

عنوان مقاله:

Self-efficacy group training on dysfunctional attitudes of Adolescent boys

محل انتشار:

اولین کنفرانس بین المللی سلامت، بهداشت و آموزش (سال: 1403)

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خلاصه مقاله:

Adolescence is of particular importance in human life, and psychologists have called it the period of sentimentality, constructive crises, and stress and storms. The impact of this age period on the lives of individuals and society is very significant because the behavior of adults is established in adolescence. However, most mental health problems develop during adolescence and early adulthood. The purpose of this study was self-efficacy group training on dysfunctional attitudes of young people. The research design was a quasi-experimental study and a pre-test-post-test with a control group. Were selected and answered the Effective Attitude Questionnaire (۱۹۷۸), the Ruminant Rumble Scale (Nalan Hooksma and Murrow, ۱۹۹۳) and the Beck Anxiety Inventory (۱۹۸۸). Data were analyzed by covariance test. The findings showed that there was a significant difference between anxiety, mental rumination and dysfunctional attitudes.

کلمات کلیدی:

Education, self-efficacy, inefficient attitudes, Adolescent boys

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