

EFFECTS OF THE EDUCATION OF LIFE SKILLS ON THE REDUCTION OF MENTAL-BEHAVIORAL DISORDERS OF DEPRESSION, ANXIETY, STRESS IN STUDENTS

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Introduction and purpose: The present study aims to analyze the effects of education of life skills on the reduction of mental-behavioral disorders in students.

Method: The present study is a quasi experimental research with pre-test and post-test. The population of this study consists of the male students of an elementary school in Savad kooch city in the school year of 2012-2013. Thirty students were selected by DASS_42 questionnaire that would evaluate the mental-behavioral disorders (depression, anxiety, and stress). They attended the life skills workshop. Questionnaires were used as a source of information. In order to analyze the data of descriptive and deductive statistics, the dependent t and Pearson correlation coefficient were calculated with the help of SPSS software.

Results: The difference among the three scales of depression, anxiety and stress, before and after the workshop, was significant. Results also showed that there was significant relationship ($p < 0,0001$) among the three scales of depression, anxiety, and stress before and after the education of seven skills of living to the students.

Discussion: Life skills enable people to learn what to do and how to do. Successful learning of life skills affects the feelings of the learners towards themselves and others as well. Furthermore, the changes that such skills bring about in teens can change the attitude of other people. Therefore, life skill is one of the main factors of developing the mental health.