

INVESTIGATING OF THE EFFECTS OF PSYCHO-EDUCATIONAL PROGRAMME THAT IS APPLIED TO PARENTS AND ADOLESCENTS TOWARDS REDUCTION OF AGGRESSIVE BEHAVIOR IN ADOLESCENTS

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Abstract

Industrialization and urbanization, its consequence makes family life more complicated. In such a society, individuals should have self-development skills in order to sustain their life accordantly. Children who are not raised with a good interaction of a healthy family may be violent and demonstrate some disruptive behaviors when they come across difficulties. Aggressiveness: is described as any kind of behaviors that individuals tend to injure another person (Freedman, Sears and Carlsmith, 1989). Recently we have witnessed an increase of violence and aggressiveness in school area and families in Turkey. Within this period, the communication patterns between parents and adolescent can be arranged in a healthy way and by this way they break this vicious cycle.

In this research "Dealing with violence and aggressiveness" program intended for the adolescents who have violent and disruptive behaviors and "Non-violent resistance" parent program intended for the parents of those adolescents were applied. The effects of these programs on violence seen in adolescents, family relationships, self-perception of parents on parenthood role and stress levels of parents were analyzed.

The research is a mixed designed study. A 10 session "Dealing with violence and aggressiveness" psycho-education program based on systemic family therapy theories was applied on the students who were in the experimental group of the research and a 14 session "Non-violent resistance" parent program intended for their parents was applied. No treatment was applied on control groups. On experimental group students once a week 10 sessions that lasted 1,5 hours on average was applied, on their parents once a week 14 sessions that lasted 1,5 hours on average was applied.

The quantitative data of the research were obtained by the scales applied on the students and parents who were in experimental and control groups. The scales in question were obtained by applying pre-test, final-test and follow measures on students and parents in experimental and control groups. For the analyze of the quantitative data of the research, SPSS 17 program was used. The qualitative data of the research was obtained with semi-structured interview forms organized by the researcher. The examination of the qualitative data was made by the document analysis method.

When the findings were investigated it was observed that the aggressive behaviors seen in adolescents were decreased, that parenthood skills and the family relationships of the parents was improved, that stress levels of parents was decreased significantly, and these effects were prolonged.

Considering these results it was advised that the programs should be applied with the cooperation of the parents at all the institutions intended specially for the adolescents and it was considered that it would be helpful to decrease the violence and aggressiveness problems seen with adolescents, to decrease the stress levels of the parents, to constitute a family environment where constructive and warm relationships are established and to improve parenthood skills.

Keywords: Violence, Aggressiveness, Nonviolent Resistance Programme, Adolescent Psycho-education Programme.