

عنوان مقاله:

The Effect Of Game-Based Resilience Training Package On Students' Academic Self-Efficacy And Happiness

محل انتشار:

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خلاصه مقاله:

The present study was conducted with the aim of clarifying the impact of the game-based resilience package on the academic self-efficacy and happiness of students. The current research method is a semi-experimental type of pre-test and post-test with a control group. Its statistical population was made up of male and female elementary school students of the 7th district of Urmia city, who were studying in the academic year of 1402-1401. Among the mentioned statistical population, 30 students (15 people in each group) were selected by purposeful sampling based on the entry and exit criteria and then randomly placed in two groups. The research tools include Jink and Morgan's academic self-efficacy questionnaire, which was created in 1999 and has 20 questions and three subscales of talent, effort and texture. The Oxford happiness questionnaire has 29 items, which was created in 1989 by Michael Argyle based on Beck's depression questionnaire (1976, BDI). The child and adolescent resilience questionnaire was Angar and Linberg (2009) and the game-based resilience training package (Mohammed Shemirani, 2018). For the students of the experimental group, the resilience training package was implemented in 14 sessions and each session lasted for one hour. Data analysis was done using multivariate covariance analysis. The results showed that game-based resilience training significantly increases students' self-efficacy and happiness. Based on the findings of the present research, it can be concluded that the game-based resilience training package can be used as an effective intervention to increase academic self-efficacy and happiness.

کلمات کلیدی:

academic self-efficacy, student, game, resilience package, happiness

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