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IMPARTING SELF CONTROL SKILLS FOR REDUCING AGGRESSION AMONG ADOLESCENCE

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The lecture describes a school-based aggression reduction learning intervention. The intervention program aimed to impart children with learned resourcefulness repertoire for reducing aggressive behavior. Based on the self-control intervention model developed by Ronen and Rosenbaum (2001), and in light of positive psychology theory the intervention focused on increasing children's coping, teach them to work toward positive goals such as increasing social relationships, and help themselves change.

447 ninth grade students participated in this study. 167 students participated in the intervention groups and 280 students from the same schools who received no intervention and served as a control group.

The outcomes point to the efficacy of the model in reducing aggression. The rate of aggression in the intervention group decreased significantly in compare with their base-line grade and in compare with the control group. Also hostile thought and negative emotion did not change - the child could control those and not behave in an aggressive way. Analysis showed that the changed in reducing aggression results from the increase in self-control skills.