

# The Effect of Communication Skills training on Emotional Well-being and Cognitive Flexibility of High School Students

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**Abstract** The purpose of this study was to determine the effect of communication skills training on emotional well-being and cognitive flexibility of students. This study is a type of experimental research. The statistical population of the study consisted of all high school students who were studying at the schools of Rasht in the academic year of 1969-97. This research was a semi-experimental design with pretest and posttest design with control group. The sampling method was available in 30 subjects and divided into two groups: experimental and control. The experimental group received eight 90-minute sessions of communication skills training, and the control group did not receive any training. Data were gathered using the Reif & Keys Psychological Well-Being Scale (1995) and Denis & Wendover (2010) Cognitive Flexibility Questionnaire. To test the research hypotheses, parametric statistical tests of covariance analysis were used. All statistical operations were analyzed using SPSS software. The results of this study showed that communication skills training had a significant effect on emotional well-being and cognitive flexibility in a composite variable with  $\eta^2 = 0.68$ ,  $\lambda = 191$ ,  $F = 31.22$  (21.4) (P

**Keywords :** Keyword: Communication Skills, Emotional Welfare, Cognitive Flexibility, High School Students.

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