Evaluating the effect of counseling on reducing frustration, depression and anxiety in young people

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Abstract

Adolescence is one of the most critical and stressful periods of life, because in this stage of life, physical changes, changes in feelings, desires, emotions and imaginations of people occur, which in this regard can lead to imbalance and instability, prematurity, Anxiety, frustration and depression noted. Depression in adolescence can be very dangerous, when you see the above symptoms, be sure to use psychological and psychiatric services for treatment. One who is frustrated can no longer understand the value of things that used to be important. Emotions are often accompanied by lack of inspiration, as well as feelings of helplessness, helplessness, heartbreak, captivity, depression, and isolation. Psychologists believe that family relationships in which parents create more space for their adolescent to develop independence and individual identity, and provide him or her with ongoing support and approval, are the foundation of their mental health. The statistical population of this study includes male high school students (second year) in region 1 of Azarbaijangharbi, which was selected by purposive sampling. The method of data collection in this research is the use of questionnaires as well as the use of library information and referring to the documents in scientific and valid articles and understanding and inferring from this information. The mean test was calculated on the main and specific hypotheses in SPSS22 software and at a confidence level of 0.95. In general, the results of the present study showed that compassion therapy training can be used as an effective method to reduce impulsive behaviors and anger.

Keywords: Youth counseling, counseling, frustration, anxiety.

Introduction:

When the children are younger, the parents are the leader of the family; But when children grow up and enter adolescence, they want to become more independent, to think outside the reach of their parents, and to express their thoughts freely. Many psychological disorders appear in youth. It is estimated that at least one in five young people aged 18-25 has mental disorders such as anxiety, depression, attention deficit hyperactivity disorder, bipolar disorder and eating disorders [1]. Unfortunately, young people are more inclined to self-medication than the elderly and are less likely to seek counseling and psychological treatment. This tendency is dangerous and should be considered as a warning sign that it can impose heavy costs on the youth, his family and society [2]. It is very important to take this warning sign seriously, because early diagnosis and prompt treatment are very important to prevent chronic and aggravating psychological problems in the future. It is difficult for parents to get used to these new conditions and cope with independent and rebellious children. Parents also want to protect their children to the last breath and continue to monitor their children's work and lifestyle [3]. Of course, parents have good intentions and want the best for their children, but it is difficult for young people who long for independence to endure constant parental supervision. It takes time for young people to express their wishes and thoughts without upsetting their parents [4]. In addition, the inevitable turmoil or anxiety of adolescence reduces the tolerance of young people and they rise up against the benevolent demands of their parents. Counseling helps young people, like adults, to create a safe environment for discovering and understanding emotions and managing them and pursuing their goals, so that they can lead a productive and meaningful life. Seeking the advice of professionals who are experienced in helping young people and who understand the emotional developmental stages of children and young people is critical to progressing on the challenging path of adulthood [5].

Statement of the problem:

Achieving peace and security and being away from any stress and anxiety has been one of the most basic needs of all human beings because the proper functioning of society requires people who are in a favorable condition in terms of mental health. Today, the need for child and adolescent counseling is very much felt. Unfortunately, in today's world, with the damage that social networks do to the lives of different people, especially children and adolescents, having a counselor to improve the lifestyle of children and adolescents is not only good but necessary [2]. A look at the social ills of young people's lives, including addiction, divorce, violence, poverty, destructive behaviors such as suicide, the social ills of cyberspace, including destructive communication, and a variety of psychiatric disorders, including depression [4]. Research by the World Health Organization has shown that by teaching ten life skills including self-awareness, empathy, critical thinking, creative thinking, problem-solving, decision-making, effective communication skills, interpersonal skills, emotion management skills, and Stress management skills can prevent all kinds of social harms and psychiatric disorders, and here we need mental health professionals including psychologists, counselors, social workers and other experts in the field of mental health to teach these skills to young people to lead a healthy life. Provide [6].

Necessity of research:

Adolescent psychology is extremely important. We have already talked about the need of this section of society for child and adolescent counseling, and now we want to talk about its importance. In fact, adolescence is early puberty, and during puberty, depression, stress, and anxiety will all invade adolescents [7]. If he does not have the skills to deal with them, he will easily fail and depression and anxiety will overcome him and it will not be long before he has no purpose in life. But with the help of a teen psychologist, this unpleasant event can be

prevented to a great extent and prevented from happening. Note that it is not only child and adolescent counseling and adolescent psychology sessions that can help the person! Even if parents learn some psychological behaviors and reactions correctly, they can use them when different unwanted things happen to the teen [3]. At this age, the adolescent finds his or her original identity and examines his or her role in society. Unfortunately, a large number of adolescents in this period suffer from severe mental crises or do not properly accept their identity in society. The most obvious example of this is that a person with a male gender, when present in society, feels that he cannot play the role of a man well, and therefore will face problems with his identity [8]. At this time and with the occurrence of such problems, the need for a child and adolescent counseling is very necessary, and if these problems are not followed up, there may be more acute problems for adolescents. Notice that sometimes even a teenager looks very happy and cheerful! But there is something inside that bothers him that parents should be aware of and see a psychologist at the right time [9].

Types of youth psychology fields:

Adolescent Psychology in the Field of Individual Independence: During this period, adolescents think about the independence of an individual who has to support himself or herself or live independently of the family. At this stage, the adolescent is faced with the wrong choices to achieve this desire, which will feel the need for an adolescent psychologist to guide him to the right path. We can see many teenagers who dream of going abroad and with this desire they are constantly imagining, which is also very good, but it becomes a problem when the illustration is done beyond the facts. This should be replaced by daydreaming, and the teenager, due to his inexperience or lack of guidance, may want to insist on his wrong decision that if he is not helped immediately, he may face more acute and worse problems [1].

Adolescent Psychology in the Field of Sexual Issues: At this time, adolescents are new to the meaning of sexual and gender issues and may do things that prevent them from the right path of life due to lack of awareness and so on. There is a need for a psychological counselor in adolescents to help the adolescent to accept this feeling and manage it like his other senses and use it correctly and in a timely manner [2]. Because of the passion and motivation that adolescents gain through this feeling, they may step in the wrong direction or make irreparable mistakes for themselves. Reach out to him and introduce him to this feeling and accompany him step by step [5].

Adolescent Psychology in Education: At this stage, adolescents enter the world of choosing a field, etc., and they definitely need a child and adolescent counseling or an academic counseling to guide them in what field to enter and how to choose a field or study. The counselor here's job is to examine the adolescent's interests and to help him or her choose the field and size of his or her field of study according to his or her interests. Using the experience of an experienced and experienced adolescent psychologist will greatly help the adolescent to choose the field in which he / she is really skilled and study in it, so that in the future, due to the wrong choice he / she has made, he / she and Blame his family and lose his motivation to study [7].

Adolescent Psychology in the Field of Life Planning: Planning and ordering life is one of the principles of successful people that teenagers should get acquainted with from the very beginning of entering society and try to create it in their lives so that they can finally have a happy and fun life. He created it himself. Most teens in this age group will not go for discipline and planning because of their youthful enthusiasm, which will result in the future that the teen psychologist is here to guide the teen and make a plan for him or her. Arrange regularly and extraordinarily so that the teenager does not suffer from everyday life and can do all his work [9].

Adolescent Psychology in Cyberspace and the Internet: The Internet and cyberspace have become a big problem for teenagers today, and if they cannot manage this space, it will not be long before they will be affected by the losses and negative events that follow and can no longer get out of the swamp in It is sunk, prevent. You may say to yourself that such a description of cyberspace in the field of adolescent psychology is not correct and it should not be exaggerated that it is quite the opposite and you can see daily what dangerous and irreparable challenges in cyberspace. It turns out that most of those who take on these challenges are teenagers [11].

Adolescent Psychology in the Field of Emotional Relationships: Because adolescents are just beginning to find their identity at this age and are on the verge of puberty and the emergence of sexual reactions in their body, they may be drawn to emotional relationships, which is good and positive in its own time! But if done at the wrong time, the chances of unwanted things happening in a teenager's life will increase. You can find out more about this at a Child and Adolescent Psychology site! But you should also discuss this issue with a psychologist who specializes in child and adolescent counseling and adolescent psychology so that he or she can provide better solutions and instructions for this issue [12].

Ways to deal with anxiety in young people:

Every person develops different ways of coping with anxious situations throughout life. There are two general guidelines for dealing with anxiety: In one, the problem itself is addressed (problem-oriented policy), that is, the person evaluates the anxious situation and then takes action to change that situation. In emotion-oriented politics, emotion itself is placed in the focus of attention, that is, the person tries to reduce his / her anxiety in various ways instead of being

directly involved with the problem. In most cases, problem-oriented policy is a healthier tendency to deal with anxiety [13].

Self-confidence and self-belief: We talked about the role of beliefs. Be strong, strong, dominant, brave, patient and serious so that anxiety does not go away from you. Even if you know that your activities have its shortcomings and shortcomings, but you accept that you should have a reasonable expectation of yourself, it is not a place for worry and anxiety. Remember, however, that dominant and rational human beings are less anxious [2].

Key: Boost your confidence to reduce anxiety.

Exercise and physical activity: Monotony and physical stagnation also make a person mentally exhausted. Mental fatigue also causes mental confusion and eventually anxiety. Avoid boredom, laziness and inactivity. A person who is lying down, lying down, or studying in a state similar to rest, is either very careless, or has not thought about the anxious thoughts that will come to him in the future. Especially in the days of exams, months, weeks and the last days of the entrance exam, try to help your vitality with exercise and physical activity. Set aside hours and hours for exercise, even if only for a few minutes [5].

Key: Exercise and physical activity increase vitality and mental fitness.

Humor: It is common to find that happy and funny people cope better with life. Although this is a matter of personality, it can be learned. Let's learn that humor and wit are not as bad as they should be, they have a positive effect on both our own morale and the morale of those around us [11].

Key: Do not ignore the nature of humor and humor in reducing anxiety.

Mental imagery: Sometimes it is possible to better understand the situation and make the necessary predictions by mentally imagining what may happen to us. An example for entrance exams: Imagine an entrance exam session is held today. You have arrived at the entrance exam, you have passed through the entrance, you have entered the hall or the test place, you have sat down, the

answers and the question booklet have been placed next to your chair and on the table, now they announce that you will start, half an hour will pass. An hour, two hours, and 2, you finish the second booklet and set it aside, the meeting ends, you get up. You can do some examples of this mental imagery several times to increase your mental preparation for the day and hour of the test [12]. Key: Experience mental imagery, the real situation of the test and entrance exam session.

Conscious state change: Basically, you can live in one of two ways: One is to let your brain work in its former order. Let any image, sound, or emotion you want bring to the scene of your mind, and you will automatically react to it. Another way is to manage your brain activities voluntarily and consciously. You can create your own moods. You can weaken and ineffective bitter thoughts and memories, you can visualize them in such a way that they cannot dominate you. Think of them as small and small so that you can control them [14]. This may seem like a daunting task, but it's not that difficult. You have probably had the experience of being very angry with family and friends for a reason, but in an instant someone said or did something that could not stop you from laughing. What has happened to you in this situation? Are you still angry? There are many examples of this experience. On a day when you are not bored, hearing a beautiful piece of music by chance, seeing a flower, a picture, or even a color, changes everything at once and your mood is completely changed. What we are saying now is that such a change of situation can be done consciously and voluntarily. Do not believe, practice. When you are tired, bored or angry, think of someone or something you love, visualize a beautiful flower in your mind, think of good memories in your life. what will happen? This can be done during an exam or entrance exam session, but only for a few minutes or minutes. To change the course of anxiety [15].

Key: Anxiety can be controlled by consciously and voluntarily managing brain activity.

Return to pre-anxiety state: Whenever anxiety overwhelms you, try to return to pre-anxiety state immediately. For example, if you answered the current or previous question well at the beginning of the exam session, and now you have a question that worries you, go back to the previous question, give yourself strength and move on to the question that was difficult right now and then at the next opportunity. Deal with it [8].

Key: If you are anxious, try to return to your pre-anxiety state so that you can take control of the situation.

Boldness: Let's imagine the extreme level of anxiety, what really happens? This is one of the psychological teachings for people who are afraid of dealing with stressful situations. Boldness can prevent anxiety. Sometimes it is not bad for a person to have the courage to anticipate and imagine the ultimate limit of a stressful issue for himself. People who stutter are advised to try to stutter as much as possible instead of hiding their stuttering, and those who are anxious are advised to try to avoid anxiety as much as possible instead of struggling to get rid of anxiety. To create. It is said that being in calamity is out of fear of calamity [9].

Key: One way to deal with anxiety is to experience it instead of trying to control it, that is, daring.

Recognizing the individual effects of anxiety: Every person should know how anxiety manifests its symptoms in him. Recognizing these symptoms can help control them. Anxiety, with its hormonal effects, becomes more widespread after the onset and eventually reaches its peak. If one is aware of this, one will try to wait a while for the anxiety to subside and gradually return to calm. But most people are overwhelmed by their anxiety and this causes their anxiety to fluctuate more and last longer [10].

Key: Recognizing behaviors that indicate anxiety helps control it.

Practicing Anxiety: Anxiety can be practiced like lessons and tests. With these questions you can practice how, to what extent and methods of controlling anxiety. Can you make yourself anxious? Do you know the causes of anxiety about yourself? Can you predict possible anxious events during the exam session or in the entrance exam? Have you identified behaviors that indicate anxiety about yourself? Have you envisioned ways to deal with anxiety? If you are anxious or think you may have anxiety on the day of an exam or entrance exam session, dedicate at least 2 to 3 sessions to practicing anxiety [15].

Key: To deal with anxiety, if you can practice anxiety.

Research Method:

Statistical population: The statistical population of the study was 385 male high school students in Azarbaijangharbi.

The sample size formulas and procedures used for categorical data are very similar, but some variations do exist. Since the data are qualitatively and the number of statistical community is unlimited, so the sample size calculation formula is as follows:

$$n = \frac{Z_{\alpha/2}^{2} p_0 (1-p_0)}{\varepsilon^2} \qquad (1)$$

In this study, researcher has set the alpha level a priori at .05, plans to use a proportional variable, has set the level of acceptable error at 5%, and has estimated the standard deviation of the scale as .5. Cochran's sample size formula for categorical data and an example of its use is presented here along with explanations as to how these decisions were made.

$$n = \frac{(1.96)^2 \times 0.5 \times 0.5}{(0.05)^2} = 384.16 \qquad (2)$$

Where $Z_{\alpha/2}$ = value for selected alpha level of .025 in each tail = 1.96.

(The alpha level of .05 indicates the level of risk the researcher is willing to take that true margin of error may exceed the acceptable margin of error).

Where (p)(q) = estimate of variance = .25.

(Maximum possible proportion (.5) *1-Maximum possible proportion (.5) produces maximum possible sample size).

Where ε = acceptable margin of error for proportion being estimated = .1

Research hypotheses

1. Hypothesis 1: Teaching compassion in itself reduces the feeling of anger in male high school students.

2. Hypothesis 2: Self-compassion training reduces the verbal tendency to express anger in male high school students.

3. Hypothesis 3: Self-compassion training reduces the physical tendency to express anger in male high school students.

4. Hypothesis 4: Self-compassion training reduces the tendency of angry mood in male high school students.

Analysis of information

SPSS software was used for statistical analysis and one-sample t-test was used to analyze the statistical hypotheses. We used SPSS 22 to analyze the data. In following the results of test hypotheses are offered:

Testing Hypothesis H1. Teaching compassion in itself reduces the feeling of anger in male high school students.

The results of SPSS are shown below:

Table. 1. One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
H1	385	6.8443	1.01973	.17362

Table. 2. One-Sample Test

	Test Value = 5					
				Mean	95% Confidence Interval of the Difference	
	T	df	Sig. (2-tailed)	Difference	Lower	Upper
H1	16.844	384	.000	1.4721	1.09443	1.6832

Testing Hypothesis H2. Self-compassion training reduces the verbal tendency to express anger in male high school students.

The results of SPSS are shown below:

Table. 3. One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
H2	385	6.8426	1.0964	.17031

Table. 4. One-Sample Test

	Test Value = 5					
				Mean	95% Confidence Interval of the Difference	
	T	df	Sig. (2-tailed)	Difference	Lower	Upper
H2	16.8443	384	.000	1.6843	1.6385	2.0591

Testing Hypothesis H3. Self-compassion training reduces the physical tendency to express anger in male high school students.

The results of SPSS are shown below:

Table. 5. One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
H3	385	6.7392	1.0793	.19831

Table. 6. One-Sample Test

	Test Value = 5					
				Mean	95% Confidence Interval of the Difference	
	t	df	Sig. (2-tailed)	Difference	Lower	Upper
H3	15.0946	384	.000	1.7931	1.0588	1.7692

Testing Hypothesis H4. Self-compassion training reduces the tendency of angry mood in male high school students.

The results of SPSS are shown below:

Table. 7. One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
H4	385	6.7593	1.0658	.19643

Table. 8. One-Sample Test

				Mean	95% Confidence Interval of the Difference	
	T	df	Sig. (2-tailed)	Difference	Lower	Upper
					Test Value = 5	
H4	17.7443	384	.000	1.9653	1.6883	1.9752

Conclusion:

Nowadays, the presence of a psychologist or counselor with a young person is not normal and needs to be cultured. Unfortunately, the society is wrong about referring to a psychologist and a psychiatrist. They are not willing to refer to a psychologist. The authorities should make more efforts by planning a culture in referring to a psychologist. Considering the need of young people for the presence of psychologists and counselors with them, the role of psychology counseling centers is certainly important, so that it can be accepted that psychologists in these centers with a scientific understanding of youth problems and provide better technical and professional answers focus on solving their problems. They open. At present, in many cities and different regions of the country, with the help of the Ministry of Sports and Youth, specialized counseling centers are providing effective services to young people, especially in the discussion of marriage. Centers where young people can better solve their challenges and untie their knots by attending; Knots in life that can be untied in one sentence by a psychologist and create a youthful life, and this can only be done by an experienced psychologist who is aware of the complexities and special spirit of youth.

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