

The Effectiveness of Hedging Against Anxiety on the Confidence and Self-esteem in Rasht High School Students

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This study aimed to determine the effect of hedging against anxiety on the confidence and self-esteem of high school students was conducted in the city of Rasht. The study sample of 67314 high school students during the first and second reajian 1 and 2 Rasht 94-95 in the second half of the school year were included in the study. A total of 300 patients (100 male and 200 female) were ed And after the self-confidence and self-esteem questionnaires, among those who received the lowest score, 60 were ed and randomly placed in two groups of 30. The experimental group for 8 sessions of 90-minute tutorial means 12 hours during two months of training were hedging against anxiety. After completing the training program, post-test was administered to both groups and the results obtained by using ANCOVA analysis indicated that training hedging against anxiety, the enhanced self-confidence and self-esteem has been a significant level in p

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