

عنوان مقاله:

The Effectiveness of Mindfulness-Based Training on the Aggression of Children (6-11 years old) of Divorced Families

محل انتشار:

چهارمین کنفرانس بین المللی پژوهش در روانشناسی، مشاوره و علوم تربیتی (سال: 1398)

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خلاصه مقاله:

The present research aimed to investigate the effectiveness of mindfulness-based training on aggression of children (6-11 years old) of divorced families. The statistical population of this research was all divorced children referring to Zhiani Khosh Consulting Center in Sardasht City in February, 2016. The sample consisted of 30 children who were randomly divided into experimental and control groups. Participants responded to the aggression self-assessment scale. Also, after 13 sessions of mindfulness, based on Randy J Sample and Jenniferly s (2011) Mindfulness Training Program, the experimental group was collectively tested for aggression twice. The results of statistical analysis of covariance and t-test were significant. The results showed that the training of mindfulness collectively reduced aggression in the experimental group compared to the control group and also mindfulness affected the continuation of aggression reduction in the one-month follow-up phase.

کلمات کلیدی:

Mindfulness- Aggression

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