

Theatre effectiveness of self-awareness and assertiveness of females of souroush art workshop in the city of Rasht, Guilan, Iran

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Abstract

The main objective of the study was the determination of theater effectiveness of self-awareness and assertiveness of female Souroush art workshop was conducted in Rasht. In this study, the intervention of an experimental with pre-test and post-test with a control group of 50 students girls of a community of 100 randomly into two groups of 25 experimental and control groups and the questionnaire on two occasions the girls from the theater could affect its increasing assertiveness. Results showed that training can be an improvement of theater but the increase does not affect them. So it could be said the consciousness of young girls through theater training can affect their increasing assertiveness.

Keywords: theater, self-awareness, assertiveness

Introduction

Life skills of self-discovery begins, in spite of the deep cultural changes and changes in lifestyle, many people deal with life issues, lack of personal abilities are essential. The same applies them in dealing with the problems of everyday life and its requirements vulnerable. It is important to emphasize that such action must first come to believe in them. You need to have the ability to communicate with others within believe that we can. Any doubt on this route represents the message that we are where we are weak is undoubtedly the main base of bounces and satisfaction it is fading. People conscious than those on a low setting incentive lived openly with differences in thought patterns themselves are a person who a lot of experience that began with a thought pattern and learn which events the aspects and various situations reviewed place and assertiveness instead of settling for a reason to think about an event for several reasons. In front of someone in a low drive has lived or during its growth failure had several gradually decrease awareness and assertiveness of the individual to learn new non-emotional, less loves to experience new face Usually one or two reasons for the incident does not express more interest is limited, most of deductive reasoning, and when there is only one correct answer works well (mehrabi Zadeh, 1998) ^[3]. Happiness will grow along with self-awareness, or self-consciousness grows, and you're happy or joy grows up and becomes more and more conscious you may incur. The world's greatest service you can do is have more self-awareness, to know and to increase your power Instants *et al* (2012) on the skills of assertiveness between and within groups concluded that the social skills of adolescents under the influence of cultural transmission of each immigrant groups to the same extent as non-immigrant courage and more confident than other immigrant groups have expressed. Ashrafi *et al* (2013) ^[9], in a study as consciousness of aggression as well as on the effectiveness of self-awareness skills on academic achievement motivation and aggression students that concluded that increased academic achievement

motivation are significant differences demonstrated in this study it can be concluded that self-awareness skills on academic achievement motivation and aggression in children is effective.

According to Jack Kanfyld 1(2010), dreams and wishes to increase the heart. Assertiveness is best way to achieve satisfying interpersonal relationships (Carroll, 2001). One of the skills of effective communication is assertiveness. People who assertiveness skills (passive and aggressive treatment have access mediocrity cannot defend themselves; therefore she is often passive in dealing with others, regret and shy and rather important needs and desires, wishes and think others will follow (Bastani, 2002) ^[2]. self is one of the basic conditions and prerequisites for the growth and development of abilities and talents, physical and mental health, academic success, professional and social relationships and interpersonal effective and empathetic. most of the potential, aspirations, values and their limitations be aware, can best path to success by drawing together to achieve. Theater is one of those arts that is closely associated with audiences and can impact many and will bring peace. In today's society people used to different species. Humanities should be more connected with theater professionals, especially sociologists and psychologists should have a more prominent role because theater is a social event (Mosafer Astaneh, 2011). Drama therapy is indicated to investigate the effects of this treatment on training, development, education and treatment of children and adolescents. In this regard, mainly therapeutic methods for viewing and therapist role will be discussed, patient and medication (in a general sense) treatment, education, growth, physical and mental skills and emotional discharge (catharsis) to be created. Hassan Toozandehjani *et al* (2010) ^[8]. This study evaluated the effectiveness of reality therapy group on students' assertiveness. Conclusion Given the important role of assertiveness skills in student life can be reality therapy as an effective way to increase the skills used to have lasting effects. Jenaabadi (2014) ^[17] to investigate the relationship between

emotional self-awareness and impulse control with addictive potential students that shows the relationship between emotional self-awareness and impulse control with addictive potential is there, the results showed that one of the ways to retrofit children and adolescents in the presence of risk, including drugs, strengthening emotional intelligence is particularly emotional self-awareness and impulse control. Kuraki and *et al.* (2014) examined the effectiveness of psychodrama in improving social skills and reduces the addiction to Internet addiction among female students at the University Asfhanayn conducted research. Saif al (2013) on the relationship between consciousness and loneliness and mental health of students (including physical complaints, anxiety and no-sleep, depression, and social dysfunction) conducted research. Hierarchical regression analyzes revealed that social anxiety and loneliness of students are considered predictors of mental health. Moradpoor *et al* (2012), in their study showed that training in self-awareness and self-expression, the overall consistency and its components (social adjustment, coping at home, emotional adjustment) and self-esteem of mothers of children with mental retardation effect has a significant positive result, self-awareness and assertiveness skills training is an effective way to increase the compatibility and self-esteem of mothers of children with mental retardation. Nooralizadeh *et al* (2011) on the relationship between Khdaagahy and self-awareness, self-awareness and awareness of the role God had done. The process of self-awareness to better function, "their" integrity and Tvhydyafgy personality and other psychological functions, influences.

With increasing loneliness, somatization, anxiety and insomnia, social dysfunction, and depression. With increasing loneliness which confirms lack of effective social communication student at the campus, the students' mental health disorders are added. Sadegh-Zadeh *et al.* (2010), about the effectiveness of Psychodrama (Psychodrama) on increasing happiness and self-expression female students due to the fact that the experimental group for 10 sessions of 90-minute sessions Psychodrama (Psychodrama) with the distance was run twice a week, but now control group received no intervention. After the meetings Psychodrama, as post-test questionnaires in both groups, the results of the questionnaires were analyzed by covariance. The results showed that mental approach on increasing the level of happiness and effective assertive female students.

Sahraeian *et al* (2010), a study in conjunction with the knowledge, attitude and practice of female high school arranged by on the skills of self-awareness, communication with others and decision-making in academic skills, self-awareness took place, communicate with others and the decision became known as the first three priorities.

Drama therapy is based on the art of theater has an artistic treatment and to work with individuals and groups, both in clinical and social fields is used. Drama therapy is based on the assumption that man is fundamentally a process of "dramatic" is. The initial effects of these principles can be seen in the first quarter. Drama therapy by "Jacob Levy Moreno," the people of Romania discovered and explored. It is based on deep attention to an actor's emotional state. Skian *et al* (2010) ^[5], in his study examined the effect of Psychodrama (Psychodrama) to increase the differentiation of the family home in female high school students in district 5 of

Tehran results showed that after treatment psychodrama and using descriptive statistics and test results of data processing, research hypotheses were confirmed in the sense that Psychodrama groups could increase differentiation female high school students. Bayati *et al* (2014) ^[6] to determine the effectiveness of drama therapy on attention span in students with intellectual disability elementary school was implemented in 2014. This quasi-experimental study used pretest-posttest control group.

The use of drama is not new in the field of healthcare and education. This method of therapeutic rehabilitation centers for years in the world is done in different ways. This study was carried out to be declared;

In the late nineteenth century and early twentieth century, the use of drama and theater in education was revived. "Caldwell Cook" in "team play," in 1917 speaks of view as a learning tool. He was director of the school of English language "query" was. School where a special room called "mammory" was built where the theater was run. This approach showed somewhat dramatic literature through the implementation of better training to understand and be understood. From this time on the importance of teaching children had a large number

Brooke Horne »Viewing an integral part of teaching and learning process based on theories of dramatic development and play important component of educational psychology knows. Closely with the emotions and thoughts of children more opportunities in terms of expression they provide for children. In the United States, "John Dewey" with the theory of "learning by doing" with an emphasis on kids' natural instinct once again endorsed the point in training. In this Mdas of shows, games and storytelling was used to develop creativity in children and adults. In 1945, "Nova" wrote the game for children who have been admitted in hospitals and therapeutic value in the treatment of mental illness and rehabilitation of problematic young people, effective. In 1925, "Winnie Fredvard» Viewing at the University "Northwestern" was established. The Association of innovative displays for special education was used.

Another example of "Heath Kut" in which children are helped to enhance your discernment, stressed the fact that the children can play, explore their abilities and improve them is emphasized.

After the war, between 1940 and 1950 "Kultur Muhleh" series of educational programs that relied dramatic role in changing the structure presented characters. In Germany considerable progress in the field of games you play in the treatment process happened. Viewing the process through which the children knew the world better and healthier relationship is established and empathy, insight and interpersonal skills they grew. Dlamatr and McNarmara 3 (2005) in their study showed that assertive behavior in interpersonal and intrapersonal women in critical situations (HM). In conclusion, those who were less assertiveness in their interactions with the experimenter showed more anxiety. Hoffman and Volgr (2005) on a number of assertive training to college students with anxiety in public speaking were Kargrftnd the outcome has been positive. Franz *et al.* (2005) ^[27] in Nature Communications claim that consciousness on the environment by focusing on "me" lead to a feeling of connection to nature is less. This case study aims to test manipulate their increased knowledge of participants is shown. For increase Participants

focus of this work, the impact of the increase was the attitude and personality traits. The integration of these cases, predicted that the absence of environmental features to reduce the binding nature of the response to the test indicates. While people have environmental features within the form, the results of environmental measures is discussable. Tachuku (2006) in the theater as a means of harvesting, theater broadly positive as a mirror of social information and education, and what the community occurs as well as the impact of positive changes to the show. The purpose of Yatr on knowledge, education and stimulate consciousness raising social awareness of the responsibilities of it and those who can make it better. Preze l& Tringr, (2008) in their study on the effectiveness of assertive training on social skills, on 19 outpatients and hospitalized, have reported significant improvement in their social skills. In their view assertiveness training has a significant impact in improving the mental health of the patients.

Hypotheses

1. Theater has influence on the assertiveness.
2. Theater has influence on the awareness.

3. Awareness has influence on the assertiveness.

Methodology

The questionnaire is completed by both groups. Theater for experimental group, three months after re-runs the same questionnaire for both groups evaluated the impact of the theater. For randomly, so that all people have the same selection criteria. The sample size is 50 people (50 people are qualified and interested in participating in the study sample).

Table 1: Frequency

	Age	Group	Field
n	50	50	50
No answer	0	0	0
mid	2.0000	1.5000	1.0000
mod	1.00	1.00	.00
least	1.00	1.00	.00
most	3.00	2.00	3.00

The components of the Group in the above table, the field of education and age group based on the minimum and maximum marked.

Table 2: Frequency two groups

	cumulative percentage	Valid percent	percent	n
Experimental group	50.0	50.0	50.0	25
Control group	100.0	50.0	50.0	25
total		100.0	100.0	50

In the above table numbers, percentages, valid and cumulative percentage of test and control groups showed that the total is 100.

Table 3: Frequency and field

	cumulative percentage	Valid percent	percent	n
guidance school	34.0	34.0	34.0	17
math	66.0	32.0	32.0	16
science	82.0	16.0	16.0	8
Humanity & Art	100.00	18.0	18.0	9
total		100.00	100.00	50

Based on the table above, most of the academic school, middle school, with 34% and lowest 16% is related to experimental science.

Table 4: Frequency of age

Age group	cumulative percentage	Valid percent	percent	n
12-14	42.0	42.0	42.0	21
15-17	90.0	48.0	48.0	24
>17	100.0	10.0	10.0	5
total		100.0	100.0	50

In the table above most frequent age-related 15-17 with 48% and lowest frequencies are older than 17 years with 10% frequency.

Research Instruments

Inventory expression Gambrill and Ritchie Based on the expression (1975) has been prepared and has 4 main ingredient is that some of its provisions are inadequate for the

culture, changes in the data, and the 22 question is but in this study is the use of form with 44 questions it. Each test substance is one situation that requires assertiveness behavior show. Gambrill and Ritchie say in terms of reliability, there is a high correlation between each test substances. Managing credit the original test material whereby between 39% to 70% and 81% have been reported reliability of the test Option act. This test has a multidisciplinary questions: a) reject the demand, b) express a personal limitations, c) pre step in starting a social interaction and expression of positive emotions c) accepting criticism cope g) acceptance of difference to each other h) expression in situations that have helped and i) negative feedback.

Need for Cognition Scale questionnaire in 1982 designed by Cassipo and Pitti and the reliability of the psychometric test Cacioppo, Petty and colleagues (2004) [7] have earned. Alpha coefficients of about 86/0, 88/0 and 90/0 and is reported as satisfactory. Researchers Validity short form of the scale, the correlation coefficient scores of both form and lost to 95/0. The reliability of the scale factor 2 alpha theta that is finding increasing use index and coefficient obtained 90/0 (Cacioppo, Petty, 1984) [7] and Taherpour and *et al* (2005). This scale has been translated and used. Taheripour, and *etal*, have reported the alpha of 90/0. The application of factor analysis, three sub to be lost. The following correlation scale with a total score of 42/0-67/0 varied. They have mentioned it acceptable reliability and validity (Shihan and Joseph, 2006).

Research Hypothesis

The main hypothesis: theater can influence adolescents' self-awareness and assertiveness.

Effect between factors

Table 5

		n
Group 1.00	Control group	25
2.00	Experimental group	25

Table 6

Wilks' Lambda	.670	7.378 ^b	3.000	45.000	.000
Pre-test Wilks' Lambda	.200	59.946 ^b	3.000	45.000	.000
Group Wilks' Lambda	.466	17.159 ^b	3.000	45.000	.000

Wilks's lambda index test result shows that the average linear combination of assertiveness and self-awareness variables between control and experimental groups has significant difference. In other words, the theater significant effect on increasing assertiveness and self-subjects have. The effect of the increase in adjusted mean table after controlling for pre-theater training test well is displayed.

1. Theater has influence on the assertiveness

Table 7: The correlation coefficient

		assertiveness	theater
theater	mean	.360	1
	n	.030	
	pearson	25	25
awareness	mean	1	.380
	n		.030
	pearson		

According to the Pearson correlation coefficient, we can say with 99% confidence Understanding between the theaters and there is a positive relationship assertiveness. The theater is expected to increase familiarity with the increasing assertiveness girls.

2. The impact of theatre on increasing awareness.

Table 8

	pearson	assertiveness	theater
theater	mean	.277	1
	n	.090	
	pearson	25	25
awareness	mean	1	.277
	n		.90
	pearson	25	25

It can be said with 90% confidence Understanding between the theater and the consciousness there is no significant relationship

3. The influences of awareness on assertiveness.

Table 9

		assertiveness	awareness
theater	pearson	.231	1
	mean	.133	
	n	25	25
assertiveness	pearson	1	.231
	mean		.131
	n	25	25

It can be said with 90% confidence Understanding between the theater and the consciousness there is no significant relationship.

Management proposals

1. In order to increase the reliability of such issues and to obtain more comprehensive information on the subject other students to be implemented.
2. The relationship between self-awareness and assertiveness with other variables such as mental health, motivation and personality dimensions measured.
3. Subsequent research by applying statistical methods other and using tools such as observation and interviews, the overall relationship between the variables of the study indicate.
4. 4-provided educational programs such as workshops on self-awareness and assertiveness skills, to educators are essential.

Practical recommendations

Depending on the age has no significant difference between the ages groups is almost identical values. In this regard, it is suggested that parents and officials trained aware that the best age to teach life skills to children from 6 years of age that people are able to communicate better with their surroundings and better understanding of it and the process all ages continue.

But this linear combination between academic disciplines and also between the control and experimental groups according to the type of field of study is not a significant difference. can strengthen their various ways. One of the most important implications is having self-awareness, mental health in the individual. The causes of stress and how your knowledge, can make problems easier to find. Not avoid being in social situations. I never forced him to do nothing and facilitate opportunities for their children.

Conclusions and Discussions

The aim of this study was to evaluate the effectiveness of self-awareness and assertiveness Theatre on adolescent girls. Results showed that the three Variables Theater, assertiveness and self-consciousness between control and experimental groups differed between the groups. However, this linear combination, between age groups and between control and experimental groups according to age difference not significant in the sense that the values are almost identical between the two groups with respect to age. First hypothesis: theater assertiveness is effective. According to the Pearson correlation coefficient, r, can say with 99% confidence Understanding between the theaters and there is a positive relationship assertiveness. Theatre effectiveness of assertiveness and communication with young people Navabinejad *et al.* (2010) [24] on the effectiveness of Psychodrama on increasing happiness and self-expression female students Eeskian, Makan (2013) about the effects of cooperative learning theater on the development of social skills is aligned. Hoffman and Mulger (2005), Prezel and Tringer (2008) and Dlamatra and Mac Narma on the effects of assertiveness training is consistent. Atkins Advantage Bar was a semi-experimental study, 36 students were selected that are accessible randomly assigned to experimental and control groups, respectively. The experimental group social skills

training sessions were conducted with the mental approach viewer. To assess to internet addiction and social skills in order to internet addiction scale Young and social skills questionnaire was used. The effect of the intervention was carried out with the help of pre-test, post-test and follow up were evaluated. Data were analyzed by analysis of covariance and correlation coefficient tests. Social Skills experimental group than the control group significantly increased the mean scores of the experimental group compared to the control group of Internet addiction was significantly decreased. The psychodrama approach can be an effective intervention for improving social skills is addicted to the Internet.

The second hypothesis: the theater on increasing awareness of the impact. The findings colleagues (2010) in relation to a theater to raise awareness of the clients are not aligned.

The third hypothesis: self-awareness, assertiveness on impact. With 95% confidence it can be said between the self-awareness and assertiveness there is a significant relationship. The result obtained with, Saif (2012) ^[26], Moradpour and *et al* (2013) ^[21], George and Stopas (2008) ^[11], Molnar *et al.* (2010) ^[10] is not consistent.

Performing better used, the greater will be its impact on adolescents. But the special features of some elements should also be considered in the process of theater. Although each of dramatic elements, such as text, acting, music, stage design, spectators and directors in order to promote effective quality dramatic effect, but its specific application, in addition to causing significant effect on the therapeutic use of the theater for adolescents. To achieve the therapeutic results, the process has been more effective with teenagers' theater and dramatic elements have been studied with the view. In fact, the theater, projecting an emotional trauma or internal problem in the teenager into a theatrical performance in order to promote personal and social life skills, such as self-awareness and assertiveness encouraged.

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