

عنوان مقاله:

Comparing the Effectiveness of Dialectical Behavior Therapy and Mutual Behavior Analysis on Interpersonal Reactivity, Self-control and Cognitive Discipline of Aggressive Teenagers

محل انتشار:

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خلاصه مقاله:

This research was conducted with the aim of comparing the effectiveness of dialectical behavior therapy and mutual behavior analysis on interpersonal reactivity, self-control, and cognitive discipline of aggressive teenagers. The research design was semi-experimental in the pre-test-post-test manner with two experimental groups and one control group. The statistical population was the aggressive students of second secondary school for boys in Gorgan city in the academic year 2022-2023, using the cluster method, 45 students were randomly selected in three groups of 15 (dialectical behavior therapy experiment 1, interaction behavior analysis experiment 2 and the control group) were replaced. The research tools were the interpersonal reactivity questionnaires of Davis (1983), Tanji's self-control (2004), Granofsky and Kraij's (2001) emotion regulation, and Bass Perry's aggression (1992). Research data were analyzed by multivariate analysis of covariance and SPSS version 22 software. The findings showed that the effectiveness of the dialectical behavior therapy group was more than the mutual behavior analysis group. Based on the findings of the research, it can be concluded that dialectical behavior therapy by identifying the previous defective patterns of thoughts and feelings, accepting and validating emotions leads to the improvement of interpersonal reactivity, self-control and cognitive regulation of aggressive teenagers' emotions.

کلمات کلیدی:

,dialectical behavior therapy, mutual behavior analysis, interpersonal reactivity, self-control, emotion regulation, aggression

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