

عنوان مقاله:

The Effect of Cognitive-Behavioral Training Based on Self-Esteem on Social Adjustment and Academic Achievement Motivation of First- Grade High School Female Students in Ashkezar

محل انتشار:

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تعداد صفحات اصل مقاله: 7

نویسندگان:

azam hakimi - *Department of Guidance and Counselling of Islamic Azad University, Ashkezar Branch, Yazd, Iran*

ali Jafary Nodoushan - *Department of psychology and Councelling, Islamic Azad University, Ashkezar Branch, Yazd, Iran*

zahra tarazi - *Department of Educational Psychology of Alzahra University, Tehran, Iran*

hossein aghaei - *Department of Clinical Psychology of Islamic Azad University, Boine Zahra Branch, Tehran, Iran*

خلاصه مقاله:

The aim of the present study was to evaluate the effect of cognitive-behavioral training based on self-esteem on social adjustment and educational achievement motivation of first-grade high school female students in Ashkezar. The design of this experimental study was pretest-posttest with control group. The participants included 30 high school female students in Ashkezar selected via cluster random sampling method who were divided randomly into two groups (experimental and control). The instruments used in this study were Bel (1961) Social Adjustment Scale and Academic Motivation Scale (AMS). Cognitive-behavioral training based on self-esteem included 8 sessions for the experimental group. MANCOVA was used to analyze the data. The result of this study showed that Cognitive-Behavioral Training Based on Self-Esteem increases social adjustment and achievement motivation of high school students in the experimental group in comparison with the control Group ($p < 0/05$). So, the result of this study indicated that cognitive-behavioral training based on self-esteem is an important intervention to increase social .development and psychological health of students

کلمات کلیدی:

Cognitive-behavioural training, Educational Achievement Motivation, Self-esteem, social adjustment

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