

# Effect critical thinking instruction on the depression control and anxiety control of child training students of female Technical and Vocational College in the city of Borujerd.

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## Abstract

In order to have a successful life in society, students must be able to think critically so that they can make the right decisions about themselves and their community. The purpose of this study was to investigate the effect of critical thinking instruction on the control of depressed mood and anxiety among students of child training students of female Technical and Vocational College in the city of Borujerd.

This study was carried out using a quasi-experimental pre-test and post-test with the experimental and control group and random assignment. The statistical population consisted of all 150 female students in female Technical and Vocational College of Borujerd. The sample consisted of 12 subjects in the experimental group and 12 in the control group. The samples were selected randomly. Pre-test and post-test data were collected by using the Asc scale. Critical thinking instruction was implemented by the "Thinking Learning" book on the experimental group for 8 weeks and 12 hours. For analysis of data, covariance analysis and Spss22 software were used.

Findings showed that critical thinking instruction was effective on depressed mood control ( $p < 0.05$ ). But it has not been effective in controlling anxiety and has not been able to reduce students' anxiety ( $p > 0.05$ ).

Considering the effect of critical thinking instruction on controlling depression, it can be concluded that improving the process of critical thinking leads to decreasing and controlling depression and it is necessary to use appropriate methods of critical thinking instruction during the study.

**Keywords:** Anxiety, Control, Critical thinking, Depressed mood, Instruction.

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