

## عنوان مقاله:

The effectiveness of Psychodrama on sleeps quality, alexithymia and reduces Aggressive adolescents

## محل انتشار:

کنفرانس بین المللی علوم انسانی، اجتماعی و سبک زندگی (سال: 1398)

تعداد صفحات اصل مقاله: 12

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## خلاصه مقاله:

Objective: The aim of this study was the effectiveness of Psychodrama on sleep quality, alexithymia and reduces Aggressive adolescents. Method: The experimental research method was semi-experimental. The statistical population of the study consisted of all the first high school students of Tabriz city, among them, we chose 36 individuals as simple random sampling. Pittsburgh Sleep Quality Questionnaire, Toronto Spiritual Scale, and Pittsburgh sleep quality questionnaire were used to collect data. To analyze the data, multivariate covariance analysis (MANCOVA) has been used. Results: The results of multivariate covariance analysis showed that the training of Psychodrama has improved the quality of sleep, increased expression of emotions, or some kind of mitigation in emotional processes and also reduced adolescent aggression. Conclusion: It can be inferred that Psychodrama, by placing people in different influences and expressing emotions by the individual, causes one to develop suppressed and forgotten emotions and emotions. Therefore, according to the findings of this study, it can be concluded that as long as a person is capable of expressing, arranging and understanding his emotions, this feature can strengthen the organization of emotions and cognition of the individual, as a result of these individuals because of expression Emotions and the ability to correctly process their emotions are usually able to identify, understand, or describe their emotions, therefore, they are highly adaptable in tension situations and thus prevent aggressive behaviors

## کلمات کلیدی:

Psychodrama, sleep quality, alexithymia, Aggressive

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