



# Sociology of Education

## The Effectiveness of Teaching the Basics of Choice Theory on Enthusiasm for School and Psychological Toughness of Elementary School Boys

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### Abstract

**Purpose:** The purpose of the present study was to determine the effectiveness of teaching the basics of choice theory on enthusiasm for school and psychological toughness of elementary school boys.

**Methodology:** The purpose of this research was applied, and in terms of the method of implementation, it was a semi-experimental pre-test and post-test with a control group. The statistical population of this research was all the male students of the elementary school in Kerman city in the academic year of 2021. 30 people were selected as available samples and randomly assigned to two experimental groups (15 people) and control group (15 people) by lottery method. The research tools included Glaser's choice theory basics training intervention (2015), Viga School Enthusiasm Questionnaire (2016) and Kubasa's stubbornness questionnaire (1979). The intervention sessions of training the basics of selection theory (during 2 and a half months and 10 sessions) were implemented for the experimental group, and no training was provided to the control group during this period. Descriptive statistics (mean and standard deviation) and covariance analysis with SPSS-24 software were used for data analysis.

**Findings:** The findings showed that after teaching the basics of selection theory, the enthusiasm for school and the psychological toughness of the experimental group increased significantly compared to the control group ( $p < 0.01$ ). The results of univariate covariance analysis also showed that teaching the basics of choice theory had an effect of 0.47 on enthusiasm for school and 0.53 on psychological toughness.

**Conclusion:** According to the results of this research, teaching the basics of selection theory can be used to increase the enthusiasm for school and the psychological toughness of elementary school boys.



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## Detailed abstract

**Purpose:** Students spend an important part of their lives in school. In this period, special opportunities are provided for their cultivation and growth. The subject of passion is one of these opportunities that, if formed in this period, will have favorable consequences in various aspects of cognitive, social, psychological, etc., and will increase the chances of success in life. If teachers have a better understanding of students' enthusiasm and know what factors reduce their enthusiasm in school, they can increase their enthusiasm with special strategies and appropriate teaching methods. Enthusiasm in school is an important issue that has been noticed by educators; Enthusiasm increases students' awareness of school, strengthens their effort and energy to learn, and allows them to examine different learning processes and their future. It also leads to positive academic results. One of the variables related to academic success is psychological toughness. In dealing with different events and events in life, people have different approaches to deal with different problems and events in life. In addition to the approach that people have to deal with pleasant and unpleasant events in life, the inherent characteristics and personality of people also play a role in these confrontations. Selection theory believes that humans choose their own behaviors and the main reason for choosing any behavior is to satisfy one or more genetic and innate needs. Of course, sometimes people choose effective or ineffective behaviors (such as depression). But in any case, they choose their own behavior and are responsible for their choices. The necessity of the present research is due to the fact that according to the growing evidence of the effect of teaching the basics of choice theory on students' enthusiasm for school and psychological toughness, no research was observed inside the country. Therefore, to help the enthusiasm for school and tenacity in students, it is necessary to help them to enjoy having an enthusiastic atmosphere in school and also to increase their tenacity; Therefore, according to what has been said, this research was conducted with the aim of teaching the basics of choice theory on enthusiasm for school and psychological toughness of elementary school boys.

**Methodology:** The purpose of this research was applied, and in terms of the method of implementation, it was a semi-experimental pre-test and post-test with a control group. The statistical population of this research was all the male students of the elementary school in Kerman city in the academic year of 2021. 30 people were selected as available samples and randomly assigned to two experimental groups (15 people) and control group (15 people) by lottery method. The criteria for entering the research are: male students of elementary school in the 1st and 2nd regions of Kerman, consent to participate in the research; No history of participation in the selection theory training workshop, no history of mental disorders and specific and chronic physical diseases. The criteria for exiting the research are: not being satisfied with participating in the research; Experience of participating in the selection theory training workshop and having a history of mental disorders and specific and chronic physical diseases. The ethical considerations of the present study were as follows: 1. All participants received verbal information about the research and participated if they wished. 2. The subjects were assured that all their information will remain confidential. The research tools included Glaser's choice theory basics training intervention (2015), Viga School Enthusiasm Questionnaire (2016) and Kubasa's stubbornness questionnaire (1979). The intervention sessions of training the basics of selection theory (during 2 and a half months and 10 sessions) were implemented for the experimental group, and no training was provided to the control group during this period. Descriptive statistics (mean and standard deviation) and covariance analysis with SPSS-24 software were used for data analysis.

**Findings:** The findings showed that after teaching the basics of selection theory, the enthusiasm for school and the psychological toughness of the experimental group increased significantly compared to the control group ( $p < 0.01$ ). The results of univariate covariance analysis also showed that teaching the basics of choice theory had an effect of 0.47 on enthusiasm for school and 0.53 on psychological toughness.

**Conclusion:** The results of this research showed that teaching the basics of choice theory had an effect on enthusiasm for school and psychological toughness. In the explanation of these findings, it can be said that in the selection theory, the educational situation is mainly looked at. Glaser considers his treatment method as an

educational process and not just a treatment, and he believes that in this method, education is done more than treatment. In addition, the set of methods, techniques and tools of reality therapy help people to move from destructive choices to constructive choices and from inefficient behaviors to efficient behaviors. Therefore, it can be expected that these students will find more preparation and awareness for a realistic understanding of their disorder and its complications as a result of the selection theory; Also, following that, they should make logical judgments, choices and goals, accessible and suitable formations according to their strengths and weaknesses. According to the expectations of the family and the society from the students, they should be able to be diligent and hardworking to reach their goals and needs, the family and the society. This treatment taught students how to recognize and evaluate illogical and unreasonable thoughts and led to the strengthening of logical thinking and strengthened the person's beliefs about their ability and competence. This issue naturally gives people the strength to deal with the problems in front of them in a healthy way, to overcome difficulties, or in other words, to increase their psychological toughness. Therefore, according to the results of this research, teaching the basics of choice theory can be used to increase the enthusiasm for school and the psychological toughness of elementary school boys. Also, according to the findings of the present research, it is possible to recommend to mental health professionals and people active in the field of health and hygiene that by designing and using appropriate methods inspired by the training programs of the basics of selection theory, Improve the mental health of students.