

## عنوان مقاله:

Effectiveness of Intra- and Interpersonal Peace-Based Intervention on Psychological and Emotional Well-Being of Male Aggressive Adolescents

## محل انتشار:

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## خلاصه مقاله:

**Aims:** Peace psychology is defined as a field which is in search of developing theories and operations whose goals are prevention and reduction of direct and structured violence. The aim of the present study was to determine the effectiveness of intrapersonal and interpersonal peace-based intervention on emotional and psychological well-being of male aggressive adolescents. **Materials & Methods:** This quasi-experimental study with pretest-posttest design with the control group was conducted on ۲۶ male aggressive adolescents selected via the randomized cluster sampling method in a male high school of Isfahan city in ۲۰۱۶. The students who got higher scores in Buss-Perry Aggression Questionnaire (BPAQ), were randomly assigned into control (N=۱۳) and experimental (N=۱۳) groups. Then the Keyes Mental Health Continuum-Long form (MHC-LF) was implemented as a pre-test on both groups. The experimental group received ۸ sessions of intra and interpersonal peace-based intervention, while the control group did not receive any intervention. Then post-test was performed on both groups. After gathering the data, it was analyzed by SPSS ۲۴ software using multivariate analysis of covariance (MANCOVA). **Findings:** By controlling the effect of pretest, after intervention, the mean scores of psychological well-being and emotional well-being in the experimental group was significantly higher than the control group ( $p < 0.001$ ). **Conclusion:** Intra and interpersonal peace-based intervention can improve psychological and emotional well-being of the male aggressive adolescents.

## کلمات کلیدی:

Relaxation, Empathy, Mental Health, Emotional Regulation, Aggression, Adolescents

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