

## عنوان مقاله:

Positive Thinking Training on Mental Health, Social Function and Emotional Role of Pre-service Teachers

## محل انتشار:

مجله روانشناسی مثبت ایران، دوره 4، شماره 3 (سال: 1396)

تعداد صفحات اصل مقاله: 7

## نویسندگان:

Zahra Jamshidi Bourkhani - Central Organization of Farhangian University, Master of Family Counseling, Tehran, Iran

S.Reza Eftekhari - Masters of Educational Consulting, Farhangian University, Tehran, Iran

Badrieh Bakhtari - Department of Psychology, Bandar Abbas Branch, Islamic Azad University, Bandar Abbas, Iran

## خلاصه مقاله:

The purpose of this study was to determine the effectiveness of positive-thinking education on mental health and social function and emotional role Student of the University at Farhangian University (Iran). The research design was quasi experimental with pretest- posttest, two month follow up with control group. First, a total of 110 people in the Human Sciences completed the SF-36 Quality of Life Questionnaire and those who scored the lowest score in three levels of social function, emotional role, and mental health, 30 participants were selected and randomly replaced in experimental and control groups. The experimental group received eight weekly 90-minute sessions of positive-thinking education. At the end of the training, both groups were asked to complete the questionnaire again. In the next step, after two months of follow-up, a follow-up test was conducted to measure the training s durability. In addition to descriptive statistics, multivariate analysis of covariance (MANCOVA) and one-way covariance analysis (ANCOVA) were used to analyze the data. The results of multivariate and one-variable covariance analysis showed that there was a significant difference between the two groups in the three scales in the post-test phase. The results showed that the training of positive thinking was effective in both in post-test and follow up stages. Finally, positive group education improves social function, emotional role, and mental health as the subscales of quality of life in the experimental group. Therefore, considering the effectiveness of positive-thinking education on increasing mental health, social function, and emotional role of the student, it is recommended that the authorities apply positive .education programs in educational programs

## کلمات کلیدی:

Positive Thinking Training, Social Function, Mental Health, Emotional Role, Quality Of Life, Student Teacher

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1004658>

