The Effectiveness of Resiliency Training on Psychological Well-being of Street Female Children with Externalizing Disorders

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Introduction: Externalizing disorders consist of problems which relate to social relations. Objective: Externalizing disorders consist of problems relating to social relations. Street children are more vulnerable to be affected by mental, psychological, and externalizing disorders due to they don’t get appropriate and adequate psychological care from their families. Resiliency training is one of the strategies that would help street children to cope with difficulties in future. The present study aimed to determine the effectiveness of resilience training on psychological well-being in street children with externalizing disorders.

Method: In this semi-experimental study, pretest – posttest design with control group was used. 94 female children (12-16 years old) were selected in convenience from the Society for the Defending Street and Working Children in Tehran. They answered to Youth self-report Scale. 30 individuals who got 63 points and higher in the Scale, selected randomly and were assigned to experimental and control group in equal. The experimental group participated in 15 sessions (3 sessions per week) and was trained by resilience program but control group did not. Both group completed Ryff's Psychological Well-Being Questionnaire before and after the sessions. Data were analyzed by multivariate analysis of co-variance.

Results: Finding showed that psychological well-being and its components: self-acceptance, positive relationships, environmental mastery, purpose in life, and personal growth (except of autonomy) were higher in experimental group in comparison with control group after intervention.

Conclusion: It can be concluded that resiliency training has been a positive effect on psychological well-being. It can be used for promoting mental health of street children and preventing from their psychological problems.

Keywords: Externalizing disorders, Psychological well-being, Resiliency training, Street children