

عنوان مقاله:

Evaluate the effectiveness of assertiveness group counseling in reducing the depression and improve academic achievement in Mashhad high school students

محل انتشار:

نخستین همایش منطقه ای ارزیابی آموزش دروس علوم پایه، چالش ها و رهیافت ها (سال: 1392)

تعداد صفحات اصل مقاله: 2

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خلاصه مقاله:

Objectives: the purpose of this study was to investigate the effectiveness of assertive training group therapy in depression reduction and academic achievement among high school students in the city of Mashhad. Method: in a high school 398 subjects were selected using the depression Questionnaire (BDI) from among experimental study, 48 Students. The subject was randomly assigned to two experimental and two control groups. Assertive training minutes sessions. The control groups did not 90 group therapy was administered to the experimental group in eight receive any therapy. All four groups completed the study's questionnaires after the intervention period. Data were analyzed using statistical tests of t-test, and SPSS. Result: Analysis of variance in post-test assessment showed 0.05. In the significance difference between the variables of depression and academic achievement in three groups (P otherword, depression decreased in the experimental group and a significant improvement in education took place. Conclusion: Assertive training group therapy is effective in decreasing depression and improving academic achievement.

کلمات کلیدی:

assertiveness training ,group therapy- depression , academic achievement

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