Investigation of the effect of life skill training on attitude towards substance abuse in Sirjan city high school students

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Abstract

Objectives: The present research investigated the effect of life skills training on attitude towards substance abuse in Sirjan city high school students.

Methods: The sample of this research includes 40 boy students (20 experimental, 20 control) from one high school by using random selection sampling method. They pre-tested and then choose experimental group by the scores of pretest. Experimental group have been thought life skills along one month in 8 sessions, but the control group received no variable.

Finding: At the end, both of them were post tested by using addiction attitude measuring scale (form B).

Discussion: The data were analyzed by applying covariance test and t test. The result indicated that life skills training are effective in changing student’s attitudes towards substance abuse.

Key words: life skills training, attitude change, student, substance abuse, addiction.