

# Evaluation of The Effectiveness of Assertiveness Training for Physically Handicapped Adults on Body Image, Self-Esteem and Attitudes Directed to Themselves

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**Objective:** To evaluate the effectiveness of assertiveness training for physically handicapped adolescents on the self-esteem and assertiveness ability.

**Method:** The study sample consisted of 60 physically handicapped adolescents (30 study and 30 control groups) attending to Private Training and Rehabilitation Centers in Antalya Province. In the study, pre-test and post-test measurement methods were used to test the effectiveness of the assertiveness training program in both study group and control groups. The Rosenberg Self-Esteem Scale (RSS), the Rathus Assertiveness Schedule (RAS), and Picture Drawing Method for Self-reflecting were used for data collection in both groups. Statistical package for social sciences (SPSS) 18 and the analysis of variance (ANOVA) were used for the evaluation of data.

**Results:** After the assertiveness training program applied for eight sessions, both the assertiveness levels and self-esteem levels of physically handicapped adolescents were found to be increased ( $p<0.05$ ). In addition, we determined positive changes in the configurations, contents and composition on the pictures that had been drawn by physically handicapped adolescents after the training program ( $p<0.05$ ). Although there was no similar study in Turkey, there was a positive correlation between our data and the literature.

**Conclusions:** Our study is the first study that is performed among physically handicapped adolescents in Turkey. We suggest that the assertiveness training program should be given to physically handicapped adolescents, and also this program should be placed on their curriculum at the schools and training centers dealing with physically handicapped adolescents.

**Key words:** Adolescents, assertiveness training, physically handicapped, picture, self-esteem