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Education for developing self worth: A vital indicator toward healthy personality and academic achievements

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The purpose of education has always been to every one, in essence, the same to give the young, the things they need in order to develop in an orderly, sequential way into members of society. Present research was done to evaluate self worth and educational activities, research was designed as quasi experimental method to develop and enhance self esteem among undergraduate students. Student (n=60) were assessed on the questionnaires of Rosenberg self-esteem scale, after first session of assessment, they were given 30 minutes exercise to develop health self esteem for 12 weeks, once in a week. After 12 weeks students were reassessed on self esteem scale. The comparison of pre and post scale indicate that activities after each educational lecture to enhance their self esteem have markedly improve self esteem. During lecture, the activities which were used, include, positive self affirmation, positive self reflection, talking beautiful mirror and discussion of each others good characteristic during group discussion. Results shows that classroom activities help to develop health self esteem, as self esteem is vital to enhance achievement in life.

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Determining validity and reliability of doping attitude measurement instrument in Iranian Young Athletes Society

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Doping refers to the use of materials which are belonging to banned or limited drug's group or variable illegal methods. According to Juan Antonio Samaranch, president of the International Olympic Committee, doping is a kind of fraud. Using drugs and food supplementary to increase the physical performance and to develop muscle mass has been reported since thousands of years ago. The purpose of this study is to determine validity and reliability of attitude to doping questionnaire. In order to do so, 14-item attitude to doping level measurement questionnaire used in a similar study by Claude Goulet, et al. in Quebec, Canada, was made ready for distribution after being translated, assessed in terms of writing, modification of errors. In this study, 373 young athletes of Pakdasht township were (197 girls and 176 boys) participated. In order to answers in first part (seven questions), each question, four answers were considered as based on Likert 4-valuation scale (from one score with "never" expression up to score four with "always" expression) and in second part (seven questions), each question, four answers were considered as based on Likert 4-valuation scale (from two score with "completely inappropriate" expression up to score plus two with "completely appropriate" expression) were considered which should have been answered. Cronbach's alpha coefficient method was used to determine the questionnaire internal stability, while confirmatory factor analysis (CFA) was applied to validate structure. The fitting indicators were used to test fitting of the model, including: Wellness indicators, AGFI, GFI, NFI, badness indicators, X²/DF and RMSEA.

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