

The Effectiveness of Self-knowledge Skills Training on the Impulsivity, Excitement and Psychological Hardiness of Girls in Rasht

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Abstract The purpose of this study was to assess the effectiveness of self-awareness skills training on the impulsivity, excitement and psychological hardiness of girls in Rasht city. This research is in the field of experimental research and in terms of the method of data collection is a survey research and is the perspective of the applied objective. The statistical population of the study consisted of all girls in Rasht district 1 who live in their home. Using a multi-stage cluster sampling, two groups of control and experiment were ed as the sample. To collect data, the subjects were tested and tested in the first stage of the pre-test using the cut-off point of Harshfield's Concussion (1965) and Zuckerman Excitement (1978) and Ahwaz Psychological Hardiness (1377) in the two groups of homogeneity. Conducting a protocol for treatment of self-awareness skills, data analysis using SPSS22 software and multivariate analysis of covariance analysis. In the study of the main hypothesis of the study that the effect of self-awareness training on impulsivity, excitement and psychological hardiness of girls in Rasht city, the results of multivariate analysis of covariance analysis showed that between post-test scores and psychological hardiness, excitement, There is a significant difference between the experimental and control group (p

Keywords : Keywords: Self-awareness skill - Impulsivity - Excitement - Psychological hardiness

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