

The impact of Learning Skills Instruction on Emotional Intelligence and Self-Esteem of Female High School Students

Abstract

The objective of this research was to investigate the impact of social- emotional learning skills program on the emotional intelligence and self-esteem of female high school students. **Method** Therefore, 60 students of Behshar Schools in the educational year of 88-89 were randomly chosen from female first year high school students of Behshar city, and were placed in experimental and control groups. Before administering skill training to the experimental group, the EQ-I (Emotional Intelligence Questionnaire Sybryashryng: 30 items) & (Rosenberg self esteem scale: 10 items) was administered to both groups as pre-test. Then the social-emotional skills programs, was administered to the experimental group in 9 sessions. After finishing the instructions, the EQ – I & self-esteem scale was administered to both groups again as a post–test. Data analysis was achieved through the t-test statistical test and showed that social-emotional skills training had been effective in increasing emotional intelligence & self-esteem of students in the experimental group. **The results** revealed that teaching social-emotional skills had a significant effect on increasing the experimental group students' emotional intelligence and self esteem. It can be said that supporting teenagers' abilities through social skill educational programs enhances close interaction and training self-esteem. Increasing self esteem and emotional intelligence in a person will lead to revitalizing his sense of ability and value and occurring changes such as having self confidence and enjoying interaction and cooperation with others, in the end, which is being discussed.

Keywords: Emotional intelligence; Self-esteem; Social-emotional skills program