

# **Effectiveness of mindfulness therapy on loneliness and self-concept of elementary students with special learning disorder in Rasht**

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**The purpose of this study was to determine the effectiveness of mindfulness therapy on loneliness and self-concept of primary school students with learning disabilities in Rasht city. This research is a type of experimental research and in terms of applied purpose. The statistical population of this study comprised elementary students with special learning disorder in Rasht city who referred to learning disability centers in the second semester of the academic year and included 380 students. The sample size of the study was 40 primary school students with special learning disorder, which consisted of two groups of 20 people using randomized cluster sampling consisting of control and experiment. The participants in the first stage of the pre-test before the implementation of the treatment protocol were tested and tested by using the lottery in two homogeneous groups (in terms of age, economic status, etc.). Rogers self-concept questionnaire and Omsk's sense of loneliness Completed. Data were then analyzed using Spss21 software. The results of the first hypothesis study on the effect of mindfulness therapy on self-concept of students with specific learning disorder showed that mindfulness therapy was effective on self-concept of students with special learning disorder. Also, in studying the second hypothesis that the effect of mindfulness therapy on loneliness of students with special learning disorder, the results showed that the effect of mindfulness therapy on loneliness of students with specific learning disorder with  $F (1.36)$  Has been effective ( $P$**

**Keywords : Mindfulness Consciousness Therapy - Feeling Lonely - Self-Concept**

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