

## The Effectiveness of Psychodrama on Anxiety Enhancement in Adolescent Boys

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**Abstract :** Background - Psychodrama, as a form of art therapy, helps people to enact and use role-plays for a specific problem, rather than just talking about it, in an effort to review the problem, gain feedback from group members, find appropriate solutions, and practice them for their life. This paper evaluated the effectiveness of psychodrama on enhancing anxiety of young adolescent boys. Methodology - This is a quasi-experimental research study, using a pre-post testing plan with control group. From four secondary schools in Kermanshah - Iran, 210 adolescent boys (aged 13 and 14 years) were asked to complete Koper Smith's self-esteem measure scale. Given the low self-esteem scores (less than the cut-off of 23), a number of 20 individuals were selected and randomly placed into two control and experimental groups. The experimental group participated in a twelve-session psychodrama therapy plan for 6 weeks, while the control group received no intervention. Data analysis was carried out by the analysis of covariance (ANCOVA). Results - The results of ANCOVA analysis showed an increase in the post-test scores for anxiety, and such increase was statistically significant. Conclusion - The findings indicated the effectiveness of psychodrama on anxiety enhancement of young boys. During psychodrama sessions, the adolescents learned to take the initiative, communicate with others in an excited state, and improve their anxiety with positive and constructive experiences.

**Keywords :** anxiety, art therapy, psychodrama, young adolescents

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