

عنوان مقاله:

Determine the Effect of Cognitive Learning on Fordes Happiness on Students Happiness

محل انتشار:

مجله روانشناسی مثبت ایران، دوره 5، شماره 1 (سال: 1398)

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خلاصه مقاله:

Students are considered to be the largest human capital of any society, because they can move the wheels of advancement and development by combining their youth, science and skills. In all countries, a large share of national income is spent on education every year, but much of the cost is wasted. The statistical population included all female high school students in Hamadan in the academic year of 1995-96. The total number of 2365 students in the 1st and 2nd area included two groups of 37 people. Research variables included independent or predictive variables (cognitive-behavioral learning) and dependent variable (happiness). The Fordes Happiness Questionnaire (as a pre-test) and Ford s Happiness Cognitive Behavioral Learning Questionnaire are used to achieve the research objectives. Using multistage cluster sampling, this study was used. Then, using SPSS software, we analyzed the data using the covariance analysis test, the difference of mean, correlation coefficient, and so on. Based on the results, it was determined that Fordeys cognitive-behavioral happiness program had an impact on the happiness of students. There was a significant difference between the scores of happiness in the pre-test phase and the post-test stage in the students studied. ($P \leq 0.01$). The result is that Fordeys Cognitive-Behavioral Happiness Program has had a positive and meaningful effect on the happiness of students. Some students are disappointed with their maladaptive and illogical thoughts about their future. The risk of developing psychological problems such as depression threatens their health. In fact, these non-profit students have an overwhelming and turbulent look at their problems and they consider themselves to be individuals who have no control over their environment or destructive behaviors; Has suggested that positive-thinking education for children and adolescents be very useful in order to strengthen and improve effective communication with oneself, others, life, self-esteem and academic achievement

کلمات کلیدی:

Happiness, Cognitive-Behavioral Program, Positive Thinking

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