

The Effects of Empathy Skills Training on the Narcissism and Bullying in Bullying Student

Fatemeh Aminian Dehkordi*
Khosro Ramazani**
Alireza Mardpour***

Introduction

Dictatorship is a kind of violence at school which has drawn the attention of school psychologists. It is considered a serious personal, social and educational issue which causes many psychological, social and academic problems for the affected students. Moreover, it leads to psychological damages in adulthood. Therefore, the present study was aimed to investigate the effectiveness of empathy skills training on the narcissism and bullying in bullied student to test the degree of effectiveness of this training on the variables of narcissism and bullying.

Method

It is a quasi-experimental method with pretest, posttest and control group design and two-month follow-up stage. The statistical population consisted of all high school bullied students in Saman, Charhar Mahal-va-Bakhtiari province, Iran in 2018-19 academic year. 40 bullied students were selected through purposeful sampling method and they were randomly assigned into experimental (20 students) and control groups (20 students). The empathy skills training were applied to experimental group in eight 90-minute sessions, while the students in the control group didn't receive such intervention during the study. The Illinois Bullying Scale (Espelage & Holt,

* Ph.D. Student of Psychology, Department of Psychology, Islamic Azad University, Yasooj Branch, Yasooj, Iran.

** Assistant Professor, Department of Psychology, Islamic Azad University, Yasooj Branch, Yasooj, Iran. *Corresponding Author:* kh.ramezani@iauyasooj.ac.ir

*** Assistant Professor, Department of Psychology, Islamic Azad University, Yasooj Branch, Yasooj, Iran.

2001) and the Narcissism Scale (Raskin & Terry, 1988) were used in the current study. The data were analyzed through ANOVA repeated measurement via SPSS-23 software.

Results

The results showed that empathy skills training had significant effect on the narcissism ($p < 0.001$) and bullying ($p < 0.001$) in a way that training empathy skills has led to the decrease of the bullied students' narcissism and bullying at the posttest stage. Furthermore, the results of the follow-up test showed that the effect of training empathy skills on the bullied students' narcissism and bullying has been stable in two months.

Conclusion

According to the findings of the present study, it can be concluded that training empathy skills can increase the bullied students' concentrating on knowledge enhancement, mixing, practice, evaluation and analysis skills and causes them to employ more problem-solving strategies. This process of using empathy skills training can be an efficient method to decrease bullied students' narcissism and bullying.

Keywords: Empathy skills, Narcissism, Bullying, Bullying students

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