

The effect of teaching self-perception on psychological well-being and adjustment of the excitement of adolescents are incompatible (Case Study: High schools area of Rasht.)

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Abstract: The purpose of this study was to investigate the effectiveness of self-perception training in psychological well-being and emotional regulation of maladaptive adolescents. The research method is a semi-experimental design with pretest-posttest design with control group. The statistical population of this study is all maladaptive students in one district Rasht school girls in the academic year of 2016-17 and based on reports submitted to the Custody Consultation and Security Unit of the District Education Department of Rasht among this population, 40 people were randomly ed and randomly subjected to experimental and control groups (n = 20). The experimental group was trained for 12 sessions of one and a half hours The pre-test and post-test were used to assess the effectiveness of their perception training. The psychological well-being questionnaire (1989) and Graz's Emotional Regulatory Inventory (1991) were used Data were analyzed using T-test and covariance analysis. Data were analyzed using multivariate analysis of covariance (MANCOVA). At least the significance level was considered in the analysis of hypotheses, P

Keywords : Self-perception , Psychological well-being, Adjustment of the excitement, Adolescents are incompatible

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