research. The present study employs pretest-posttest design and a control group. The table below demonstrated the diagram for the research design. (Table 1)

*Table 1. Research design diagram.*

| Research design diagram | | | |
|---|---|---|---|
| *Groups* | Pre-test | Independent variable | Post-test |
| R (E)    experimental | T1 | X | T2 |
| R (C)  control | T1 | _ | T2 |

In this diagram, R refers to random selection of participants in two control and experimental groups. T1 represents pretest, T2 posttest, X the independent variable, E the experimental groups, and C represents the control group.

In such research designs, although the researcher has not the complete control of all aspects and conditions, yet he can control factors such as selection and assignment of the subjects to control or experimental groups, determination of the observation time, and measurements. In this research, in order to establish causal relationships, the subjects are randomly assigned to control and experimental groups. The experimental group has received self-control skill trainings while the control group has had no intervention. In this sense, by manipulation of the dependent variable (administration of self-control skill trainings to the experimental group and presenting no intervention to the control group), its impact on the dependent variables (self-control and aggression) is observed and assessed.

The statistical population:

The statistical population of the present study comprises of all 200 male juvenile delinquents in Tehran's correction and rehabilitation center in 2015 who are convicted due to criminal behavior.

Sampling method:

Considering the importance and the purpose of the present research, convenient sampling method is used to select the subjects.

Sample size:

The sample group in this research is comprised of 30 juvenile delinquents in Tehran's correction and rehabilitation center in 2015 who are randomly selected and assigned to two 15-individual (control or experimental groups) in order to implement the independent variable (self-control skill training)

Research measures:

The present research uses Tangney (2004) self-control questionnaire.

Tangney et al. self-control questionnaire:

This test is developed in 2004 by Tangney et al. It is consisted of 36 items. This test is inspired by previous measures and intends to make up for the shortcomings in previous questionnaires meant to assess self-control. In order to assess its reliability and validity, the questionnaire has been tested on two groups of M.A. students in two separate studies and the results are presented in the Table 2 below.

*Table 2. Mean and standard deviation obtained from two studies on the reliability of Tangney self-control scale.*

| Cronbach's Alpha | Std. deviation | Mean | Self-control scale |
|---|---|---|---|
| 0.89 | 18. 81 | 144. 4 | 1st study |
| 0.89 | 18. 19 | 102. 66 | 2nd study |

Using Cronbach's Alpha, the reliability of Tangney self-control scale is measured to be 0.89. The self-control scale has a positive correlation with educational progress, adaptation, positive relations, interpersonal skills, safe dependence, and emotional responses, and has a negative and significant correlation with eating disorder and alcohol use.

Scoring: the responses for each of the 36 items are laid out on five-point Likert-type scale including "not at all like me:1", "a little like me:2", "somewhat like me:3", "mostly like me:4", and "very much like me:5". The minimum score would be 36, and the maximum score would be 180. Items 1, 2, 3, 5, 7, 8, 9, 10, 11, 13, 15, 16, 18, 19, 20, 22, 24, 27, 28, 30, 32, 33, and 34 are scored in a reverse manner.

Data analysis method:

In order to analyze the data obtained in this research, descriptive statistics (including mean, standard deviation, and etc.) as well as inferential statistics (multivariate analysis of variance) have been used. The reliability of Tangney self-control test has been obtained using Cronbach's Alpha. All the calculations are carried out by SPSS statistics software.

The first section: information regarding the subjects

*Table 3. Frequency distribution of subject by age.*

| Age | Number | Percent |
|---|---|---|
| 14 | 3 | 11.1 |
| 15 | 4 | 14.8 |
| 17 | 7 | 25.9 |
| 18 | 4 | 14.8 |
| Total | 27 | 100 |

As demonstrated in Table 3, subjects with 16 years of age are the most frequent.

Based on Table 4, with 29.6 percent (8 individuals), the most frequent individuals are subjects with guidance school education; also, 25.9 percent (7 individuals) have elementary school education, 18.5 percent (5 individuals) have high school education, 18.5 percent (5 individuals) are illiterate, and 3.7 percent (2 individuals) have high school diploma.

*Table 4. Frequency distribution of subject by education.*

| Education level | Number | Percent |
|---|---|---|
| Illiterate | 5 | 18.5 |
| Elementary | 7 | 25.9 |
| Guidance school | 8 | 29.6 |
| High school | 5 | 18.5 |
| High school diploma | 2 | 3.7 |
| Total | 27 | 100 |

The second section: the analysis of data obtained from self-control test

In this section, first the statistical indices regarding self-control in experimental and control groups as well as improvement of self-control are presented in Table 5. In the end, in order to assess the impact of self-control skill training on improvement of self-control, multivariate analysis of variance (MANOVA) test has been used and the results are demonstrated in Table 6.

The results demonstrated in Table 5 indicate that in the pretest stage, there is no considerable difference between the mean self-control score of experimental and control groups. However, in the posttest stage, the mean self-control score of the experimental group has increased in comparison to the control group. This points out to the higher level of self-control among the members of the experimental group after administration of self-control skill trainings. In order to examine the significance of

these changes, analysis of covariance has been used and the results are presented in the table below.

**Table 5.** *Descriptive statistics and Cronbach's Alpha for self-control questionnaire.*

| Variable | Group | Test | Mean | Std. deviation | Cronbach's Alpha |
|---|---|---|---|---|---|
| Self-control | Control | Pretest | 104.07 | 10.892 | 0.85 |
| | | Posttest | 106.80 | 11.422 | |
| | Experimental | Pretest | 100.83 | 13.086 | |
| | | Posttest | 115.58 | 11.301 | |

Based on the results presented in Table 6, the variance between groups has the 0.001 significance level. This value is less than the criterion value i.e. $P \leq 0.01$; also, since the obtained F-statistic of 23.027 is higher than the critical value with (2, 9) degrees of freedom, therefore the research hypothesis i.e. the impact of self-control skill training on improvement of self-control is confirmed. On that basis, it is concluded that the experimental and control groups are significantly different in terms of self-control scores.

**Table 6.** *Results of the analysis of covariance for control and experimental groups in term of self-control.*

| Source of variance | Sum of squares | d.f. | Mean squares | F-statistic | Sig. |
|---|---|---|---|---|---|
| Variance between groups | 1154.917 | 9 | 128.32 | 23.027 | 0.001 |
| Variance within groups | 250.000 | 2 | 125 | | |
| Total | 1404.917 | 11 | | | |

The statistical indices regarding subscale of aggression in experimental and control groups as well as reduction of aggression are presented in Table 7. In the end, in order to assess the impact of self-control skill training on reduction of aggression, analysis of covariance has been used and the results are demonstrated in Table 8.

**Table 7.** *Descriptive statistics and Cronbach's Alpha for subscale of aggression.*

| Variable | Group | Test | Mean | Std. deviation | Cronbach's Alpha |
|---|---|---|---|---|---|
| Aggression | Control | Pretest | 16.87 | 3.681 | 0.71 |
| | | Posttest | 16.67 | 3.677 | |
| | Experimental | Pretest | 14.75 | 3.769 | |
| | | Posttest | 17.67 | 3.339 | |

The results demonstrated in Table 7 indicate that in the pretest stage, there is no considerable difference between the mean aggression score of experimental and control groups. However, in the posttest stage, the mean aggression control score of the experimental group has increased in comparison to the control group. This points out to the higher level of control over aggressive impulses among the members of the experimental group after administration of self-control skill trainings. In order to examine the significance of these changes, analysis of covariance (MANOVA) has been used and the results are presented in the table below.

**Table 8.** *Results of the analysis of covariance for control and experimental groups in term of aggression.*

| Source of variance | Sum of squares | d.f. | Mean square | F-statistic | Sig. |
|---|---|---|---|---|---|
| Variance between groups | 117.167 | 8 | 14.646 | 9.989 | 0.001 |
| Variance within groups | 5.500 | 3 | 125 | | |
| Total | 122.667 | 11 | | | |

Based on the results presented in Table 8, the variance between groups has the 0.001 significance level. This value is less than the criterion value i.e. P≤ 0.01; also, since the obtained F-statistic of 9.989 is higher than the critical value with (3, 8) degrees of freedom, therefore the research hypothesis i.e. the impact of self-control skill training on improvement of aggression-control is confirmed. On that basis, it is concluded that the experimental and control groups are significantly different in terms of control over aggressive impulses.

Discussion on research hypotheses:

Examination of the first hypothesis:

a- Self-control skill training contributes to the improvement of self-control among male juvenile delinquents.

The information regarding the descriptive data (Table 5) indicates that the mean self-control scores obtained by the experimental group are different in pretest and posttest phase. In this sense, the mean self-control score in posttest phase is higher than that of pretest phase. This fact confirms the impact of self-control skill training on improvement of self-control. In the meantime, the mean self-control scores obtained by the control group are not significantly different in pretest and posttest phase. The information regarding the inferential analysis of the collected data (Table 6) indicates that the impact of self-control skill training of male delinquents (F= 23.27) is statistically significant; hence, the first hypothesis is confirmed.

Examination of the second hypothesis:

b- Self-control skill training contributes to the reduction of aggression among male juvenile delinquents.

The information regarding the descriptive data (Table 7) indicates that in comparison to the control group, the mean aggression-control scores obtained by the experimental group are higher in posttest phase than the pretest phase. This conclusion points that the experimental group has more control over aggressive impulses. The information regarding the inferential analysis of the collected data (Table 8) indicates that the impact of self-control skill training of male delinquents on aggression control (F= 9.989) is statistically significant; hence, the second hypothesis is also confirmed.

## 4.  Conclusions

The results of the present research indicate that self-control skill training of male juvenile delinquents in Tehran's correction and rehabilitation center contributes to improvement of self-control and reduction of aggression. Focus on improvement of self-control skills reduces the level of aggression and probability of drug abuse as well as other dangerous behaviors driving under influence and other vices. As it was mentioned earlier, self-control refers to a person's ability to contain himself in confrontation with temptation to commit a crime. Perhaps it is fair to say that self-control is the most fundamental psychological skill needed to resist impulses. If confronted with a challenge, individuals with higher self-control are able to use their thinking ability to control their emotions while finding a suitable way to overcome that challenge. Self-control provides a path to health and success. It is an important skill which creates a sense of balance and being in control; it helps us monitor our destructive behaviors, emotional responses, and inappropriate manners, stay away from negative thoughts, reduce our dependency on others and helplessness in relations,

while achieving our own emotional independence and peace of mind. Control and management of emotions is so crucial that it is considered to be the key to emotional wellbeing. The art to contain oneself is a fundamental skill. Self-control is not the suppression of feelings and sensations; on the contrary, it means that we have a choice for expression of our feelings, and what is important is the expression of our feeling in a way to facilitate the thought [3]. Self-control is not a naturally-occurring characteristic; it can be acquired through learning. Considering that, self-control training for juvenile delinquents enables them to express their feelings in an appropriate and controlled manner. This intervention leads to improvement of self-control and reduction of aggression among them. Additionally, examination of young adults' self-control in schools, and identification of young individuals who have low self-control followed by their training can reduce their tendency toward drug use, violent conflicts, and other deviations. Such trainings should become available for young adults who are more exposed to crime and delinquency.

## Conflicts of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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