

## Summary

### Introduction:

The present study examined environmental and psychological pressures increase prevailing among youth now. Obstacles and problems rise before youth and hinder them to achieve their ambitions and aims the affective of sentimental diseases like manic and depression constitute a high rate of psychological clinics patients 50 to 70 of successful suicide trials resulted from depression.

Depression is considered as one of the problems facing the recent century and represent one of the most dangerous problems hindering the individual and development. If he reaches a high degree, the breakdown will be the result.

Bandura's theory (1977), assures, who derives his principles and techniques from lewinsoha and his colleagues; attitude in their study on depression which sees that it is connected with low rate of pleasant interaction and rise of unpleasant ones between the individual and environment are two phenomena connected whence the efficient level doesn't result from depressed individual the sufficient level of positive reinforcement leading them to maintain their behavior and consequently they find difficulty in beginning or reinforcing their behavior. So they turn out to extreme negation of feeling uncomfortable that causes the depression and social assertive skills and pleasant activity make the depressed individual good man in the society.

### **Sample of the study:**

Consists of 20 volunteer male and 20 volunteer females students which suffered severely from depression.

### **The study terms:**

- 1- Social study skills:
- 2- A set of learnt form which make the individual able to know a method to get at social reward so his behavior becomes assertive and avoid the nonassertive thorough practicing the social assertive activities and avoid responds leading to punishment. And the people differ in qualifying the activities sort in particular the pleasant ones and this refers to psychological state and represents social interactions and success experience and harmonically responds ( Michelson, Manario, 1986, 193).

### **3- Depressive neurosis:**

it is a disorder disability, irritilatio in the personality and low reaction for environmental changes, losing life interest and the patient gets worse in the evening raying to commitsuicide in some cases for external reasons. ( Mendles, Koshran, 1968, 94).

#### **4-Depressive.**

The subject which suffered severely from depression from the youth.

#### ***The study sample:***

The subject which suffered severely from depression from the youth.

#### ***The Study sample:***

The sampel consists of (40) from students it is divided into (20) volunteer male and (20) volunteer females form students which suffered severely form depression.

#### **The sample is divided into four groups as follow:**

- 1- Ten male experimental group.
- 2- Ten male control group.
- 3- Ten female experimental group.
- 4- Ten female control group.

#### **Tools of the study:**

- 1- Beck depression inventory: prepared of translated by: Rashad Mosa.
- 2- Personal interview prepared by : slaah Mekhamer
- 3- Therapeutic programi prepared by: Gehan sakir

- 4- Home work lists: prepared by: Gehan sakir.

### **The study problem:**

**The study problem can be formulated in these questions:**

- 1- what is the effectiveness of social assertive skills program and peasant activities program on youth who suffered from depression?
- 2- is this effect different for males and females?
- 3- Can this effect be noticed after the period of follow up?

### **Hypotheses of the study:**

- 1- There are statistically significant mean differences between male of the experimental and control group after treatment in favour of the experimental male.
- 2- There are statistically significant mean differences between female of the experimental and control group after the treatment in favour of the experimental female.
- 3- There are no statistically significant mean differences between male and female of the experimental group after treatment.
- 4- There are statistically significant mean differences between male of the experimental and control group in the follow – up of the treatment in favour of the experimental male.

- 5- There are statistically significant mean differences between female of the experimental group and control group in follow-up of the treatment in favour of the experimental female.
- 6- There are no statistically significant mean differences between male and female experimental group in follow – up of the treatment

### **Procedures of the study:**

- 1- practice Beck depression inventory on 555 students of faculty of culture benha aged 21. year
- 2- chosen randomly 140 lists which suffered severely from depression and divided to matched four group, each group contained 10 subject (two experimental group and two control group ).
- 3- The researcher has received experimental group individual in the office.
- 4- Practice the therapeutic programs individually as it occurring in chapter experimental group individual.

### **The study aim and importance:**

This study is very important because it aims at studying the effectiveness of the social assertive skills program and pleasant activities. Program for treatment the youth who suffered from depression.. it is also

very important theoretically and theoretically practically in that it produced a theoretical background for social learning theory and importance of treatment the youth suffered from depression by using the pleasant activates program and social assertive skills program the role it plays for depressed youth need many can counseling programs that help them to achieve personal and social adjustment and it introduces therapeutic program of social learning theory it used the pleasant activities. Program and social assertive skills program for treatment the depressed youth.