

The relationship between Assertiveness and self-expression With Mental health and problem solving skills of student

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Abstract The primary aim of this study was to investigate the relationship between mental health and self-assertiveness and problem solving skills among high school students in the second city of Rasht. The research method is descriptive - analytical survey population included all arriving solidarity. Secondary school students in Rasht. Using sampling of 351 people chosen for this study. The duration of this study was Persian date Ordibehesht 95. In this study, a questionnaire Self-esteem, self-efficacy, mental health, problem solving was used. To analyze the data based on the objectives of the study were analyzed using descriptive statistics. To answer the original hypothesis of multivariate regression test was used. And to respond to hypotheses, Pearson correlation test was conducted. The findings show variable expression significantly correlated with problem-solving skills. So a role in explaining the variance of the dependent variable (problem solving) has not played. But two variable efficacy, mental health and problem-solving coping skills and a significant proportion of variance in the dependent variable (problem solving) play. Concluded There is a significant relationship between assertiveness and self-efficacy with problem-solving skills with mental health.

Keywords : Key words: Assertiveness , Mental health ,Self-expression problem solving skills.

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