

The Effect of Life Skills Training on Mental Health and Marital Adjustment in Married Women Referred to the Counseling Center in Yasuj (2013)

AMIN HOSSAINI MOTLAGH^{1*}, ZEINAB ALIZADEH¹ and SHADI SHAHABADI²

¹Clinical Research Development Unit-Yasuj University of Medical Sciences, Yasuj, Iran.

²Yasuj Hamdeli Counseling Clinic", Yasuj, Iran.

*Corresponding author E-mail: aminhomo@yahoo.com

<http://dx.doi.org/10.13005/bpj/966>

(Received: May 10, 2016; accepted: June 13, 2016)

ABSTRACT

The present study investigated the effects of marital compatibility in married women life skills training and mental health counseling center YASUJ deals. The study population included all couples counseling center is Yasuj 60 of these couples were randomly selected and assigned to experimental and control groups have been constituted. The instruments used in this study include the General Health Questionnaire Goldberg, Marital adjustment spanir (DAS) and life skills training guide. The research design of pre-test - post-test with control group. After a randomly selected experimental and control groups, the pretest was conducted on both groups, the experimental intervention (life skills training) was performed and after the educational program, both groups of tests were performed. The results of this study show that life skills training, increase mental health and marital adjustment of married women in the experimental group compared with the control group. The mean and standard deviation mental health scores for the experimental group, respectively, in the pre $33.05 \pm 16/95$ and post-test 19.05 ± 11.67 and the control groups, respectively; in the pre $26.28 \pm 11/64$ and the post-test 23.45 ± 12.11 , the mean and standard deviation scores of marital adjustment for the experimental group, respectively, in pre- $25/95 \pm 8/34$ and the post-test 31.58 ± 7.55 and the control groups, respectively; In the pretest $28/40 \pm 7/91$ and the posttest $26.23 \pm 8/15$. Between experimental and control groups before the intervention there were no significant differences in rates of mental health, marital compatibility, but significant differences were observed between groups after intervention. The life skills and mental health and coping among couples, there is a significant positive relationship. ($P=0/0001$). The results of this study can be used in marriage counseling before the tests can predict mental health and marital adjustment. Such practice will assist in training couples to improve their satisfaction and adjustment.

Key words: Life skills training, mental health, marital adjustment

INTRODUCTION

Marriage is the most important and emotional needs of individuals to achieve the highest social practice have been confirmed. Marriage human relationship, complex, nuanced and a dynamic characteristic is essential. The main reasons for marriage are love and affection, having a partner in life, satisfy the emotional needs and enhance the joy and satisfaction^{1,2}. One of the most important factors affecting survival, viability and growth affects families, healthy relationships and

understanding between members of adaptation bases, especially couple³. Due to the changes and growing complexity and expansion of social relations in the modern era, especially the younger generation to prepare people to deal with difficult situations, it seems necessary. Positive and adaptive environment to provide its own mental health act. Therefore, life skills training strengthen or change attitudes, values and behavior of humans. As a result, by creating positive and healthy behaviors are preventable public health problems⁴. According to the World Health Organization (1379) coping

skills includes 10 skills that include the ability of the issues include effective communication skills, effective interpersonal relations, decision making, problem solving, creative thinking, critical thinking, awareness of his empathy with others, coping with emotions) failure, anxiety, depression and so on (and is coping with stress⁵.

The important point is that all of these skills can be inclusive; this one's skills in controlling problems such as depression, anxiety, loneliness, isolation, shyness, anger, conflict in interpersonal relationships, failure and lack of assist⁶. Couples who are experiencing marital incompatibility and problems in the field of communication skills and have been involved with defects that are unproductive communication patterns⁷. Efficient and effective family environment, occupational, educational and social encounter⁸. Sakhvdasky (1998) in their study showed that teaching coping skills to improve interpersonal relationships and reducing aggression and behavior problems in people trained⁹. Smith et al (2005) also showed a significant effect on teaching life skills in youth leadership and management abilities¹⁰. Shaker et al (2009) study showed that among 700 couples in Ardabil headache and mental health of the relationship between attachment styles and marital adjustment relationship exists Sea¹¹. Esmaeili (2001) showed in their study, the effect of teaching life skills in interaction with parenting style and self-esteem of students who had passed their life skills lessons and fathers of authoritarian parenting style used, most of the students had knowledge these lessons were to not pass¹². This study investigated the effect of life skills on mental health and marital adjustment of married women visiting the counseling center "Hamdeli" were studied in spring 2013.

MATERIALS AND METHODS

This research is a pilot study as a kind of pre-test - post-test experimental group and the control group. The study population consisted of all married women referred to the Counseling Center is Yasuj. Married women, for example, that 60 of these random sampling methods were selected. For the present study couples 20 to 45 years over the last two years of their marriage and lived in

Yasuj serious subject to high academic cycle, form. After determining the sample group, the experimental group received 10 sessions of 70 minutes once a week for life skills training was conducted. Two measurement instruments were used to collect data that will be introduced briefly below. spanir Adjustment Scale and General Health Questionnaire Goldberg.

Data collection

All study by Goldberg General Health Questionnaire, Spanir Adjustment and life skills training guide has been collected. After married women were divided randomly into two experimental and control groups, the tests were pre-test about general health and marital adjustment. Then the experimental group) life skills training (an experimental group was performed on married women. After the experimental intervention, women in both groups were post tested.

Findings

The findings in both descriptive findings and findings related to the hypotheses are presented.

- a) The findings of this study included descriptive statistics such as mean, standard deviation, and the difference between pre-test and post-test scores of public health, marital compatibility are presented in Table 1. It should be noted that lower scores indicate greater health and general health exam. Table 1, mean, standard deviation and the difference between pre-test and post-test scores of subjects showed variable public health and marital discord. As can be seen in this table, the mean general health than the pre-test and post test has changed radically, about 14 increased, while public health control group had no significant change.
- b) Findings related to the hypotheses of this study consists of two hypotheses are as follows:
 1. Life Skills Training increased the mental health of married women in the experimental group compared with the control group are married women.
 2. Life skills training increased marital

Table 1: Comparison of two standard deviation of the mean pretest and post test scores of public health and marital discord subjects before and after the intervention

Group	Before	Then	Difference (pretest-posttest)	The significance level
Test (public health)	33.05±16.95	19.05±11.67	-14	0.0001
Control (public health)	26.28±11.64	23.45±12.11	2.83	NS *
Test (marital discord)	25.95±8.34	31.58±7.55	6	NS*
Control (marital discord)	28.40±7.91	26.23±8.15	-2.7	NS *
The significance level	NS*	NS*		

NS :- Not significant

Table 2: Results of multivariate analysis of variance on the score differential (pre-test and post-test) public health and marital compatibility test and control groups

Test	amount	Df Hypothesis	Df wrong	F	meaningful level
Pylayy effect	0.532	2	57	34.99	0.0001
Wilks Lambda	0.047	2	57	34.99	0.0001
Hotelling effect	1.13	2	57	34.99	0.0001
The root	1.14	2	57	34.99	0.0001

Table 3: Univariate analysis of variance on the difference scores (pre-test and post-test) public health and marital compatibility experimental and control groups

Variables	Sum of squares	df	The mean squares	F	The significance level
General Health	39.42	1	39.42	50.25	<0.001
Marital Adjustment	42.1	1	42.1	30.78	<0.001

adjustment of married women in the experimental group compared with the control group are married women.

As can be seen in Table 2, F amount equal to 99/34 in 0001/0 P>, is statistically significant. The results of the multivariate analysis, suggest that women married between experimental and control groups in terms of the dependent variables (public health and marital adjustment), there are significant differences. To understand this difference, the results of the univariate analysis are presented in Table 3.

As can be seen in Table 3, between married women life skills training have seen) group

(and married women who have seen life skills training) and control group (there was no significant difference in terms of public health (F= 50.25 and P <0.001) the first hypothesis is confirmed. In other words, life skills training, according to the mean difference of scores of married women in the experimental group (14) compared to the control group mean difference of scores of married women (2.83) increased general health have been tested. Similarly, married women life skills training have seen) group (and married women life skills training have seen) the control group, in terms of marital adjustment was no significant difference there ((F= 30.78 and P <0.001)Therefore, the third hypothesis confirms round. In other words, life skills training,

according to the mean difference of scores of married women in the experimental group (6) compared to the control group mean difference of scores of married women (2.7), the experimental group was significantly increased marital adjustment.

CONCLUSION

This study aims to evaluate hypotheses in order to examine the possibility of significant differences between experimental and control groups in each of the variables in the study of mental health and marital adjustment in multivariate and univariate analysis were done.

The results show that married women have seen that life skills training (experimental group) and married women have seen that life skills training (control group), there is a significant difference in terms of mental health. ($F= 50.25$ and $P < 0.001$) The first hypothesis is confirmed. In other words, life skills training, according to the mean difference of pre-test to post-test¹⁴ married women in the experimental group compared to the average (2.83) married women in the control group, the experimental group was increased mental health.

Therefore, due to the nature of the mental health scale scores, which reveal an increase in mental health score is decreasing, It can be said that life skills training has been able to increase mental health of married women in the experimental group Compared with the control group compared

to the average of the results of the test this hypothesis, the results by Sakhvdasky et al (1998), Smith et al (2005), Shaker et al (2009), Verdi (2004), Bâpîr (1997) as well. As can be seen in Table 1 and Table 3, analysis of findings related to Hypothesis 2 shows that married women have seen that life skills training (experimental group) and married women have seen that life skills training (group control), there was a significant difference in terms of marital adjustment. ($F= 30.78$ and $P < 0.001$) The third hypothesis is confirmed. In other words, life skills training, according to the mean⁶ and married women in the experimental group compared to the average (2.7) and married women in the control group, the experimental group was significantly increased marital adjustment. Therefore, we can say that life skills training has increased marital adjustment of married women in the experimental group compared with the control group are married women. The results of testing this hypothesis, the results can be passed by the Jalali et al (2005), Sakhvdasky et al (1998), Shaker et al (2009), Yalsyn (2007), Mad (2000), Halog (1988) as well.

Couples with healthy life skills training in these programs, the discovery of new and effective methods to reach its application and compatibility with high impact on the mental health of married life are By which they have given their lives in the hands of And at the same time to meet their needs, not depriving others from achieving their needs and act as helpers to those around him better, to strengthen the close ties themselves.

REFERENCES

- Berneshtain, F. h, Vbrvnshtayn, M. T. Marital problems and treatment techniques translated h. Tozandehjani, n. Kamal pour. Mashhad: Publication Marandyz, 1380.
- Navabinegad, SH. Marriage counseling and family therapy. Tehran: Parents publication instructors, 1380.
- Sinha, S. P. and Mackerjee, N., Marital adjustment and space orientation. *Journal of Social Psychology*, 1990; **130**: 633-639
- Nasser Hussain. Guide to Life Skills Training Program(teacher guide). Tehran: Cultural Affairs and the Prevention of State Welfare Organization, 1384.
- Nori Ghasem Abadi, Robabeh; Mohammad Khani, Pavaneh. Translation: Life Skills Training Program. World Health Organization. Tehran: State Welfare Organization: Department of Cultural Affairs and Prevention. 1379; 91-92
- Narimani Mohamad, Rajabi Soran. Social skills training methods. Ardabil. publication Garden Rezvan. 1385; 121-120
- Weiss, R. L. and Heyman, R. E.. A clinical-research overview of couples interaction. In W. K. Halford & H. J. Markman (Eds.). Clinical

- handbook of marriage and couples intervention (120-202). Chichester, UK: Wiley, 1997.
8. Nejat Hamid. The effect of life skills training on couple intimacy. Congress of Pathology in Iran, Shahid Beheshti University, 1385.
 9. Sukhodolsky DG, Golub A, Stone EC, Orban L. Dismantling anger control training for children: *A randomized pilot study of social problem-solving versus social skills training components*; 1998; **20**(6): 461-8.
 10. Smith TA, Genry Ls, ketring SA, Psychiatrist Evaluating a youth Leadership life skills Development program. *Journal of Extensive*; 2005; **43**(4): 161-9.
 11. Shaker Ali, Ashtiani Ali Fathi, Mahdavian Alireza. The relationship between attachment styles and mental health and marital adjustment. *Journal of Behavioral Sciences*. 1388; **5**(2) Summer 90. Pages 184-179
 12. Esmaeili, Mohmad. Investigate ways of interacting with life skills training, parenting classes on self-esteem of students of Ardebil province. *Journal of counseling messages, third-year* 1380; 6.