

عنوان مقاله:

Comparison of the Effectiveness of Resilience Training and Emotion Regulation on Psychological Well-being and Self-efficacy of Firefighters

محل انتشار:

فصلنامه فیزیولوژی عصبی روانشناسی، دوره 8، شماره 4 (سال: 1400)

تعداد صفحات اصل مقاله: 0

نویسندگان:

Niloofer Sharifi - *Department of Psychology, School of Educational Sciences and Psychology, University of Mohaghegh Ardabili, Ardabil, Iran*

Sajjad Basharpour - *Department of Psychology, School of Educational Sciences and Psychology, University of Mohaghegh Ardabili, Ardabil, Iran*

Mohammad Narimani - *Department of Psychology, School of Educational Sciences and Psychology, University of Mohaghegh Ardabili, Ardabil, Iran*

خلاصه مقاله:

Background and Objective: Firefighters are at risk of mental health deterioration due to their stressful jobs, and psychological skills training plays a positive role in this regard. This study aimed to compare the effectiveness of resiliency training and emotion-regulation training on the psychological well-being and self-efficacy of firefighters. **Materials and Methods:** This was an experimental study with a multi-group pretest-posttest control group design. In autumn ۲۰۱۸, forty-five Ardabil firefighters selected by simple random sampling were randomly assigned into three groups of resiliency-training ($n=۱۵$), emotion-regulation-training ($n=۱۵$), and control ($n=۱۵$). All three groups completed the demographic questionnaire, Ryff's Psychological Well-Being Scale, and General Self-Efficacy Scale (Scherer et al., ۱۹۸۲) in the pre-test and post-test stages. The collected data were analysed using SPSS software (version ۱۶) through the analysis of covariance and Bonferroni post hoc test. **Results:** Resiliency training and emotion-regulation had a significant effect on one's psychological well-being and self-efficacy. The results of the post hoc test also indicated that the effectiveness of resiliency training and emotion-regulation on one's self-efficacy was significantly different and resiliency training was more effective than emotion-regulation training. **Conclusions:** Resiliency training and emotion-regulation training were effective on the psychological well-being and self-efficacy of firefighters.

کلمات کلیدی:

Emotion-regulation training, Firefighters, Resiliency-training

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1296169>



