

Stress Inoculation Training : A new approach in improving emotional adjustment

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Abstract:

Introduction:

In today's fast-paced and competitive world, stress has become an inevitable part of life, especially for students. Particularly during adolescence, a critical phase of life marked by significant physical, psychological, and social changes, students become highly vulnerable to stress, which can directly impact their emotional well-being and academic performance. Emotional adjustment, which refers to an individual's ability to manage and regulate emotions, plays a crucial role in helping students effectively cope with these challenges.

Method:

A quasi-experimental design was used with two groups: an intervention group and a control group. The population included male middle school students in Neyshabur city, and 74 students were selected through non-random sampling, with 37 students in each group. The intervention group participated in 8 sessions of stress inoculation training (SIT), which included techniques such as cognitive restructuring, relaxation exercises, and problem-solving strategies tailored to help students manage stress, while the control group received no intervention. Data were collected using an emotional adjustment questionnaire before and after the intervention and one month later. Data analysis was performed using SPSS-25 software, applying independent t-tests, chi-square tests, and repeated measures ANOVA.

Results:

The results indicated a significant increase in emotional adjustment scores in the intervention group compared to the control group ($P < 0.001$). Additionally, a significant reduction in emotional and physical arousal, as well as an increase in optimism and hopeful thinking, was observed in the intervention group. These changes remained stable even one month after the intervention.

Conclusion:

Stress inoculation training significantly improved the emotional adjustment of male students and helped reduce stress and increase resilience. These findings suggest that SIT can be an effective tool for improving emotional and psychological well-being in educational settings. Future research could explore the long-term effects of SIT and its applicability in diverse student populations.

Keywords:

Stress inoculation training, emotional adjustment, psychological health, cognitive-behavioral interventions