

عنوان مقاله:

تاثیر آموزش مهارت های هوش هیجانی بر واکنش به استرس تحصیلی دختران دبیرستانی

محل انتشار:

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تعداد صفحات اصل مقاله: 10

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خلاصه مقاله:

Background: Stress is one of the major causes of physical and mental illnesses, which could interfere with individual s functions. Emotional intelligence skill is one of the controlling skills of stress and its negative consequences. Aim: To investigate the effect of teaching emotional intelligence skills on response to educational stress in high school girls. Methods: This experimental study was performed on 100 students of Mashhad high schools, who were randomly assigned in two experimental and control groups. The experimental group received a six-session teaching program on emotional intelligence, while control group received no intervention. Gadzella Student-Life Stress Inventory was used as a study tool. Data were analyzed by SPSS version 11.5 using independent t-test and paired t-test. Results: Both groups experienced changes in physiological response to stress as the mean score of stress decreased in experimental group and increased in control group ($P<0.001$). Mean score of emotional intelligence in response to educational stress decreased significantly in both groups, but the independent t-test showed that the experimental group had a significant decline ($P<0.001$). Mean scores of behavioral and cognitive responses decreased after intervention in experimental group ($P<0.001$). Mean score of Overall response to stress decreased after intervention in experimental group as well ($P<0.003$). Conclusion: Offering courses on emotional intelligence in schools can be .effective in reducing the consequences of educational stress

کلمات کلیدی:

High school girls, Educational, stress, Emotional intelligence

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