عنوان مقاله:

Predictors of Life Skills Level of Students in Zahedan University of Medical Sciences in Southeast of Iran

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خلاصه مقاله:

Background and aims: Life skills involve a big class of socio-psychological and interpersonal skills which help a person to take conscious decisions, communicate effectively and improve self-management skills. Preparing a plan for all the above mentioned programs, need awareness about life skills level of different groups such as students in universities. Present study was aimed to reveal the predictors of life skills level of Students in Zahedan University of Medical Sciences in southeast of Iran. Methods: This cross-sectional study carried out on ۳۸۰ medical students of Zahedan in ۲۰۱۵. The subjects were selected using stratified random sampling method. The data were collected using reliable Life Skill Dimensions Score questionnaire. The data were analyzed in Stata.۱۲ software using ANOVA, Independent t-test and multiple linear regression with Hosmer-Lemshow method. Results: The mean of total score regarding life skills score was ۲۸۰.۸±۴۵.۸. The linear regression analysis indicated that gender (β=۱۱.۱۵, ۹۵% CI: ۵.۰۳-۱۷.۲۷), socioeconomic status (β=۶.۷۸, ۹۵% CI: ۱.۷۶-۱۱.۸) and average grades (β=۱۵.۳, ۹۵% CI: ۹.۱۱-۲۱.۴۹) were associated with life skills score. However, the life skills score was not associated with the age, semester, residential area, smoking, marital status and school of education (P>۰.۰۵). Conclusion: The level of life skills scores of medical students in southeast of Iran is low in all dimensions especially in communication skills. Thus, promoting life skills in university students is too important. However, the life skills training programs should be implemented with respect to socioeconomic status, gender and average grade and male students with low socioeconomic status and average have priority.

کلمات کلیدی:
life skills, Medical students, Zahedan

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