
Comparison of the effectiveness of problem solving skills training and assertiveness on the level of social adjustment and ineffective attitudes of 10th grade male students in Khomam

Mehrdad Zayadid*,Ghorbanali Yahyae,

Abstract The aim of the present study was to Comparison of the effectiveness of problem solving skills training and assertiveness on the level of social adjustment and ineffective attitudes of 10th grade male students in Khomam. The research method was experimental with pretest-posttest design with two experimental groups and one control group. The statistical population of the present study included all 10th grade boy students in Khomam high schools in the academic year of 2018. Using simple random sampling method, according to the entry and exit conditions, 30 students (10 control group, 10 problem solving training groups and 10 assertiveness training groups) were ed And as a pre-test, the Student Adaptation of Sin and Singh (1998) and Ineffective Attitudes of Weisman et al. (1978) questionnaire were completed. Then, one of the experimental groups received 8 sessions of 90 minutes during the course of 8 90-minute sessions and the other group received training in expressive skills during 8 90-minute sessions, while the intervention group did not run; then the post-test For both experimental and control groups. Data were analyzed using one-variable and multivariate covariance analysis. Findings of the research showed that the mean of self-assertiveness in the social adjustment was significantly higher than the problem solving group. The mean of expressive group and problem solving were significantly higher than the mean of control group (P

Keywords : Problem solving skills training, assertiveness training, social adjustment, inefficient attitudes, students
