

عنوان مقاله:

The effectiveness of Acceptance and Commitment Therapy on Quality of Life and Hours of Internet Use in High School Boys

محل انتشار:

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

تعداد صفحات اصل مقاله: 14

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خلاصه مقاله:

The present study aimed to determine the effectiveness of acceptance and commitment therapy on quality of life and hours of Internet use in high school students who were dependent on Internet in Ahwaz. The study is of a experimental and pretest-posttest design with a control group. 30 Internet dependence high school students (15 in experimental group, 15 in control group) were selected by multistage cluster sampling and completed quality of life questionnaire (KIDSCREEN -27) and hours of Internet use Questionnaire. Covariance analysis (MANCOVA) was used for data analysis. The results showed that acceptance and commitment therapy improved quality of life ($p < 0.001$ and $F = 45.82$) and reduced of hours of Internet use ($P < 0.001$ and $F = 152.43$) of high school students in the experimental group compared to those in the control group. It is concluded that acceptance and commitment therapy increased the quality of life and reduced the hours of Internet use among Internet dependence high school students. Practitioner points: Therefore, the present study raised this question whether acceptance and commitment therapy was effective on quality of life and hours of Internet use in male high school students with Internet addiction

کلمات کلیدی:

Acceptance and Commitment Therapy, Quality of Life, Hours of Internet Use, Dependence on the Internet

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