

Effectiveness of Positive Thinking Training on the Acceptance and Social Interaction of Female Adolescents in the Town of Sar-e-Pol-e-Zahab

Molaei, J., et al.

Extended Abstract

Aim

The adolescence years are among the most significant in a person's existence. Everyone's adolescence is a dynamic time in their lives. The majority of a person's personality is formed during this time period. As is typical within the developmental cycle, adolescents may experience behavioral, cognitive, emotional, and psychological difficulties. These issues may negatively impact adolescents' social and physiological development. Researchers believe that adolescence can cause many emotional, psychological, and social alterations in individuals. Neglecting this procedure can result in psychological and emotional harm. A conspicuous adolescent transformation occurs in the realm of society and social relationships. As adolescents attempt to avoid social censure by demonstrating their value, social competence, and social acceptance, they demonstrate their worth. This is the case, according to this the purpose of this study was to investigate the effectiveness of positive thinking training on the acceptance and social interaction of female adolescents aged 15 to 19 in the town of Sar-e-Pol-e-Zahab.

Method

The study employed a quasi-experimental design with a pre-test, post-test, control group, and follow-up period. In the first six months of 2020, the statistical population of the study comprised 285 female adolescents who received assistance from the Organization of Wellbeing in the town of Sar-e-Pol-e Zahab. Forty adolescents were selected using a systematic sampling method and randomly assigned to experimental and control groups (20 adolescents in the experimental group and 20 in the control group). Over the course of two and a half months, the adolescents in the experimental group received positive thinking training (11 sessions). This study applied the Social Acceptance Questionnaire (SAQ) and the Social Interaction Questionnaire (SIQ). The study's data were analyzed using mixed ANOVA and the SPSS-23 statistical software.

Findings

Positive thinking training had a significant impact on female adolescents' social acceptance ($F=63.82$; $\eta^2=0.64$, $P<0001$) and social interaction ($F=68.80$; $\eta^2=0.66$, $p<0001$), indicating that this intervention was successful in improving the adolescents' social acceptance and interaction. These outcomes remained unchanged during the two-month follow-up period. Positive thinking training was able to increase the average acceptance and social interaction scores of female adolescents during the post-test and follow-up phase, according to the descriptive findings.

Discussion

Positive thinking training can be an effective method for improving adolescents' social acceptance and interaction, according to the findings of this study, by employing meditation, mindfulness, using one's strengths, confirming the self, and stating one's values. Because, according to its developed theoretical concepts, positive thinking can lead to the formation of positive beliefs, a positive attitude, hope-based cognitive processes, and positive social relationships in individuals. Therefore, by learning these concepts, adolescent females can exhibit more positive social behaviors and express their positive emotions. By receiving appropriate social feedback, this process increases their social competence, and as a result, their sense of social acceptance also improves.

Keywords: Positive Thinking Training, Social Acceptance, Social Interaction.