



## The effectiveness of self-hypnosis training and ego strengthening on reducing job stress and increasing job self-efficacy of Mashhad girls' primary school teachers

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### Abstract

**Introduction:** Job stress and low job self-efficacy are among the most important job hazards in the modern era. Therefore, this study was conducted with the aim of the effectiveness of self-hypnosis training and ego strengthening on reducing job stress and increasing job self-efficacy of Mashhad girls' primary school teachers. **Method:** The present study is a quasi-experimental study that was conducted in 1398 on 24 teachers working in girls' primary schools in two groups of self-hypnosis ( $n = 12$ ) and control ( $n = 12$ ). The intervention group underwent 3 individual sessions of self-hypnosis training and ego strengthening, each session for 90 minutes once a week. Data were collected by Riggs-Knight Job Self-Efficacy Scale and Cohen Job Stress during three stages before intervention, after intervention and one month later and analyzed using Mancova test. **Results:** The results showed that the mean scores of job self-efficacy and job stress during the test stages in the self-hypnosis and ego strengthening training groups showed a significant increase and decrease compared to the control group ( $P < 0.05$ ), respectively. Also, in the follow-up stage after one month, the experimental group showed a significant decrease in job stress compared to the control group compared to the post-test and pre-test ( $P < 0.05$ ), but in job self-efficacy, no significant difference was observed between the post-test and follow-up. ( $P > 0.05$ ). **Conclusion:** According to the research findings, self-hypnosis training and ego strengthening are effective in reducing job stress and increasing job self-efficacy.

**Keywords:** job stress, job self-efficacy, self-hypnosis training, ego strengthening