

## **The impact of a training program based on play in reducing the negative effects resulting from exposure to abuse among students, and improving their self-esteem\***

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### **Abstract**

This study aimed at exploring the impact of a program based on play in reducing the effects of exposure to abuse, and improving self-esteem of abused students. To achieve this objective, the sample was chosen from 60 students divided into two groups equally. The first was a control group which consisted of 30 students and the second the experimental group which was consisted of 30 students.

The experimental group was divided into two groups on the bases of gendre, 15 male students and 15 female students. A pre and post test of the measurement of exposure to abuse and the measurement of self-esteem were applied on both the experimental and the control group (males, and females).While Only the experimental group was exposed to training on the traing program.

After the completion of data collection on the bases of calculated average and standard deviation for the performance of both the experimental and control groups on the measurement of the study.

A multivariate analysis of the variance was also carried out to identify the impact of the training program on gendre. The results of the study and

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\* For the paper in Arabic see pages (439-474)

the differences are statistically significant at the significance level ( $\alpha \geq 50,0$ ) between the average performance of the experimental group and the control group. These differences were in favour of the experimental group for which improving the level of self-esteem has led to a decrease in the level of exposure to abuse.

No significant differences were found at the level of statistical significance ( $\alpha \geq 50,0$ ) between the average performance of the average performance of females and males.