

عنوان مقاله:

The effect of Emotion-Regulation skills training on quality of life increase among female anxious school students in Ardabil

محل انتشار:

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خلاصه مقاله:

Introduction: This research was aimed to investigate the effect of Emotion-Regulation skills training on quality of life increase among female anxious school students in Ardabil city. **Method:** The statistical population of this study comprised all female students of Ardabil city which 50 people were selected by using random sampling and assigned randomly in two groups (experimental and control). All subjects filled out whole items of Beck Anxiety Inventory and short form of life quality (SF-36) prior to and after the intervention. Gratz and Gunderson emotion regulation method was taught to anxious students in 13 session. Data was analysed with MANOVA method. **Results:** Results revealed that the training of emotion regulation skills improved the quality of life by reforming people's unreasonable belief and illogical behaviours, also cognition the emotions and adjust them by means of increasing the positive emotions and decreasing the negative ones. **Conclusion:** The training of Emotion-Regulation skills can improve the quality of life among female anxious school students.

کلمات کلیدی:

Emotion regulation skills, Quality of Life, Anxiety

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