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**Title:** “Effects of stress management training at academic achievement”

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**Abstract:**

Introduction: Stress is any kind of change in internal environment and surrounding human, which can cause impaired in the body and in certain conditions be pathogenic. Since education is one of the important stages during life, and also high school is the one of the levels are most sensitive, and the other hand, Stress is considered as a deterrent of academic achievement; therefore this study has been discussed the effect of stress management training at the level of academic achievement.

**METHODS:**

In this experimental study, two group 96-men were randomly selected one group as the experimental group and another group as control group. After obtaining the average student from Education Department, we started sessions for intervention on the experimental group. During of sessions, we used lecture and films along with discussion and question and answer. Finally, the average was obtained after intervention from both groups. The study Data were analyzed to compare mean scores during the semester before and after training in each test group by T-paired, and was used to compare the mean change scores between the two groups by t-test.

**Results:**

In this study, Mean±SD total score of students in the experimental group before training was 16/55±1/96, and control group was 16/39±2/12 and after training the experimental group 16/72 ± 1/93, and controls 16/32 ± 2/15. Mean scores significant increase in cases group and control group has been significant reduction (P<.001).

**Conclusion:**

Because of continuing education in our country and entering the university is an issue that occupied the minds; familiarity of students with strategies for stress management, can have a major role in their success.

stress management, academic achievement, students

**Presentation:** Poster