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## REVIEW THE EFFECTIVENESS OF ASSERTIVENESS TRAINING IN REDUCING STUDENT DEPRESSION

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Introduction: Interpersonal approach to understanding depression, represents a kind of non-ideological stance is that the psychoanalytic emphasis on early childhood experience with an emphasis on cognitive behavioral stressful. Environmental stimuli mixed blends.

Objectives: Efficacy in reducing depression, assertiveness training students are.

Methods: Quasi-experimental approach method with pre-test project - the test is compared with the control group and comparable Tools used in this study Depression Inventory is beck Used SPSS software For data analyzing.

Results: Results shown us that increased assertiveness training methods of cognitive and behavioral assertiveness are Also Assertiveness training group counseling on ways to reduce depression is effective in depressed students

And the rate of increase of depression assertiveness be reduced.

Conclusions: Expressiveness of training practices Assertiveness in depressed student's increases Also Learn answers dare Certainly, anxiety and tension can be the specific situation before the break were cut