

The study of the effectiveness of social skills training on self-esteem, self-confidence and self-awareness among high school students in Talesh

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Social skills in students can be effective in many of their psychological and personality traits. The purpose of this study was to determine the effectiveness of social skills training on self-esteem, self-esteem and self-awareness among high school students in Talesh. The research method was experimental with pretest-posttest design with control group. The statistical population of this research included all male high school students in Talesh city in the academic year of 2019. this, using available sampling method and according to the conditions of entry and exit, 30 students (15 in the experimental group and 15 in the control group) were ed and used as pre-test for Questionnaire Cooper Smith Self-esteem (1967), the self-esteem of Isaing (1985) and self-awareness (SCS) completed. Then, the experimental group underwent a group of social skills in a 45- to 60-minute session, 45 to 60 minutes, while the intervention group did not run, and at the end of the post-test, two groups were tested and the control group. Data were analyzed using one-variable and multivariate covariance analysis. The findings of this study showed that social skills training was effective on self-esteem, self-esteem and self-awareness of high school boy students in Talesh (P

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