

Psychological Analysis of Course of Life Skills

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ABSTRACT

The goal of courses of life skills is to improvement health in infants and adolescents. Many variables, directly or indirectly, affect human's behavior because of complexity of social relations. Therefore, consideration of powerful citizen in all dimensions is significant. After ten years of training life skills in Iran, prevention of some damages and decrease in social problem were expected; meanwhile, the executed considerations and researchers by experts do not match the expectation. In other words, failure academic of students is about 40%, two million are addicted and about 12 million involve addiction. Additionally, divorce, crime, suicide and social disputes are getting increase. Psychological researchers show that training life skills has been useful in improving mental health, education, marriage consent as well as preventing use of trafficking drugs, cigarette, divorce, adjustment ...

The research is a library based consideration in which the written sources are used. Moreover, it is practical in term of its aim. Although Psychological investigations show that training life skill has a positive result, it does not do in the present society of Iran. According to the performed Psychopath, thus, the training has been practiced superficially and theoretically it is suggested to employ professional experts regularly and practically. Also, mandatory of such training before marriage for couplet and before employees and works are suggested. Use of training through movie and serials by mass media is another suggestion.

KEY WORDS: life skills, prevention, social and individual harms.

INTRODUCTION

Improving mental health of infants and adolescents is one of the main objectives of training life skills. Many studies in the field of training life skills cause increase in self-esteem, improvement in positive social skills, relationship between individuals and more personal adjustment. Nowadays, many variables, directly or indirectly, affect social relations because of their complexity. Therefore, we should increase mental health through improving ability of society individuals in different dimensions. By improving ability of individuals, we mean development through training, in particular of social skills.

Social skills, according to Bet man, consist of knowledge, perspectives, abilities and behaviors for happiness, success ..., namely affective relationship between individual, doing responsibilities, decisions, solving confluent without harming somebody. Thinkers as Erikson, Bendra and Solumun have discussed the principles of these skills which calls a new investigation [8].

The main goal of research is to uncover whether development in training life skills cause decrease in individual and social damages or not. Training life skills has been started since 2000 in Iran and it is performed in the entire training centers (schools-university), state and free organizations. Its major objective is to prevent damages and increase in ability of society individual, unfortunately, according to the statistics and reports by experts, it has not affected improvement in mental health positively because many social and mental damages are observed increasingly. In other words, according to the statistics by experts, academic failure lesson unites, about 12 million involve in trafficking drug directly or indirectly(consumer or seller and their families), about 70% of prisoners are trafficking drugs smugglers and age of addiction is 11. Moreover, divorce is getting increase. According to the present statistics, from 9 marriages 2 cases are resulted in divorce. The experts believe that many couplets (about 80%) have been involved in an emotional divorce. Increasingly social quarrel, murder, street disputes, theft, sexual aggressions ... testify the problem.

REVIEW OF THE EXECUTED RESEARCHES

From Boice and Harvard pity (1995) showed that increase in training life skills reduce likely suicide and frustration in the high school students as well as increase in the skills including problem-solving and prevention of their suicide. In their studies, they concluded that we can increase self-efficiency and self-esteem of young girls. [9]

Also, Bahmani Bahman (2006), reported that training life skills causes increase in social adjustment in and mental skills in the girls as well as improvement in the social mental skills and necessary behaviors of adult individual

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for presence in the relationship between individual, education place, work and society [2]. Training life skills in preventing HIV and beginning a normal sexual relation (Shamago nam and Perisila 2006) and preventing smoking and trafficking drugs (Hanonikl 2006), eating disorder, self-body image, increase

In creativity and mental health of adolescents and identity styles and self-assertion of students (Aqajari 1997) have been reported [1]. A research showed the effect of training life skill on improvement self-esteem and teacher's understanding their work place showed that the training causes improvement in understanding and self-esteem of teachers (Kabil and Bakster 2007) another research on the effect of training life skills in transition of university student's success to the work place caused a significant and positive effect. Also effect of training life skills for university students in improvement self-esteem, adjustment, comparative guidelines and increase in mental health has been confirmed.

Rosenberg (1990) showed that the student who had received the skill of self-assertion, have showed a better educational improvement and achieved more. Darling (Deluqi 1981). In another research, eliasi et al considered effect of training life skill in preventing anger and crime based on world health organization (WHO) and they showed that training these skills causes increase in adequate social behaviors and decrease in negative behavior. In comparison to the control group, the experimental group – after 6 years of encountered less problem. In fact, they did not recourse the harsh data [1]. Botvin (2004) showed that training life skill is one of the most effective programs to prevent misuse of trafficking drugs and increase in the personal and social efficiency of the youth [11].

Rafeefar, (2009), in a research on 60 girls and sons under protection of Isfahan Behzisti organization, confirmed the effect of training social skill, in improvement the Social development and adjustment. Aqajani (2002), in a research, showed that training life skills increase mental health of high school girls. Also he concluded that training life skills caused increase in an active function in the life, responsibility in the job place, planning for future and ability in the critical thought [10].

Vichersky (2001) showed that training life skills causes increase in self-esteem and flexibility in confrontation to the changes as well as a positive perspective for self-sufficiency [13]. Findings of a research showed that individuals with higher social relations and more powerful in use of life skills will less suffer from mental and physical diseases than other people. In contrast, we observe the mental and physical disease in the isolated, anxious depressed and shy persons with low self-esteem. Rich (Trns. By Qeitani 198), in a research, compared the scores of anxiety of high school students, in the United States of America, who has passed training social skills as well as gradual mussels relaxation with the control group scores. [11].

He concluded that the trained group got a lower score in the anxiety test in that untrained students [6].

The infants who are raised in warm and kind families have better skills and confidence. In fact, they are equipped by social skills by parents and teachers in the beginning of their life [7].

Farahani (2006) in his research entitled "Effect of Training Life Skills on the Self-assertion, Self-esteem and Responsibility of High School that (Grade one) Girl Students of Ahwas", showed that training life skills has a positive effect on the self-assertion, Self-esteem and responsibility [5].

Ebadi (2005) concluded that training the skill of problem-solving has been effective on the self-esteem of runaway girls and caused their increase and improvement. Also, Heidari and Rasulizadeh (2007) in a research entitled consideration of effect of training skills of problem-solving in decrease of tendency to flight of adolescent girls, exposed to flight, showed that increase in tension and decrease in self-esteem are important factors of flight and training skill of problem-solving causes decrease in the flight of girls because it is resulted in increase of self-esteem and decrease of tension [5].

Another study in Parturike showed that execution of training life skills caused decrease in the absence of students. Also, another consideration showed that execution of such programs caused increase in presence of students at schools, and their grades and decrease in their grades and decrease in their ill-treatment.

Arkat et al. (1991) in an empirical and controlled research considered 2530 students in the control group and 2530 students in the experimental group. The experimental group was trained in the field of relationship skill, decision-making and stages of problem-solving. The result showed that use of cigarette, Alcohol and other trafficking drugs was reduced in the experimental group. Such a program was performed on 4523 students in Finland and resulted in the same results [3].

Dzurilla (2007), in a research, showed the effectiveness of life skills in improving mental health and preventing suicide. In the program of training life skill, the relation, coping with stress and anger and signifying a goal have been trained in order to prevent suicide. The result showed that the programs reduced suicide. Laput and Suikni (1993), in a research on the youth concluded that high self-esteem prevents education failure, problems of learning, crime, misuse of trafficking drugs and suicide. Also the result of a research on students by Mohebi (2010) show that training life skill causes decrease, in particular, angry, disappointment and stress of the student [4].

Moreover, the result of research show that training life skill is an important method to decrease signs of psychic disorders among student suspended to disorder.

According to the researches, training life skill causes increase in self-esteem, social and personal adjustment, Educational improvement, inflexibility, responsibility, self-sufficiency, preventing harsh, crime, suicide and normal

sexual relations, adaptation of couplets and increase in mental health. Although such training has been performed for 10 years, it has not prevented any social harm because we observe increase in divorce, crime, murder, street disputes, suicide, and psychic diseases.

In this research, the researcher tries to answer the question of why the executed causes of life skills could not prevent or reduce such harms. Training life skills has been started since 2000. Consequently, it was performed in the educational organizations (schools, universities), state offices and social institute. But social problems and harms, according to the statistics and reports by expert, are getting increase day to day.

RESEARCH METHOD

The research, in term of practice and goal, is a library based study. In other words, the researcher uses the sources including: books, articles, internet websites, and dissertations ... for his study. After his quotation, the researcher concludes and analyzed his materials based on psychological and psychopathically approaches.

Conclusion

The researches show that training life skills causes increase in self-esteem, development, social adjustment, personal and social skills, increase in happiness, consent, educational improvement and prevention of academic failure, increase in couplet adjustment, mental health, skill of problem-solving, logo therapy of life, reinforcement of critical thought and increase in skills of relation between individuals, healthy sexual relations, increase in active function in the life,

Responsibility: In the work place and increase in flexibility, increase in self-sufficiency, self-awareness, reinforcement of ability in construction of a fondling and kindly family atmosphere.

Also, it causes decrease in the psychic pressure, prevention of addiction to trafficking drugs, HIV, harshness crime, decrease in the positive social behaviors, decrease in the psychiatric disorders and psychological harms and prevention of smoking cigarette and other trafficking drugs.

As a result, training life skills in different social and personal fields causes prevention, treatment and improvement. after 10 years of training life skills, according to statistics and expert reports, we do not observe any prevention or treatment , in contrast , w see an increasingly trend in the field of social problems and harms. Thus, the study confirms that training life skill has been performed artificially and theoretically. In fact, it has not caused increase in the positive behaviors, prevention and control of harmful social and personal behaviors. Thus, the researcher suggests the following factors in training life skills:

1. Professional and specialist experts should be trained for training the skills.
2. Life skills have to be trained in the entire educational levels.
3. Such skills should be distributed between people through movie and mass media.
4. Such skills have to be trained before marriage, employment...
5. While training the skills, we should use both theoretical and practical discussion by professor and experts.
6. Preachers, religious scholars in the Mosques, Hosseneyeh... should combine their religious training with such skills.

Acknowledgment: The author is grateful to Professor, Dr. Avanesyan Hrant , head of the General Psychology Chair Head of Laboratory of Experimental Psychology Yerevan state University for his great supervision and support of this article.

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