

# The Study of the Effectiveness of Life Skills Training on Reduction of Tendency to Drug Abuse among High School Boy Students

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## Abstract

**Aims:** with consideration of the effect of different structural and non-structural elements in narcotic substance abusing, in this research has been tried to achieve local recognition of non-structural effective factors and survey the effectiveness rate of its preventing trainings. **Methods:** recent article is the result of a surveying with preventing function which has been done in two parts. The first part was survey study, and second part was semi experimental. By clustering random sampling, 40 high school boy students selected and divided to two witness and experimental groups, randomly. The experimental group was under life skills training. Before and after training, tendency to addiction questionnaire administered among both groups. **Results:** The results indicated the significant difference between experimental and witness groups on the score of tendency to addiction. **Conclusion:** The results showed that the life skills training can be effective on the reduction of tendency to addiction. Hence, this training is appropriate method for addiction prevention.

**Keywords:** Life Skills, Teenager Addiction, Substance Abuse, Addiction Prevention

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سال چهارم، شماره ۱۳، بهار ۱۳۸۹  
Vol. 4, No. 13, Spring 2010