

# **The Effectiveness of Assertiveness Skills Training in Improving Self-Esteem and Peer Relationships of Slow Learner Students**

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**Regarding the assertiveness considered as an important factor for success in interpersonal relationships, the present study aimed to investigate the effectiveness of assertiveness skills training on improving relationships among peers and self-esteem in slow learner students. The statistical population consisted of all male slow learner students in third to sixth grade of Rudbar city in the academic year of 2014-2015, among them 24 students were ed using random sampling and were assigned into two experimental and control groups. The present study is an experimental one with pretest and post-test with control group. Walter W Hudson's (19976) index of peer relations (IPR) and Cooper Smith's (1967) self-esteem inventory were used to collect data. The assertiveness skill training program was performed in eight sessions on experimental group for two months, while the control group did not receive such training. The obtained data were analyzed by analysis of covariance. Analysis of the data showed that assertiveness skill training has been significantly effective on improving relations among peers and all of self-esteem components in slow learner students. Therefore, based on the results of this study and other similar studies, training assertiveness skills can be considered as an intervention program to improve peer relationships and self-esteem in slow-learner students.**

**Keywords : : slow-learning students, assertiveness skills, peer relationships, self-esteem**

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