

The Effectiveness of Group Cognitive-Behavioral Training Therapy on Social Adjustment and Self-Concept of Third Grade High School Female Students in Rasht

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ABSTRACT

Human is a social creature and needs emotional relationships, assurance and many spiritual pain killers that achieved from social relationships. So to obviate these needs, he must have intimate relationship. The aim of this research is to investigate group cognitive behavioral training and range of psychiatric disorders. Cognitive therapy is a method of therapy based on emotional disorder and clinical and experimental studies.

This research is an experimental research with pre-post design of two groups and control group. The Present study by the purpose of investigating the effectiveness of cognitive-behavioral group training and coping with stress has fulfilled on third grade female high school students of Rasht. The statistical population of this study was all the female third grade high school students of Rasht in 1388-1389 scholastic years. By using of random cluster sampling, two female high schools were chosen and then by using of simple random method 45 students were replaced randomly. The first experimental group received & cognitive-behavioral training sessions and the second experimental group received control group didn't receive any. The measuring tools were: 1-Adult Bell adjustment questionnaire 2-Roger's self-concept questionnaire.

The research result showed that independent variables could increase social adjustment and self concept significantly. The analysis of every dependant variables showed that training program with $p < 0/0001$ has been effective on social adjustment, but it hasn't been effective on increasing the self-concept ($P > 0/07$) meaningfully. K matrix also showed that CBT has been effective on self-concept in social adjustment independent variables hasn't had significant effect on self-concept.

According to the results of this research, CBT can be an effective way to improving the social adjustment. Cognitive-behavioral therapies need a connection and unity between therapists and patients. The therapist and the patient check the unwanted thoughts, illogical believes and disease full schema, also non destructive alternatives.

KEY WORDS: Cognitive-Behavioral Therapy -Social Adjustment-Self- Concept.

1- INTRODUCTION

Cognitive - behavioral therapy is effective for a range of psychological differences. Cognitive therapy, a method of psychotherapy based on the theory of emotional disorders (Beck, 1967), clinical and experimental studies (receivers and Beck, 1978, Blackburn, 1988) is. the patient is certainly realistic to achieve an early success. In addition, patients may in certain behavioral changes associated with depression and stress, such as improved social skills will work (Salmanza, quoted Zadyh Khalkhali, 2007). Cognitive therapy, psychotherapy, unlike other types, most of the time The problem takes on a conquest, and the emphasis is more short term. These skills, identifying distorted thinking, modifying beliefs, different forms of relationship with others and change behaviors include (SSI, 2008). Cognitive - behavioral learning process to improve the stability and behavior are emphasized.CBT is often included in problem-solving skills.(Forum Economic and Social Research, 2008, quoted from Solar, 2008).Rules and principles in the cognitive processes that are processing information about the stimulus package to work.

Determining how much of our thinking is that we will succeed and we take pleasure from life, or even want to stay alive or not. If our thinking is straightforward and clear, the goals will be better equipped. If our thinking is distorted symbolic concepts (incorrect or distorted) irrational arguments, and our interpretation is wrong with the deaf and blind will have recessions (Salmanza; the angle of Khalkhali, 2002).This method of treatment, is that all efforts are focused on problem solving. The term "cognitive therapy" is used because the techniques of cognitive therapy to change Bymarbh errors and bias are used. Bern and colleagues, quotes: life Tvzndh, 2007). Nassiri and clerical colleagues (2008), showed the techniques of cognitive - behavioral significantly reduce stress on nurses has been effective. Forouzandeh and colleagues (2007), their study showed that cognitive - behavioral therapy has significant effect in reducing depression but no significant effect on increasing self-esteem has a significant effect and its impact on the achievement. And reducing the aggression

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and depression has been followed. Were shown. David and colleagues (2009), in research to examine whether cognitive - behavioral therapy and other forms of psychotherapy is superior, 28 studies examined are the results have shown that treatment of cognitive - behavioral therapy, psychological dynamics of Excellence there. Superiority of cognitive - behavioral therapy to alternative treatments only among patients with anxieties and depression and lower self-esteem has been visible. Cognitive - behavioral improvement is psychosis. Latmn, Tarkyngtn (2008), showed that cognitive - behavioral therapy has been effective in reducing anxiety and emotional disorder in the structure. J. Lim and colleagues (2010), the effect of cognitive therapy -positive and significant effect on the beliefs of those with dementia has improved. Powell and colleagues (2008), have shown that treatment of cognitive - behavioral therapy in the treatment of depression is one of the best therapy was effective in reducing symptoms of depression and anxiety.. (Quoting Baker and, 2009), Richard and colleagues (2009), in a further analysis of 117 experiments on the effects of cognitive capacity was assessed during the judging. Results showed that higher cognitive capacity to judge the expected decrease. Students who had not had this training.

2- Hypothesis

1. Training group cognitive - behavioral and social adjustment and self-concept immunization is effective against stress.
2. Training group cognitive - behavioral and social adjustment is effective in increasing.
3. Training group cognitive - behavioral self-concept is effective in increasing.
4. Training of immunization against stress is effective in increasing social adjustment.

3- METHOD

Study the statistical community, all third grade students in academic high schools in Rasht, 88-89 have been studying, is formed. Sample of this study is 200 students in three high schools in Rasht (zone 1 and 2) the random cluster - randomly selected and on their questionnaires, social adjustment and self-concept was implemented and then 45 to social and economic, have been matched. The cognitive - behavioral objectives and structure of the first session - attempting to understand each other, the duty to provide live events using ABC, features and opinion Khvdaynd how to identify the nature of the scheme, and thoughts come into mind, tranquility muscle and some were trained negative-sum, and providing training to face the reality was gradual.

4- Research tools

Validity and reliability of compatibility Bell (1968): Social Adjustment Inventory Bell is a 160 question compatibility (adult) subjects in five scales: home, health, emotional, and social work are examined. How to answer if "Yes and No" is. Validation of the questionnaire in Iran by the Iranian doctor Ali Delaware for the injured athlete is standard, as well as by Qamhmdyan Shrbaf been studied to test the manufacturer has obtained similar results (Qamhmdyan Shrbafbe. Check that you know is best for any home mismatch between their actual and ideal self-concept suggest it. In the present study the Cronbach's alpha reliability with 71 / 0 is reported. (Beikmohammadi, 2010). The question of validity is necessary.

Table 1 - Adjusted mean self-concept and social adjustment (with control pre-test)
M Group mean standard error SE average of about 95 percent confidence
Low high

		M	S.E	0.95 confedeinc	
				up	down
Social adjustment	Cognitive - behavioral	52/72	4/98	46/67	58/75
	Immunization	59/87	3/03	63/17	75/43
	Control	61/59	3/14	54/74	66/93
Self-concept	Cognitive - behavioral	1/68	0/16	1/35	2
	Immunization	1/81	0/16	1/49	2/14
	Control	2/23	0/17	1/89	2/57

To check that this difference is statistically significant or not and of course the effect is the correct method of analysis Moncova Been done.

Table 2 - Testing the size of the lambda wikells Value F degrees of freedom, degrees of freedom as a significant level of errorWilk's Lambda.

	valu	F	Df	Df(eror)	sig
Wikells lambada	0/624	5/19	4	78	0/001

As in the above table can be effective teaching practices therapist cognitive - behavioral and immunization against stress in a variable combination or Partial, Wilk's Lambda 0/624, P <0 / 001, F (4,78) = 5 / 19 has had a significant effect.

The second hypothesis: education group cognitive - behavioral and social adjustment is effective in increasing.

Table 3 - Results of tests of cognitive training - behavioral and social adjustment
Sources of variation dF squares mean square degrees of freedom SS MS F significance .

	Ss	Df	Ms	F	Sig
Social adjustment	412/03	1	412/03		
Error	522/9	40	13/05	31/69	0/001

Table 4 - hoc test between group cognitive - behavioral and social adjustment for
Department of Cognitive – behavioral Average standard error of the control sig MOD

Cognitive behavioral	Mod	s.e	sig
contorl	-8/78	4/43	0/0001

According to the results of the training tables cognitive - behavioral and social adjustment F (1,40) = 31/69 and P <0 / 0001 has been effective. Post hoc tests comparing the cognitive training group - treated and control groups also shows that the average difference (78/8-) and is statistically significant. It can be concluded that the research is that cognitive training - behavior is effective in increasing social adjustment is confirmed.

Third hypothesis: training group cognitive - behavioral effects in the self-concept.

Table 4 - Results of tests of cognitive training - behavior on self-concept
Sources of variation dF squares mean square degrees of freedom SS MS F significance .

	Ss	Df	Ms	F	Sig
Self-consept	2/02	1	2/02		
Error	15/01	4	0/375	5/39	0/25

According to the results of cognitive training table - Brkhvdpndarh behavior with P <0/25, F (1,40) = 5 / 39 is not effective. In the above hypothesis, since P is smaller than 0 / 25 is our result is not meaningful. It can be concluded that the research hypothesis that cognitive training colleagues - is effectively treated on an increase in self-concept cannot be confirmed.

5-Conclusion

Study the effectiveness of cognitive training group - A group of behavioral and social adjustment and self-concept immunization against stress was performed. The research in three experimental groups of 45 patients who were randomly replaced. The training of cognitive - behavioral meaningful impact on social adjustment and increase the intensity of the (35 / 0) respectively. Major research results of this study and colleagues (2005), David and colleagues (2009), sung by two (2010), Ghafouri et al (2010), Muller and colleagues (2008), and Tarkyngtn Latmn (2008) J. Lim et al. (2010), White and colleagues (2009), Mac familiar and colleagues (2009), jurist Nassiri et al (1985), Heidari and colleagues (2001), a Khodayari et al (2007) showed that training was consistent with a cognitive - behavioral The increase in social adjustment has been effective. While the significance of education research in cognitive - behavioral Brkhvdpndarh observed quoted Hosseini, 1388, Iran has been aligned. Furthermore, the results suggest that education about the sixth hypothesis of cognitive - behavioral training more effective immunization against stress is social adjustment. The research findings Heydari (2004), pussy (2007), Amin (2007), Hadvk et al (2009), J. Lim and colleagues (2010), Fuller and colleagues (2008) has been aligned person in relation to others, the concept of "self" will expand the community as the "other factors" in the mind is created.to occur. I gave up on self-concept change requires a change in the person of his ambiguous attitude Hayst that will take a long time with continuous training ignored and any recourse to the idea of a return to "subjectivism" are considered. So that in the early twentieth century has been strongly opposed to subjectivism. Rules and principles that the cognitive processes in information processing about the stimulus package is working. These perceptions, thoughts, mental images and memories that are associated with the final results or consequences of demographic change on the cognitive processes that are stimulants.

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