

## عنوان مقاله:

The effectiveness of the component of resilience training on negative emotions of eighth-grade female students in Isfahan

## محل انتشار:

مجله بین المللی پژوهش روانشناسی و علوم تربیتی، دوره 3، شماره 1 (سال: 1396)

تعداد صفحات اصل مقاله: 6

## نویسندگان:

,Mahboube Yavari Ramshe - *Department of Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University*

Maryam Esmaili - *Department of Psychology, University of Isfahan, Isfahan, Iran*

## خلاصه مقاله:

**Aim:** This study aimed to determine the effectiveness of the component of resilience training to negative emotions of eighth-grade female students in the city. **Methods:** This study was semi-experimental with pretest, posttest, and follow-up. The population of this study were all eighth-grade students in Isfahan who were enrolled during 2014–2015. For this purpose, 30 samples were selected using cluster sampling, and they were divided into two groups, the experimental ( $n = 15$ ) and control ( $n = 15$ ). The sample group received the highest score in responding to the questionnaire Depression, Anxiety and Stress Scale 42 (DASS42) (1995). The experimental group received eight sessions of 2 h and 1 day a week component of resilience training. Data were analyzed using descriptive statistics and inferential statistics. **Results:** This study showed that the component of resilience training to negative emotions of eighth-grade girls in the experimental group had a significant positive impact ( $05/0 > P$ ). **Conclusions:** These findings suggest that resilience may be an important strategy in greater emphasis on factors that increase the psychological well-being. Also, the training program as a new strategy for reducing negative emotions (depression, anxiety, and stress) can provide a large part of psychological safety of individuals, families, and communities

## کلمات کلیدی:

Resilience, negative emotions, female students

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/665630>

