

عنوان مقاله:

The effectiveness of training the context of life skills book on the self-confidence of the firstgrade high school girls in Mazendaran province

محل انتشار:

دومین کنفرانس بین المللی روانشناسی، علوم تربیتی و سبک زندگی (سال: 1394)

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نویسندگان:

Mahnaz Babaei - *Department of Social and Political Sciences Golestan University*

Mahmoud Reza Cheraghali - *Department of Social and Political Sciences Golestan University*

خلاصه مقاله:

the present research was conducted to examine the influence of the training of the life skills book on the increase of the self-confidence of the first grade high school girls in mazandaran province. It was an experimental method (with 2 groups of experimental and control) research. The participants were 600 students who were randomly selected from 6 cities and randomly divided to experimental and control groups. The experimental participated in a life skills class once a week for 4 months. the researcher used Eyzing self-confidence questionnaire for testing the hypothesis. the result showed that teaching life skills book increasing the experimental group self –confidence in 3 cities was significant while in other 3 cities it didn't show significant results. Because cultures and situation may effect training life skills book. it maybe possible that it shows different results

کلمات کلیدی:

life skills, self-confidence, girls students, Mazendaran province

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