

EFFECTIVENESS OF GROUP THERAPY REALITY BASED ON CHOICE THEORY ON REDUCE AGGRESSION AMONG BOY HIGH SCHOOL STUDENT IN JIROFT CITY

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ABSTRACT

The study aimed to evaluate the effectiveness of group therapy based on facts choice theory on aggression with aggression was a high school student. The study used a quasi-experimental pretest-posttest design with control group. This study population consist all public high school student city of Jiroft who were enrolled in the school year 2013-2014. The sampling was that the city of Jiroft 2 public high school boys were selected randomly, and the first-year students of the schools that were 420, 120 randomly selected and Buss-Perry Aggression Questionnaire answered the records of 30 patients who had earned the highest scores in the aggression they reached school were approved by the Administrator. The students were randomly assigned to experimental and control groups. That group of 15 cases and 15 controls were selected for each group. Buss-Perry Aggression Questionnaire as a pre-test, post-test was used. Reality Therapy training based on choice theory over 8 sessions twice a week for the study group and the control group did not receive any treatment. Data Analysis of Covariance analysis was performed with SPSS software. Aggression scores in the experimental group compared with the control group significantly increased. Therefore, based on these findings, the results showed a significant influence of reality therapy based on choice theory on aggression students.

KEY WORDS: aggression, reality therapy, choice theory, boy's school

INTRODUCTION

Adolescence is a period in which the largest and most visible change in the overall framework of the development takes places teenager and his mother and father together, especially a surprise and confusion of it. Changes that occur during adolescence, both for themselves and for their parents, teens questionable and confusing Lowe recalled. With the onset of puberty, rapid physical growth begins. At the same time, teenagers are starting to change their thought process finally, as an adult, to be (Gridanos, 2004). Young adults living in the community as a social being able to adapt to lack of compatibility with the environment will ultimately destroy him and the lack of consistency leads to his frustration. They are very different reactions to failure because frustrating and personality factors are frustrated too broad subject. In sum, we conclude that the failure to respond to aggression can flout compression failure and a mental drain and provide temporary relief for individuals. But it is usually not satisfactory end to frustration when faced with a problem, it must be stated and looking for a way back (Ganji, 2011). Experience true focus of treatment is relatively short, and it pays to be aware of behavioral problems. Insufficient awareness, self-client is for action planning and commitment follow the plan, the process of treatment. The foundation of existential choice theory, reality therapy is important points. If you are depressed, hopeless and desperate people will not be considered. Instead, individuals are considered his best to spend their or options that they hope will lead to satisfying their needs. Therapy for the treatment of asylum applications do not shed, but to help them to seek inner feelings, their understanding and practices. Clients when they come to the conclusion they found that treatment is not effective most likely to think about learning a new behavior Treasury fall (Corey, 2012). According to the theory of selection, is the only one who can control us, ourselves (Glsroglor, 2011). The doctrine of "choice theory" has control over our lives than we think (Glasser, 2011).

"Choice theory" holds that when people are unable to satisfy their needs, to conduct the attack. The behavior and specific actions they choose to, they might thereby meet their needs. This behavior is purposeful and aims to meet the needs of the Metro if the person does not find effective methods to satisfy their needs, behaviors common to various causes in psychology inefficient and ineffective in the treatment of disease, they tag: anxious, depressed, angry, isolated, and... (Glasser, 2011). In general, choice theory, which explains the "why" and "how to" behave (Glasser, 2011) reality Therapy by relying on the strengths and weaknesses of the individual learns how to eliminate or minimize (Schilling, 2013). Read and act on the theory can be satisfying and fulfilling relationships brought to everyone and subsequently enhance the satisfaction and sense of life satisfaction (Glaser, 2011). Over time, the field of psychology is associated with aggressive behavior and bullying has grown in breadth and depth Metro and the application of the new

method, recognizing the different aspects of human behavior, understanding the environmental impacts associated with advanced technology in the industry today and reactions to the events surrounding the complex modern humans have caused as experts in the psychological sciences to cope with the exigencies of the day and specialized areas peripheral to the depth and richness of this category come before them. So understanding aggression in adolescence and youth is of special importance (Goirin and Henisi, 2005). Due to the unpleasant effects of aggressive anger and violence has long been regarded as a problem and needs to review the clinical and legal. Young people who have difficulty in controlling their anger and often violent behavior of their appearance, they have been the target of numerous therapies. Many researchers seek to curb aggression and treatment measures and procedures have been (Faindlor Vakton, 1986). It is the greatest manifestation of aggression in early adolescence (Kaplan and Sadok, 2008). The high rate of violent crime among adolescents includes assault, robbery, arson, murder and rape. This type of aggressive and violent nature of the crime is more likely to have (Sadeghi *et al.*, 2002). The findings emerged from research on the one hand show that aggressive children tend to continue aggressive in adults (Kazdon, 1997; quoted Ledobreks, 1999; quoted by Craig *et al.*, 1997). And the review of the increasing violence and aggressive behavior in schools, especially in recent years suggests that (Smith and Sharp, 1995; quoted by McNeil, 2002; quoted in Silver, 2007). Previous research indicating the importance of this research, including Patterson *et al.* (1998) theory of choice and the fact that health care interventions for positive self-concept as Taiwan University, 217 students applied. The results showed that the intervention compared with the control group, the concept has been positive.

Androbil (1994) on the application of Reality Therapy Research done in consultation reflects the fact that the therapeutic efficacy of the consultation has been very high researchers have reported that therapeutic approach in consultation fact has positive effects on student behavior ,Mottern (2007); research with clients in criminal court on choice theory applied to improve the quality of education in counseling, the results showed that the quality of education in the group rose to high levels. Kakya (2010) in their study on the effect of group therapy on the fact the identity crisis of secondary school students has been investigated. Results showed that group counseling approach to reality therapy can significantly reduce the student's identity crisis. Khodabakhshi and Abedi (2009) methods for increasing the accountability of middle school students in the academic year 2005-2006 in Shahreza paid. The results showed that positive discipline techniques to teach responsibility and reality therapy in boys and girls of all three types of the measurement (child's parent, the secretary of self-assessment) and is effective at both posttest and follow-up. Self-learning educational program based on increasing responsibility in both the boys' parents measurement and Secretary of the posttest and follow-up has been significant. According to what was said this study aimed to determine the truth of a theory-based therapeutic choice on aggression in children with aggression and the assumption that select group learning theory on aggression has performed the impact of the state's high school boys.

MATERIALS AND METHODS

Method is quasi-experimental pretest - posttest control group. This study population consist all public high school student city of Jiroft. Using a multi-stage random sampling method was used and the city of Jiroft 2 public high school boys were selected randomly, and the first-year students of the schools that were 420, 120 randomly selected and Buss-Perry Aggression Questionnaire answered the records of 30 patients who had earned the highest scores in the aggression they reached school were approved by the Administrator. The students were randomly assigned to experimental and control groups. That group of 15 cases and 15 controls were selected for each group. To collect data, to collect data on the variables related to the variable Boss and Perry Aggression Questionnaire is used. This questionnaire is a self-report instrument consisting of 29 items and four subscales, that is, the physical aggression (PA), verbal aggression (VA), anger (A), and hostility (H), subject to any of the terms in a range of 5 ° C: I quite like (5), somewhat like me (4), it is not like I is not like me (3), somewhat like me (2), I do not like the intensity (1). Two words, 9 and 16 are reverse scored. For aggression subscale total score is the sum of the scores obtained. Class research and education in this process was that the experimental group received 8 sessions of 2 hours. In this study, considering the scale of measurement data, to analyze the data, descriptive and inferential statistics were performed using SPSS software. In each training session

- The process of training in Reality Therapy

| | |
|---------------|---|
| First session | Meet the Members and express the logic and purpose of training sessions How and why do we behave? Motivated behavior comes from outside or inside? |
|---------------|---|

| | |
|-----------------|---|
| | External control and internal control |
| Second session | How does life? Relationships and their role in our lives We need a fundamental underpinning of the need and intensity |
| Third Session | Demands and favorable world General behavior, all that comes out of our heads |
| Fourth session | Choice theory to obtain the release of his personal life Ten axiomatic theory of choice |
| Fifth Session | Therapeutic concepts of reality, and the reality of responsible behavior Responsibility |
| Sixth Session | Machine learning behavior Life Box Behavior contrary to habit How to cope with reality |
| Seventh Session | How responsibly we think and act responsibly? |
| Eighth Session | The application of the treatment machine cards |

After the intervention of aggression in both experimental groups were evaluated with test and if the difference is significant grades in the two groups, demonstrates the effectiveness of the procedure is reality therapy group and descriptive statistics for the aggressiveness of the mean, standard deviation is hypotheses of the study, analysis of covariance was used inferential statistics.

RESULTS

Hypothesis: A group of high school boys' aggression on public choice theory in the city of Jiroft is effective
Demographic survey

Table 1: Distribution of subjects in group selection theory for reducing aggression and control

| Group | Frequency | frequency percent | Cumulative frequency percent |
|-----------------|-----------|-------------------|------------------------------|
| Training | 15 | 50 | 50 |
| Control | 15 | 50 | 100 |
| Total | 30 | 100 | |

Descriptive information

Descriptive statistical analysis of data from the Buss-Perry Aggression Questionnaire implementation of the pre-test and post-test shows a breakdown of the group.

Table 2: Mean and standard deviation of the pre-test and post-test

| Groups | Testing times | Frequency | Average | Standard deviation |
|------------|---------------|-----------|---------|--------------------|
| Experiment | Pretest | 15 | 96.27 | 11.90 |
| | Posttest | 15 | 80.27 | 18.52 |
| Control | Pretest | 15 | 98.40 | 13.76 |
| | Posttest | 15 | 93.87 | 14.48 |

Although at the beginning of aggression scores in the control group (98.40), slightly more than the test group (96.27), but after learning the components of reality therapy group selection theory, scores fell more aggressive treatment group. Before assuming normal distribution of data to ensure the normal distribution of data Kolmogorov-Smirnov test was used.

Table 3: Test Kolmogorov - Smirnov to ensure normal distribution of data

| Variable | Smirnov Z | Significance level |
|----------------|-----------|--------------------|
| Anxiety | 0.786 | 0.597 |

As shown in the table above, data obtained from the test are normally distributed in aggression at posttest. The default is to observe the normal distribution of data. The assumption of homogeneity of variance assumption of homogeneity of variances of variables was examined during the test.

The results are presented in Table 4.

Table 4: during the test to ensure the homogeneity of variances

| Variable | F | Significance level |
|------------|-------|--------------------|
| Aggression | 0.072 | 0789 |

As shown in the table above, during the test variable is not significant aggression this indicates that the variances are equal.

So ANCOVA applicable;

The results of these tests are presented in Table 4. As shown in the table above, the variable is not significant anxiety during the test. This indicates that the variances are equal. So ANCOVA applicable; the results of these tests are presented in **Table 5**.

table 5

| Resources | Sum of squares | Degrees of freedom | Mean square | F | Significance level | Eta coefficient | Test power |
|-----------|----------------|--------------------|-------------|------|--------------------|-----------------|------------|
| Pretest | 1132.75 | 1 | 1132.75 | 4.62 | 0.041 | 0.14 | 0.54 |
| Group | 1171.80 | 1 | 1171.80 | 4.78 | 0.037 | 0.15 | 0.56 |
| Error | 6607.91 | 27 | 244.73 | | | | |
| Total | 236546 | 30 | | | | | |

As can be seen in the table above The results of the test of reality therapy based on the theory of aggression in group selection And control by controlling the effect of pre-selection theory suggests that after training, The aggressiveness of the people who participated in the group selection theory based on reality therapy than those in the control group were replaced, and has increased significantly, as shown in Table 5 can be seen significant impact on the results of the test. Since the covariance adjustment for the effects of prior test results table shows the effect of pre-test to post-test. The calculated F (4.87) for the test and control groups after adjustment for differences in the pretest (0.037) is significant. The tables of results we can conclude that the theory of group selection based on reality therapy is effective for reducing aggression in male students.

DISCUSSION AND CONCLUSION

The test results showed that there is a significant difference between the mean score on the pre-test and post. As seen in Table 4, the mean score on the pre-test and post-test, the theory of group selection is effective in reducing aggression in boys Jiroft city public high schools. The hypothesis is confirmed. Therefore, we can conclude that the theory of group selection is effective in reducing aggression in boy's high school.

The research findings with previous results, Khodabakhshi and Abedi (2009), Kakya (2010), Peterson (1998), Androbil (1994), and Mothern (2007) are consistent. Adolescence is one of the most critical, the most critical and turbulent life counts. The era of minimal importance and the future destiny of the individual to make the right decisions and logical tied. Conflict during adolescence and sometimes difficult life and the changes in physical, psychological, cognitive and ... is (Nejati, 2007). Anger is an emotion that is common in children and adolescents due to an obstacle in the way of their goal to be achieved and public reaction to frustration and aggressive impulses that result (Golchin, 2002). Reality therapy system based Barrick brain function that was known for many years. The theory that "control theory" is called, and states that the human brain is similar to a control (eg thermostat system) acts and to achieve desirable outcomes that the change in the surrounding environment, is seeking to adjust their behavior (Bolding, 2000). Briefly stated, this theory does not explain Glaser that people always behave in such a way that the world and themselves, as part of the world, the controls so that they can satisfy their needs in the best way (Sharf, 1996). Such rates are relatively short, and this is the focus of Reality Therapy which deals with conscious behavior problems. Awareness is not enough; client self-assessment, action planning and commitment to follow the plan, the process of treatment. The foundation of existential choice theory, reality therapy is important points. If you are depressed, hopeless and desperate people will not be considered. Instead, individuals are considered his best to spend their or options that they hope will lead to

satisfying their needs. Therapy for the treatment of asylum applications do not shed, it will help them to seek inner feelings, their understanding and practices. Clients when they come to the conclusion that the conduct of their work is most likely to think about learning a new behavior Treasury fall (Corey 2012). Reality Therapy by relying on the strengths and weaknesses of the individual learns how to eliminate or minimize (Schilling, 2013). Read and act on this theory can be satisfying and fulfilling relationships brought to everyone and subsequently enhance the satisfaction and sense of life satisfaction (Glaser, 2011). The results showed that the impact of Reality Therapy on Aggression in Adolescents and the following suggestions for reality therapy group among adolescents and the nature of the aggression they will be presented. We suggest therapeutic interventions to reduce anxiety by absolute fact occurred. Therapeutic interventions to increase the happiness of the absolute reality of the procedure are used to improve mental health.

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