

2008

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## The University of Jordan

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**Date:**

ب

### قرار لجنة المناقشة

نوقشت هذه الأطروحة (اثر التدريب على مهارات مواجهة الضغوط في تقدير الذات والاكتماب والسلوك العدواني لدى الأطفال المعنفين) وأجيزت بتاريخ ٢٠٠٨/١/٢ .

#### أعضاء لجنة المناقشة

#### التوقيع

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.....

الدكتور محمد نزيه عبد القادر حمدي، مشرفا  
استاذ الارشاد النفسي والتربوي

الدكتورة عفاف شكري حداد ، عضوا  
استاذ الارشاد النفسي والتربوي

الدكتور رياض يعقوب ملكوش، عضوا  
استاذ مشارك الارشاد النفسي والتربوي

الدكتور حسين سالم الشرعة ، عضوا  
استاذ الارشاد النفسي والتربوي ( جامعة مؤتة)

تعتمد كلية الدراسات العليا  
هذه المسبقة من الرسالة  
التوقيع: ..... التاريخ: ٢٠٠٨/١/٢

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**:Resistance Stage** :

**: Exhaustion Stage** :

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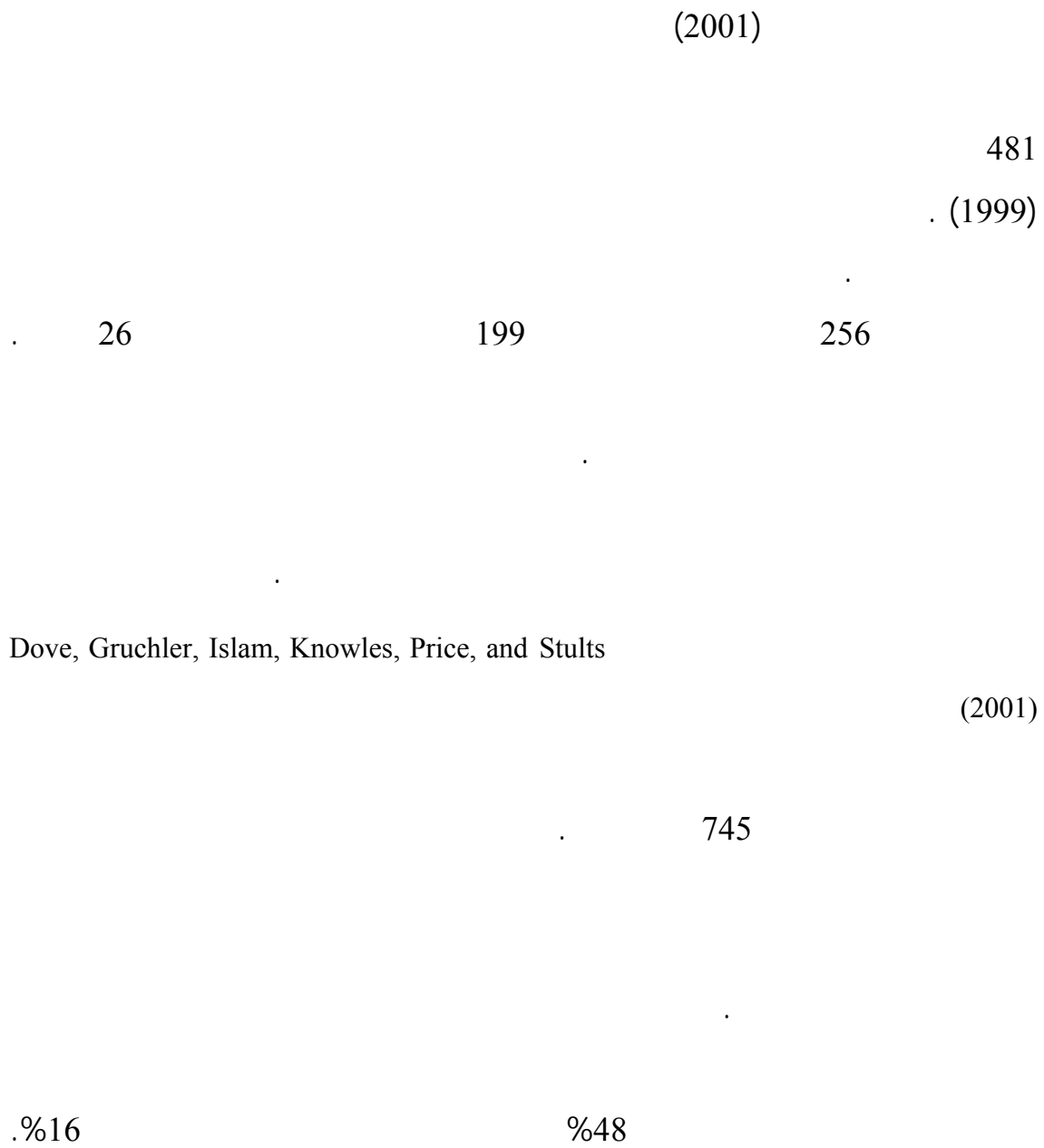
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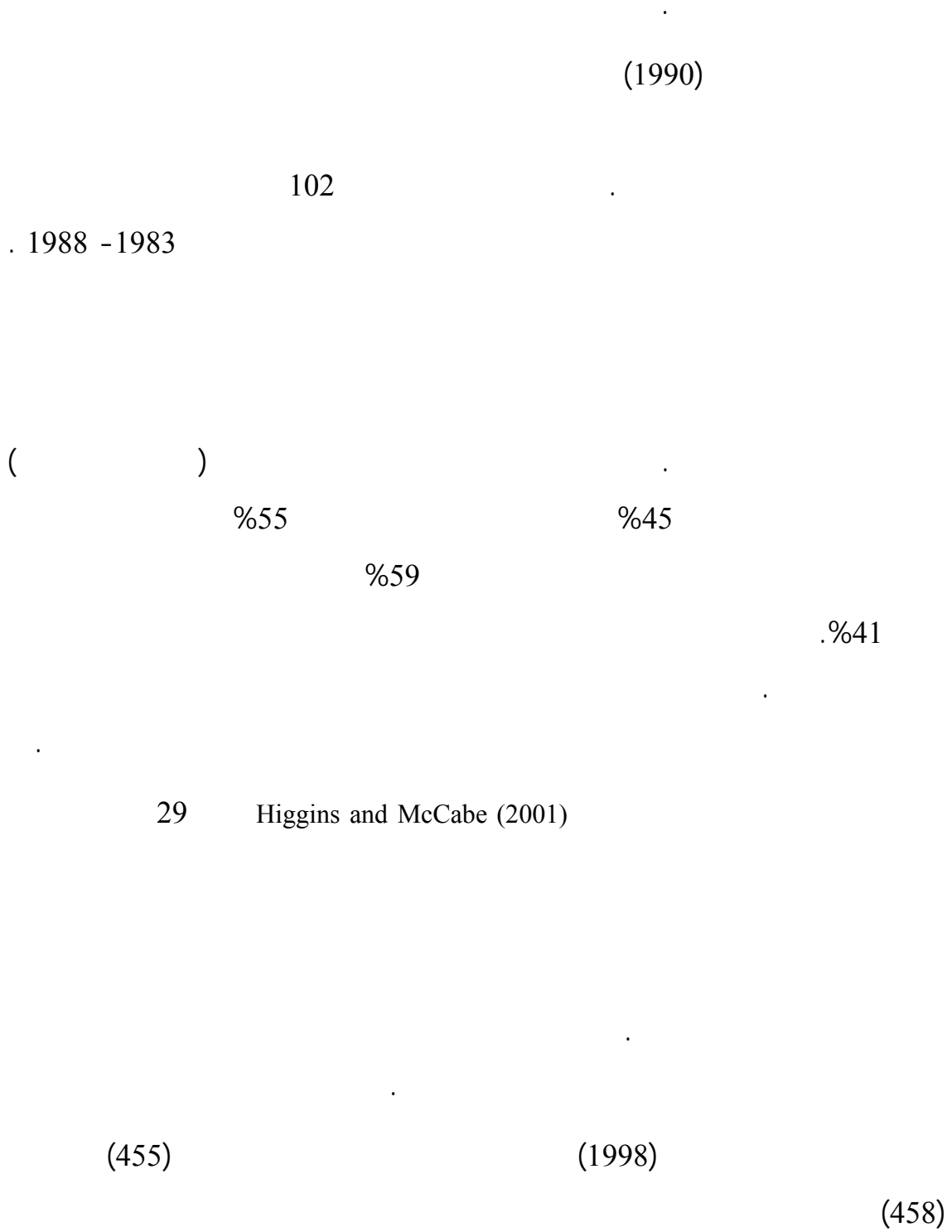
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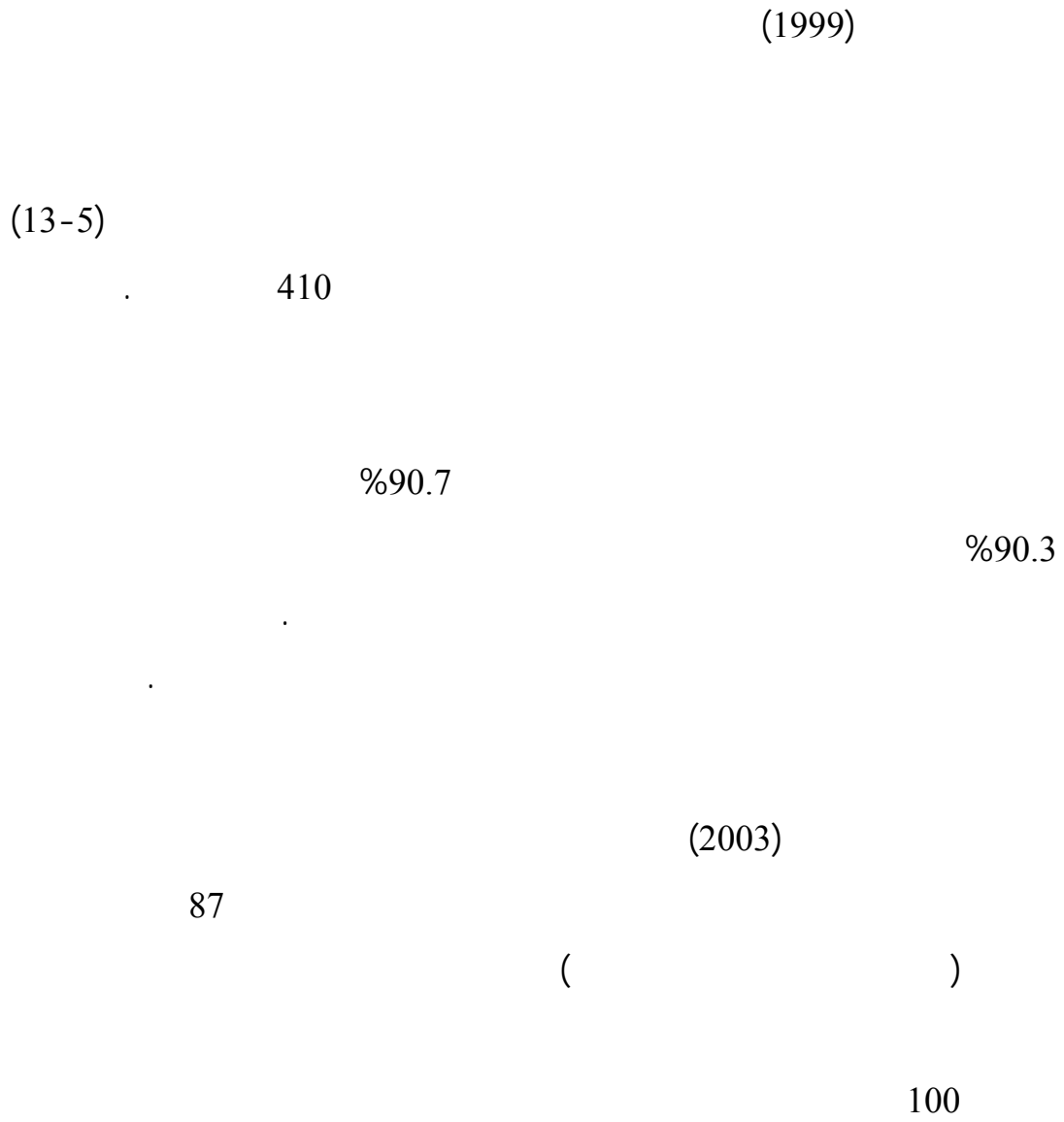


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(Jupp and Griffit, 1991)

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Chrless and Dempsey (1982)

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Watson and Levin (1989)

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Bryse (1995)

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Farrell, Hains and Davis (1998)

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3.88	73.391	19.65	72.60	13.13	94.20	
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.Smith, 1997; Viktor, and Michael, 1980)

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(Kitahara, 1987; Vissing et al., 1991, Katz, 1994, Hopkins, .1980; Mary

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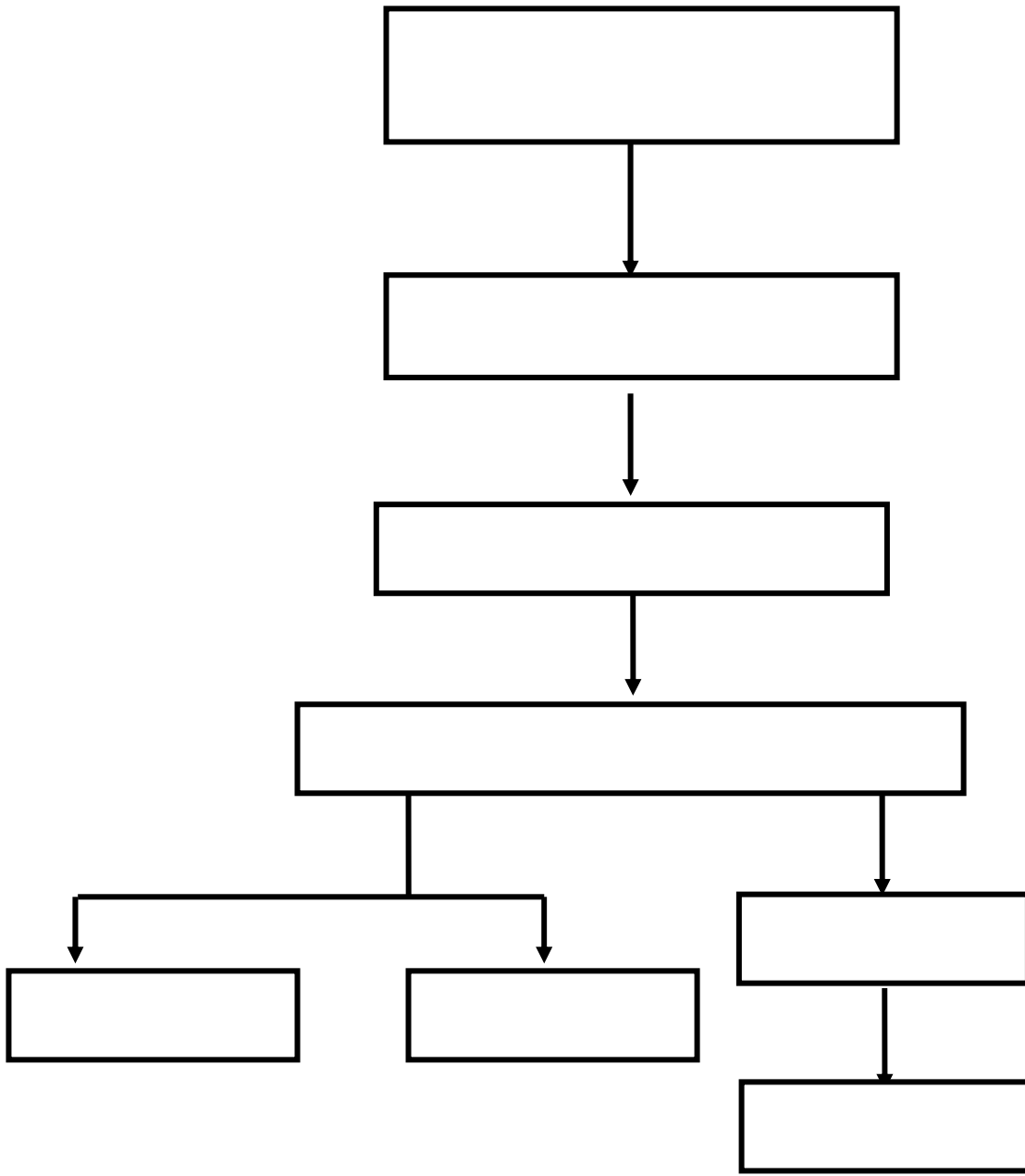


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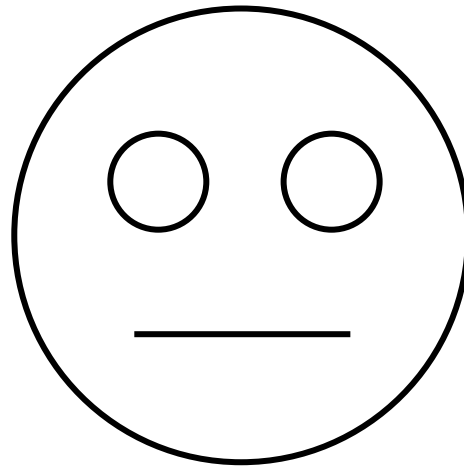
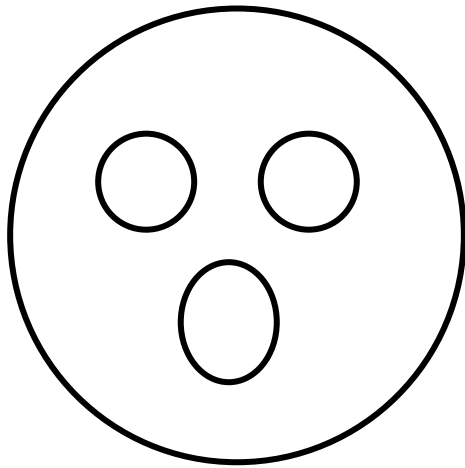
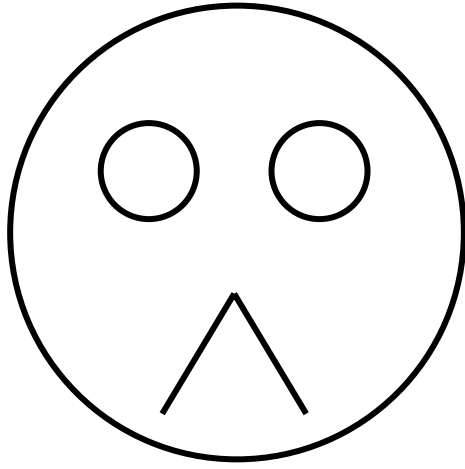
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**EFFECT OF STRESS MANAGEMENT TRAINING ON SELF-ESTEEM, DEPRESSION AND AGGRESSIVE BEHAVIOR AMONG ABUSED CHILDREN**

**By**

**Manal O.Al Smadi**

**Supervisor**

**Dr. Nazih Hamdi, Prof.**

**ABSTRACT**

This study aims at measuring the effect of stress management training on self-esteem, depression and aggressive behavior among abused children. A comparison was made between abused and un-abused children in self-esteem, depression and aggressive behavior.

The sample consisted of (20) abused child from Alaman foster home/ Jordan River foundation, they were between (9-12) years of age from (32) child in the foster home at the time the study were conducted ,and an equal sample conducted of (20) un-abused child in the Diar school. The comparison between abused and un-abused children results showed significant differences between the two groups in self-esteem, depression and aggressive behavior . The results concluded higher self-esteem in the un-abused group of children , on the other hand the depression and aggressive behavior were higher in the abused group.

The sample of the abused children was divided randomly into two groups: an experimental group and a control group. The ten members of the experimental group were exposed to a group counseling program related to stress management skills. It consisted of fifteen sessions, for eight weeks. Meanwhile the ten members of the control group were not exposed to any treatment. The members in the two groups answered the self- esteem scale, the depression scale and the aggressive behavior scale before and after the program implementation.



The results showed the effect of stress management training on the three dependant variables in the study, it concluded significant differences between the two groups in self esteem, depression levels and aggressive behavior level, as the self-esteem in the experimental group was improved and their level of depression and aggressive behavior decreased when compared to individuals in the control group.