

AZ ASSZERTÍV KÉSZSÉGEK FEJLESZTÉSÉNEK HATÁSA AZ AGRESSZIVITÁSRA KISKORÚ BŰNÖZŐK ESETÉBEN

JÁNOS RÉKA
DEMETER KÁRMEN

*Babeş-Bolyai Tudományegyetem
Alkalmazott Pszichológia Tanszék
e-mail: janos.reka@pszichologia.ro*

Abstract: The concept of assertive communication (Gordon, 1990) is very common. Being assertive helps us to respect our partner's rights but also allows us to achieve our personal wishes (Bedell, Lennox, 1997). Assertive training programs are used not only in clinical environment, but also in pupil-teacher relationship and manager-skills training. The paper treats the concept of assertiveness as an alternative to the aggressive communication and behaviour. Little is known about how aggressive behaviour might be transformed into assertiveness. Crimes committed by children have a large scale, thus finding the right punishment is an issue that justice system faces. Our purpose was to develop an assertive skills training program for child delinquents in order to decrease aggressive behaviour and communication. We think that in the future developing assertive skills might be a method to decrease the number of violent acts and crimes among young people. We applied our program on 15 boy delinquents with ages between 14-18 living in a placement center for children with problematic behaviour. The training program had a duration of 10 meetings and treated verbal and nonverbal aspects of assertive behaviour. Our results indicate that assertive skills training have a positive influence on recognizing assertive behaviour, identifying oneself with assertive responses, producing assertive behaviour and being able to place one in an assertive behaviour type. However, child delinquents show a significantly better improvement in nonverbal assertiveness as on the verbal plan (János, Ágoston, 2005). This leads us to further research problems, as the need of methods which are able to assess the delinquents with serious verbal impediments. Future studies should focus on improving the verbal skills of delinquents and examine the effects of a longer developmental program.

Keywords: aggressive behaviour, child delinquency, assertive skills, verbal skills.