

## Prediction of expression and control of anger based on early maladaptive schemas and defense mechanisms

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### Abstract

**Introduction:** It looks like those defensive mechanisms can be used as psychological mechanisms for managing emotional and negative emotions.

The purpose of this study was to prediction of expression and control of anger based on early maladaptive schemas and defense mechanisms in college students.

**Method:** The research method was descriptive-correlational and the statistical population of the study consisted of all university students of the Islamic Azad University of Shahre Qhods, numbering 330 thousand, among whom 300 were selected by available sampling method. The study tools consisted of defense style questionnaire-40 by Andrews, Singh & Bond 1993, state-trait anger inventory-2 by Spielberger & Young schema questionnaire-short form 1998.

**Results:** Regression coefficients showed that disconnection and rejection ( $\beta=0.227$ ,  $P=0.001$ ) and impaired limits ( $\beta=0.211$ ,  $P=0.001$ ) components predict anger expression. Immature defense mechanisms ( $\beta=0.213$ ,  $P=0.001$ ) predict anger expression. Only disconnection and rejection component of early maladaptive schemas ( $\beta=-0.164$ ,  $P=0.047$ ) predicts anger control. Immature defense mechanisms ( $\beta=-0.180$ ,  $P=0.002$ ) negatively and mature defense mechanisms ( $\beta=0.357$ ,  $P=0.002$ ) positively predict anger control.

**Conclusions:** It is suggested that parents should be taught parenting practices, especially in the childhood of their children, to prevent the development of maladaptive schemas and immature defense mechanisms.

**Keyword:** anger" defense mechanisms" maladaptive schemas

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