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Effectiveness of Virtual Resilience Training on Assertiveness in Student Girls Aged 9–10 Years: A 1-Month Follow-Up

Mohammad Hossein Fattah

Kerman University of Medical Sciences, Iran

Girls between the ages of 9 and 10 begin to experience physical, physiological, and hormonal changes that may lead to internal stress. At this age, children are struggling for autonomy; on the other hand, they may experience emotional instability, and for these reasons, they may be vulnerable in many ways. This experimental study aimed to investigate the effect of resilience training on assertiveness in student girls aged 9-10. Data were collected before, immediately after, and 1 month after the intervention in the control ($n = 40$) and intervention ($n = 37$) groups. There was a significant difference between the assertiveness of the intervention immediately (26.80 ± 3.73) and 1 month after the intervention (27.05 ± 3.73), and assertiveness significantly increased in the intervention group ($p = .0001$). Resilience training leads to improvements in assertiveness in student girls aged 9-10.

Keywords: assertiveness; girls; resilience training; school nurses; students.

Biography:

I am an undergraduate student of nursing at Kerman university of medical sciences, it's been over a year that I entered nursing student research committee, prior to that I was interested in research so I started my first research project named "Investigation the use of complementary and alternative medicine and its association with sexual function and quality of life among prostate cancer patients referred to oncology centers in Kerman, in 2020" and after that I participated in national Covid-19 vaccination Monitoring project in Iran and I was active in data collection section of this national project in Kerman, Iran in different vaccination centers and later on I participated in case's weekly follow up in this project.