

The Effectiveness of Emotional Intelligence Training on Aggression and Personal and Social Adjustment of the First Girls High School State of Hayat Tayyebeh in Somesara

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Study the effectiveness of emotional intelligence training on aggression and personal and social adjustment of the junior high school girls in Somaesara deals. This semi-experimental study with pretest - posttest control group. The sample included all high school students in the academic year 1394-95 have been Somesara. Samples were ed for sampling were available. A total of 45 high school students ed randomly in two groups: control (n = 22) and experimental (n = 23) were placed. 8 training sessions for the experimental group intervention for emotional intelligence and for the experimental group was not performed. Two groups in pre-test and post-test questionnaires using aggression and personal and social adjustment were examined. Multivariate analysis of covariance was used to analyze the results. Covariance analysis showed that emotional intelligence training on aggression and personal and social compatibility test group of high school girls first period is effective. Due to the effectiveness of emotional intelligence training on aggression and personal and social adjustment of students. It is suggested that different training methods in order to reduce aggression and enhance students' personal and social adjustment to be done.

Keywords : emotional intelligence skills, Aggression, personal and social adjustment

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