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## The effect of life skills training on the Kerman city border women social health

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### ABSTRACT

This research is performed by the purpose of life skill training effect on the social life of women in the Kerman city border. The experimental study is done by the use of pretesting plan and aft testing in the control group and 40 of women are chosen in the control group randomly. To gather data, the social health standard questionnaire is used with the stability of 0.78 and the validity of 0.89. The gathered information is analyzed by the use of SPSS20 software through analyzing two GIM variation and T independent and dependent tests, the result of research showed that the life skills trainings has meaningful effect on the life of Kerman city border women and also the life skill trainings has meaningful effect on the social solidarity and social adaptation of Kerman city women, it is advised that the life skill trainings in organizations and institutions is hold in order to take required skills to make save social relation between women.

**Key terms:** life skills, social health, women

### INTRODUCTION

In present era that the life is accompanied with many tensions and pressures and in different aspects the people social health is threatened and according to the social health provision and because the psychological and social damages in most cities specially in the border inhabiting areas is increasingly grew with concern, the psychological disorders and the psychological independency, the antisocial behaviors and crimes in families has enhanced progressively and in other hand the psychological identity and social problem is as so problematic that to come up with it in the next level of interference ( the secondary and tertiary) not only include the considerable costs, also including the human force and financial issues , rather its efficiency and effectiveness also is really limited and it is very limited in some items,1.

The social health means the individual wealth that is related to this importance whether how he connects to other society member or come up with them and how other behave with him or how they reflect to him and how is the social communications and what are the social moralities and manners, and we can define it as the social support and the type of typical role performance in the society, 2.

Larsen has defined the social health in the individual level concept and believed that the social health scale assess a part of individual health and includes the individual internal responses as the sense, thoughts and behavior that shows the lack of individual satisfaction about life and social environment, 3. The belief is that the social health is not only lack of psychological disease or even it is not lack of negative emotions that in the definite issue could be assumed as the constructive response. The social health means the capability to perform the social role effectively

without damaging to others and it has different aspects that are included: the social solidarity, social acceptance, social cooperation, social proliferation and social adhesiveness, 4.

In present era that the fast vicissitudes and the family condition is become agitated, one of the most important sources that could secure the family toward the problems is the life skill trainings to women. When these skills are present in their essence and know the secure keeping mechanism exist in them, they could rely on them in life, Ahmadian 2009. In a research we concluded that after the life skill training, the great positive effect in social relation improvement and rage management is observed in this people, 6. Also the result of research showed that the life skill training leads to social health and reduction of longevity process between the under studying member, 7.

In a research that is performed in relation with life skill trainings, the results showed that these skills increase people capability in solving problems and the most effective use of social supports, 8. Also the research results about the students showed that the life skills training as problem solving skill and the effective use of social supports are increased and they concluded that the life skills training could increase the adaptation power to deal with stress, 9.

Ahmadiandid a research by the title of life skills training effect in retarded students and concluded that after the self realization skill training, the social relation, rage management; many positive effects are seen in these people. In a research the life skills training effect on the students self esteem was evaluated and the results showed that these trainings have positive effect, 10.

In a research by the title of life skills training effect on self esteem and student respoNsibility in first grade of high school in Ahvaz the results showed that the life skill trainings has positive effect on the self esteem and public health and it leads to increase of each variable meaningfully, 11.

The necessity to train the life skills is inevitable and through them the human could realize himself and understand how to comeup with others and attention to women in this issue as a definite group in the family and society not only as a necessity rather as a need is presented. Accepting this issue that women are the active, energetic and motivated group could be effective in their cooperation in decision making and their destiny that is mixed with the society whole destiny, other theory in which has declared women has fewer progressing motivation compared to men, could not be correct reason but women in the border and we should accept that the society in which half of powers are ignored, in addition to the social and cultural growth neglecting, it has been ignorant about the main issues in the progress and development field, the famous sentence exists that says if a man is trained only a man is trained but if we train a woman we have trained a family and when a family is trained we have invested for the future, the women enabling and prioritization to women and their effective activity is actually an investment for future generation, all these issues make the required skill trainings essential, 12.

Therefore the present research is trying to evaluate the effect of life skills training on the women social health in Kerman city border.

## **MATERIALS AND METHODS**

The present research is experimental type and it is done through the pretesting and after testing method in control group. The statistical society includes all women in Kerman city border that 40 women were selected based on specifications as age, education, earning, family, number of children, occupation and etc randomly. And there were categorized in two groups of control and experience. First both experience and control groups were evaluated before the training through the test and after training, the life skills in 15 sessions were presented to experience group within 2 hour for each session and the score in both groups were compared. The trained life skills including the self realization skill and condolence, the skill to deal with emotions and how to deal with the stress and individual relation skill and interpersonal relation and innovative and criticizing thinking and skill for decision making and skill to solve the problems are trained.

In this research the standard Keynesian questionnaire for social health which has 33 items were used through the social solidarity criterions (7 items) and social acceptance (7 items), social cooperation (6 items) and social proliferation (7 items) and social adaptation (6 items) with the validity of 0.89 and stability of 0.78. The gathered information was analyzed by the use of SPSS 20 software within to GLM variation analysis by T independent and dependent test.

## **RESULTS**

The under studying women who all were married has the age within .5+3.77 and the pretest and aft test scores average about the women social health in experimental and witness groups are presented in table 1.

Group time	Pre test		Aft test	
	average	Standard deviation	average	Standard deviation
witness	101/9	7/521	103/4	6/581
experiment	96/5	21/21	120/5	12/09

Table 2: the pretest and aft test score descriptive statistics about the women social health in experimental and witness groups are used to evaluate the regression slope coefficient through the two factor test GIS variation and the P rate is calculated at 0.001 that is smaller than the 0.05 meaningfulness level and as the result we can say that the data do not follow the regression slop conformity, hence we cannot use the ANCOVA test, therefore to evaluate the average differences between two groups the dependant T test is used according to the pretesting and aft testing score differences in witness and experience test

**Table 3: the T test variables for pretest and after test score average for women social health in the witness and experiment groups**

Group	number	Average differences	Standard deviation	Freedom degree	T calculated	Meaningful level
Experiment	20	24	15/20	19	7/06	0/001
control	20	1/50	5/61	19	1/19	0/247

Table 3 shows that the calculated T for experiment group is equal to 7.06 and the P rate is equal to 0.001 and because the meaningfulness is shorter that the meaningfulness level  $\alpha=0.05$ , as the result we can say that there is meaningful differences between the women social health in pretest and afttest in experiment group, in other word, the life skill training has meaningful effect on women social health.

**Table 4: the pretest and aft test scores descriptive statistics about social solidarity, social acceptance and social cooperation, social proliferation, social adaptation in women at experiment and witness groups**

Dimension	Group time	Pre test		Aft test	
		Average	Standard deviation	Average	Standard deviation
Social solidarity	Witness	20/7	1/251	22/8	1/843
	experiment	19/6	3/133	24/9	3/338
Social acceptance	Witness	22/6	3/013	22/4	2/235
	experiment	20/2	3/249	25/4	3/50
Social cooperation	Witness	20/5	2/139	20/4	1/431
	experiment	19	3/076	23/5	2/438
Social proliferation	Witness	20/8	2/627	20/1	2/497
	experiment	20	3/842	25	3/627
Social adaptation	Witness	17/6	1/843	17/2	2/425
	experiment	17/5	1/503	21/7	2/696

**Table 5: the T test variables for comparing the pretest and aft test score average in social adaptation, social solidarity, social acceptance, social cooperation, social proliferation and social adaptation in witness and experiment groups**

Dimension	Group	number	mean	Standard deviation	Freedom degree	T calculated	Meaningfulness level
Social solidarity	Witness	20	5/25	3/12	19	7/50	0/001
	experiment	20	2/10	2/59	19	3/62	0/051
Social acceptance	Witness	20	5/20	5/07	19	4/58	0/001
	experiment	20	0/20	2/35	19	0/380	0/708
Social cooperation	Witness	20	4/65	3/88	19	5/35	0/001
	experiment	20	0/05	2/39	19	0/093	0/927
Social proliferation	Witness	20	5/15	4/68	19	4/91	0/001
	experiment	20	0/65	3/34	19	0/896	0/396
Social adaptation	Witness	20	4/15	3/06	19	6/05	0/001
	experiment	20	0/40	2/72	19	0/657	0/519

Table 5 results show that the calculated T for social solidarity, social cooperation, social acceptance and social proliferation for women in experiment group is in order at 7.50, 4.58, 5.35, 4.91, 6.05 and the meaningfulness level is 0.001 because the meaningfulness is smaller than  $\alpha=0.05$ , we can say that there is meaningful differences between social solidarity, social cooperation, social acceptance and social proliferation in pretest and aft test in experiment group, in other word, the life skills training have had meaningful effect on social solidarity, social cooperation, social acceptance and social proliferation and social adaptation.

### DISCUSSION AND CONCLUSION

The life skills training program come from the life skills and this preventive view is based on the social preventive psychology that its purpose is to develop competency, this training leads to more interest in women to get required skills to come up with life problems. According to these issues we can say that the life skills training is considered as the primary prevention, 14.

Based on the obtained results from the research in the life skill, social solidarity, social cooperation, social acceptance and social proliferation and social adaptation we see positive meaningful effect on the Kerman city border women that means through the life skill training we can increase the social solidarity, social cooperation, social acceptance and social proliferation and social adaptation. These results have conformity with different research findings that showed the life skills lead to social health in 7, 8, and 9. In determination of these results we can say that dealing with life pressures and taking individuals and social skills is frequently a part of life and scientific and technical progress in recent year has faced human with great various issues. Today regardless of great and deep cultural changes in life styles many people do not have capability to come up with life problems and it has made them vulnerable to face with daily issues, therefore training these skills assist them to take capability as self realization social solidarity, social cooperation, social acceptance and social proliferation and social adaptation and ability to cooperate with others and capability to deal with psychological pressures and presenting their ambitions. All these factors lead that women find more awareness in all fields, also the women social health could play important role in efficiency and effectiveness of every society, because the important conditions for the growth and proliferation in every society is presence of aware, efficient and innovative women so the motivation strengthening will lead to make energy and proper direction of behavior and interest and their requirements in predetermined valuable targets and because the social health has the main role of application in all social and individual fields, it is obvious that the correct programming seems essential in women social health provision

According to the research result the life skill training has effect on the social solidarity, social cooperation, social acceptance and social proliferation and social adaptation in Kerman city border women, it is advised that the life skills training in the city is done by the expert consultants and also the training class for these skills is held actively to make satisfaction in women to participate in these classes and realize the. Trainings effect and find more desire to attend the classes. The life skills in organizations and cultural centers are trained to make save social relations. Of this research limitation we can point out to the limit inspection about the Kerman city border women therefore there should be over extension to other cities.

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