

Asszertivitás tréning hatékonyágának vizsgálata személyiségdimenziók függvényében

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Abstract: This paper examines the effects of an assertion training taking in account the participant's personality type. The hypothesis was that personality traits, considering here Rotter's (1966) locus of control and Eysenck's (1975) extroversion-introversion, play an important role in how much people learn during a training. Results show that persons who are introverted and with internal locus of control learn more from a training program than those with an external locus of control and higher level of extroversion. Based on these conclusions we consider that it would be useful to organize training groups and design training programs taking in consideration the participant's personality type, in order to increase the efficiency of the training program.

Keywords: training, assertiveness, locus of control, extroversion-introversion