
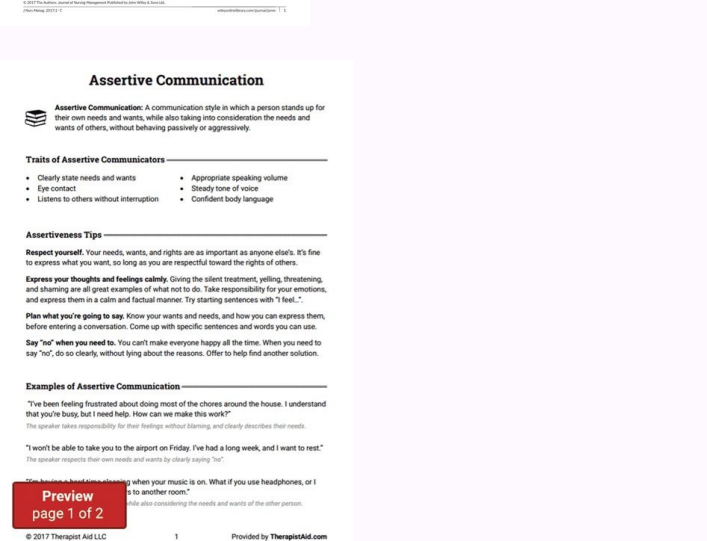


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# ASSERTIVE TRAINING AND ROLE PLAYING TECHNIQUES TO INCREASE ASSERTIVE BEHAVIOR FOR STRENGTHENING HARMFUL CHARACTER TO OTHERS

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**Abstract-** Problems among teenagers recently happened such as students' riot, bullying, and violence. Many factors can influence it but if we deeply ponder, the cause is teenagers are not able to respect others. In contrast, the level of teenagers' assertive behavior is still low. Many efforts to improve assertive behavior can be done with *assertive counseling and role-playing techniques*. Assertive training is a skill to uprise individual's rational rights in many ways helping others people can not neglect the individual's rights. On the other hand, role-playing is used to act an imaginative situation which the purpose is helping to achieve self-understanding, improving skills, analyzing behavior, or showing others how a person behaves or how one should behave. In assertive training procedure, role playing techniques can be used to train someone to behave assertively. These techniques should be used to help individual from the problems of disrespects others rights. Assertive training and role playing techniques become an appropriate strategic in reinforcing the character's respect to others, so that it is expected to be a recommendation as implementation of character education in schools.

**Keywords:** Assertif Training, Role Playing, Assertive Behavior, Respect Character

## I. INTRODUCTION

Teenager is a period of migration from childhood to early adulthood. Teenager is identical with the search period of identity. Erikson's theory in [1] states that in Teenager there is confusion vs. identity, this shows that teenagers seek their identity such as imitating, experimenting, and some other things. In reality, teenager often do experiment

something to show their identity. Therefore, the problem is not infrequently show up such as students' riot, bullying, and violence. According to KPAI cases of violence each year continue to increase recorded in 2015 there are 6006 cases of violence occurred [2]. Some of them is certainly caused by many factors but if we deeply ponder, the cause is teenagers are not able to respect others. Lack of practice respect to others in daily life will bring negative impacts for individuals and others. Education of characters in schools is to be a container in internalizing the laudable character one character respect to others. In consequence, there is a need for a technique to enrich the character of respect to others among teenagers. Based on description above, the guidance and counseling techniques assertive training and role playing is given to students in schools which the purpose is to improve students assertive behavior with a focus for strengthening the character of respect to others among students who are teenagers.

## II. DISCUSSION

Assertive is a behavior that shows the courage to be open to feelings or thoughts without anxiety to pay attention to what belongs to him as an individual. Assertiveness is a behavior between individuals or interpersonal relationships involving aspects of honesty, open-mindedness and feelings [3]. In assertive behavior, the individual is required to be honest to him/herself or others in expressing feelings, without any intent to

EFFECT OF ASSERTIVENESS TRAINING TECHNIQUE ON SHYNESS AMONG  
SECONDARY SCHOOL STUDENTS IMO STATE

By

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Abstract

This study investigated the Effect of Assertiveness Training Technique on Shyness among Secondary School Students in Aboh Mbaise Local Government Area of Imo State. Three research questions were answered and three hypotheses tested at 0.05 guided this study. Quasi-experimental research design was adopted for this study. The population for this study was 884 junior and senior (JSS11 & SS11) shy students in all public Secondary Schools in Aboh Mbaise. Research sample consisted of 64 students with the highest test scores in shyness measuring instrument selected through purposive sampling technique. The Revised Cheek and Buss Shyness Scale (RCBS) was the instrument used for data collection. Data collected from the study were analysed using mean and ANCOVA. Results obtained from the study indicated that assertiveness training technique was effective on shyness among the participants. The results equally showed that assertiveness training technique was more effective on shyness among the female participants than their male counterparts. Also, the results revealed that assertiveness training technique was more effective on shyness among the senior students who participated in the experiment than their junior counterpart. Furthermore, the results indicated that there was a significant decrease in shyness among the students in the experimental group compared with those in the control group. However, the decrease in students' shyness was not significant based on gender and age. The researchers recommended, among others, that assertiveness training technique should be adopted as an effective treatment strategy in helping students with shyness so as enhance their performance both academically, socially, and otherwise.

Introduction

Man is a social being, thus the need for human beings to maintain a social equilibrium with their social environment cannot be overemphasized. Undoubtedly, school has been identified and generally accepted as one of the key agencies of socialisation. As a social gathering therefore, a school consists of students with varied personality traits such as age, culture, actions, attitudes and so forth. This variability in personality traits culminates to the complex nature of behaviours exhibited among students in schools. Significantly, to be able to achieve its fundamental objective of the full development of the human person, every student in the school no matter his or her position is expected to exhibit a reasonable level of sociability. In other words, all students should be interactive, gregarious and be in a good

Assertive training techniques pdf. What are assertive techniques. How to train assertiveness.

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Have you ever been to a party and found yourself avoiding someone because you didn't know what to say? Our relationships with other people are also likely to suffer because we may become resentful when they don't read our minds for what we are not assertive enough to be telling them. In interpersonal situations, passive behavior occurs when you focus on the needs and desires of another person, but ignore your own needs and wishes. Assertiveness can be defined as communication in which one expresses oneself in a direct and honest manner in interpersonal situations, while simultaneously respecting the rights and dignity of others. Therapists may use a combination of interviews, tests, or role-playing exercises as part of this assessment. Some people are able to improve their skills by reading books on assertiveness training and practicing the exercises outlined in the books. Assertiveness training can also be useful for those who wish to improve their interpersonal skills and sense of self-respect. I don't want to turn down the heat any more. All of us can learn to improve our assertiveness skills. Therapists help clients understand what assertiveness is and how behaving assertively may be helpful. You respond, eThank you, but I am not interested in buying anything today. eIf he or she continues pushing, you simply repeat the same statement, keeping your tone of voice constant, without becoming upset. Assertive behavior involves expressing your own way of seeing things, but in a way that is respectful of the other person. What Is Assertiveness Training? Reasons for Assertiveness Training Assertiveness training is based on the principle that we all have a right to express our thoughts, feelings, and needs to others, as long as we do so in a respectful way. For example, using a technique called behavioral rehearsal, a specific situation is described and role played by the client and the therapist. Therapists take into account the client's particular cultural context in this process. Eventually, the person will be forced to accept your refusal. One, called the broken-record technique, is useful for situations in which another person will not acknowledge or accept your message. Finally, assertiveness training is based on the idea that assertiveness is not inborn, but is a learned behavior. Do you find dealing with authority figures difficult? Once clients understand the importance of assertive behavior for their situation, therapists help them develop more assertive behaviors. For many others, however, professional help is necessary to make real and lasting improvements in assertiveness skills. Verbal behavior is the content of a communication e in other words, what is actually said. Have you ever realized, after the fact, that you had been unfairly criticized or taken advantage of? The therapist gives supportive, honest feedback after each role-play exercise in order to help the client improve his or her skills. In contrast, aggressive behavior occurs when you force your own needs on others. In fact, assertiveness can be thought of as a middle point between passivity and aggression. Although some people may seem to be more naturally assertive than others, anyone can learn to be more assertive. The client and therapist then switch roles, and the client practices the new behavior. Assertiveness training can be an effective treatment for certain conditions, such as depression, social anxiety, and problems resulting from unexpressed anger. Nonverbal behavior refers to the style of communication: eye contact, posture, tone and volume of speech, interpersonal distance, and listening. Initially, the therapist may play the role of the client and model assertive behavior. behavior.

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