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## An Investigation of Effectiveness of Teaching Communicative Skills on the Reduction of Aggression: A Case Study of Female Students in High School in Dehloran City

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This study aimed at investigating the effectiveness of teaching communicative skills on the reduction of aggression of students. This study was done on the 30 female students suffering from aggression in second grade of a high school in Dehloran city in academic year 2016-17. A random sampling was done in multiple stages and the students were divided into two control and experimental groups (consisting 15 students each). The experimental group was under teaching of communicative skills in 10 sessions while the control group did not receive this teaching program. The research design of this study was quasi experiment which included one-month gradual pre-test and post-test. Students' aggression was measured by aggression test questionnaire (AGQ). The results of the analysis of covariance showed that compared to the control group, the teaching of communicative skills significantly changed the aggression signs during and after the period. There was a significance value ( $p < 0.0001$ ) in this study. Based on the findings of this study, the communicative skills led to the reduction of aggression of the high school female students.

### Biography

Mozhgan Akbari Naghani PhD has Bachelor degree in educational science field from Esfahan Governmental University (Iran) and Master degree in educational science from Islamic Azad University Esfahan (Iran). His PhD degree includes in counselling and guidance from University Science Malaysia (USM). His Occupational activities includes Counsellor in the state and private centers of Ahwaz and Shahinshahr with more than 15 years of occupational experience, Instructor of tens of teaching workshops concerning with the area of general psychological health, part-time instructor at Farhangian University and Technical University of Ahwaz and now Currently working as a manager of family therapy center (Iran- Esfahan – Shahinshahr-Mandegar center) His Compilation and Research is in Compiling and designing the therapeutic package of logotherapy based on the method of group counseling in reducing Iranian teens' depression and anxiety (Validated based on Content Validity Index with the transparency Index of 88% and the validity index of 86%); winner of the appreciation acknowledgment from SOUTH GUIDANCE of America in 2014/05/26 and also in Research on the effect of logotherapy approach based on group method on decreasing Iranian teens' depression and anxiety (city of Shiraz, 2011).

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