



The Effectiveness of Emotion Management Training on Social Skills and the Sense of Competence in School Students [

2019

text (article)

Analítica

This study investigated the effectiveness of emotion management training on social skills and the sense of competence in school students. This quasi-experimental study was conducted in a pretest-posttest with control group design. The statistical population of the study comprised all elementary school students in Tehran district 2 during 2017-2018, which among them 30 students were selected by purposeful sampling and randomly assigned to the experimental and control groups. The experimental group received 8 sessions per week of emotional management training for three weeks, while no training for the control group. All students completed the Matson Evaluation of Social Skills with Youngsters and the Sense of Competence Questionnaires before and after the training. Data were analyzed using covariance analysis by SPSS-18. The results indicated that emotional management training improved the sense of competence and social skills of students in the experimental group after 8 sessions, while no improvement in the control group. According to the findings, emotional management training has a significant effect on the sense of competence and social skills of students. Therefore, it is suggested to use emotional management training in schools.

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Título: The Effectiveness of Emotion Management Training on Social Skills and the Sense of Competence in School Students electronic resource]

Editorial: 2019

Tipo Audiovisual: Emotion management training social skills sense of competence entrenamiento en gestión de emociones habilidades sociales sentido de competencia

Documento fuente: Religación: Revista de Ciencias Sociales y Humanidades, ISSN 2477-9083, Vol. 4, Nº. 13, 2019 (Ejemplar dedicado a: Re-pensando la Antropología desde el Sur), pags. 383-395

Nota general: application/pdf

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Lengua: English

Enlace a fuente de información: Religación: Revista de Ciencias Sociales y Humanidades, ISSN 2477-9083, Vol. 4, Nº. 13, 2019 (Ejemplar dedicado a: Re-pensando la Antropología desde el Sur), pags. 383-395

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