

عنوان مقاله:

The effectiveness of parent-centered meta-emotional education on aggression and disruptive behaviors in preschool children

محل انتشار:

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خلاصه مقاله:

The present study was conducted with the aim of the effectiveness of parent-centered meta-emotional training on reducing aggression and disruptive behaviors of preschool children. The research was one of applied type and semi-experimental method with pre-test-post-test design with follow-up and was 2 months with control group. The statistical population of the study was preschool children in Tehran in the academic year of 1400-1401. 30 female children with disruptive and aggressive behaviors along with their parents were selected by random and targeted sampling. Parents were placed in two experimental (15 people) and control (15 people) groups. The parents of children in the 7-session experimental group underwent meta-emotional training, and the control group did not receive any intervention. In order to collect data, the questionnaire of behavioral problems of parents' Rutter form and aggression scale of preschool children were used. The data were processed using analysis of variance with repeated measurements. The results showed that parent-centered hyperemotional training had a significant effect on reducing children's aggression and disruptive behaviors ($P < 0.001$). Therefore, parent-centered meta-emotional training is effective as an intervention in reducing children's aggression and disruptive behaviors.

کلمات کلیدی:

parent-centered meta-emotional education, aggression, disruptive behaviors, preschool children
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