

عنوان مقاله:

The Effect of Positive Education on Psychological Well-Being and Self-Efficacy of Divorced Children

محل انتشار:

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خلاصه مقاله:

This study aimed to investigate the effect of positive education on the psychological well-being and self-efficacy of divorced children. The research method was experimental with a pretest-posttest and control group. The sample consisted of 30 divorced male high school students in Bandar Lengeh (Iran) in 2018 who were randomly selected and randomly divided into two groups of 15 experimental and 15 control. The experimental group 10 performed 90-minute training sessions. Received as a group; The control group was placed on a waiting list for two months. The training program was implemented according to the Seligman (2005) protocol. In order to collect information, Reef psychological well-being and Scherer self-efficacy questionnaires were used in two stages: pre-test and posttest. Multivariate analysis of covariance was used to analyze the data. Findings from the analysis of research data showed that by controlling the effect of pre-test, there is a significant difference between the mean post-test scores of the experimental and control groups in the variables of psychological well-being and self-efficacy. In other words, it can be said that positive education has an effect on increasing the psychological well-being and self-efficacy of divorced children.

کلمات کلیدی:

Positive Education, Psychological Well-Being, Self-Efficacy, Divorce

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