

عنوان مقاله:

Effectiveness Teaching Strategies self-regulation On Rate of Anxiety and Depression

محل انتشار:

کنفرانس بین المللی علوم انسانی، روانشناسی و علوم اجتماعی (سال: 1394)

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نویسنده:

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خلاصه مقاله:

This study aimed to determine the effect of education on depression and anxiety of students' self-regulation strategies have been investigated. This research project using pre-test and post-test Control and self-regulation strategies on the effectiveness of the training program, the experimental group were studied. The subjects were 20 students from the University of Applied Sciences in 1392 Dashti township selected method And randomly divided into control and experimental groups The experimental group received 10 sessions of training under self-regulation strategies. Depression and anxiety subjects before and after training was assessed using the Beck Depression Inventory and the Zung Anxiety Inventory. Collected data using multiple covariances (Mancova) were studied. The results of the present study The majority of subjects in both study groups Control and suffered from depression and anxiety levels And after training in the experimental group significantly decreased depression and anxiety. However, significant changes were observed in the control group. Therefore, the results can be said that self-regulation learning strategies The reduction .of depression and anxiety affects students

کلمات کلیدی:

self-regulation strategies, students, depression and anxiety

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