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## The effectiveness of play therapy over children's aggression and anger management in pre-school centers of Yasuj

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Anger and aggression are the most common problems in children and adolescents, which are the main reasons of referring children to counseling and psychological centers. Aggression can be described as a behavior leading to damaging and hurting others. One type of aggression appearing at the early year of the pre-school is hostile aggression including two states of apparent and relational aggression. The apparent aggression is physical and verbal including hostile behaviors such as hitting, pushing, kicking and also, threatening to all of these verbally. The relational is a form of aggression in which the aggressor, with the intention of ruining friendly and inter-personal relations of the victim, starts rumors or gossips against him and makes others cut their relations with him in order to secluding the mentioned person. Thus, it is fully urgent to find a way enabling children express their excitations in a way other than verbal expression. Play therapy can be a means of expression for children. In this research, the effectiveness of children's play therapy and anger management in pre-school centers of Yasuj has been studied. Fulfilling this objective, 30 students of pre-school centers were selected based on random sampling and they were divided into two 15-member groups of control and experiment. To measure the research variables, questionnaires about children's anger and aggression were used. Therapeutic sessions were held through 10 forty-five-minute sessions (3 sessions a week). Analyzing the results using covariance analysis demonstrated that play therapy could significantly reduce anger and aggression of children in the experiment group and in the post-experiment level comparing to the previous level ( $p < 0.05$ ). Results of this study recommend paying attention to concrete remedies based on play therapy as one of the variables effective on efficient change over children affected to anger and aggression.

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